



AYURVEDIC EDUCATION SINCE 1995



# CALIFORNIA COLLEGE OF AYURVEDA



State-Approved Courses for Practitioner Certification

## 2012 CATALOG





## A Message from the Founder and President

Welcome to the California College of Ayurveda (CCA), the longest running, state-approved college and professional training program for the study of Ayurvedic Medicine in the United States.

I am very pleased that you are interested in learning about CCA and about the ayurvedic profession. Today we enjoy a rare opportunity to participate in the rebirth of this ancient ayurvedic healing science as it evolves into a primary form of healing for the 21st century.

Our graduates are pioneering this effort and are at the forefront, playing a vital role in the development of this new profession.

Studying ayurveda is more than a career; it is a personal transformation toward wholeness and wellness. Having applied the knowledge and wisdom ayurveda toward their selves, our graduates go back into their communities and become beacons of light, bringing healing and harmony to others. Together, our graduates are engaged in nothing less than a revolution of consciousness, supporting the transformation of humanity toward living in harmony with nature. Our philosophy is simple: Where there is harmony, there is health. Where there is disharmony, there is disease.

The California College of Ayurveda is dedicated to giving students the finest education in the field of Ayurveda. This is our mission and we have been the standard bearers within the profession supporting the development of quality education amongst all schools. We have done this through the founding of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. Our graduates have been the leaders of these organizations and we continue to support the highest standards.

Our programs are designed to accommodate students who can dedicate themselves to full-time or weekend study and those who live at a distance. Regardless of the program our students are in, the standards are the same and quality of learning is experience is exceptional. Every facet of CCA's program is coordinated to make sure that when you graduate you are competent and confident. While our program will challenge you, it is taught with great compassion and love. This is the Vedic way.

We offer our programs at two locations: our home campus in Northern California (Nevada City) and at our satellite site in Southern California near Los Angeles (Cerritos). We are proud to be a part of both communities and we invite you to join us.

The learning process never ends as we endeavor to embody the wisdom of Ayurveda in all areas of our lives. If Ayurveda has inspired you and reached into your heart, we hope you will join us and our students as we travel together on a journey of personal growth, professional development, and planetary healing.

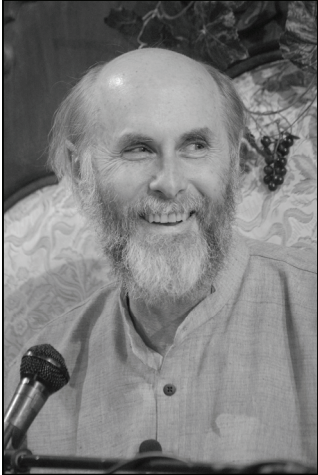
Namasté,

A handwritten signature in black ink that reads "Dr. Marc Halpern". The signature is fluid and cursive, with a long, sweeping underline.

Dr. Marc Halpern, D.C., C.A.S., P.K.S.  
President



## A Letter to Students



I remember one of the first classes in Ayurveda in the West in 1983 in which there were only a half dozen students without much of an idea as to what they were studying or why. One wondered if the serious pursuit of Ayurveda was but a fantasy. I have watched Ayurveda grow worldwide since then, and today it is clear that the fantasy has turned into reality. The outstanding education provided by the California College of Ayurveda is the clearest example.

I first met Dr. Marc Halpern as a student in 1991, and he soon joined me for additional training programs that we offered. I introduced him to additional teachers from India and supported him to begin the California College of Ayurveda. Today the school has become the most recognized institution outside of India and is respected worldwide.

I see Ayurvedic education today as having five necessities. The first is that it should provide a strong foundation in the traditional principles of Ayurveda. The second is a good herbal program. Herbs, after all, are the main healing substance prescribed in Ayurveda. The third is that it should teach good counseling skills for Ayurvedic practitioners, and students should be well versed in Ayurvedic psychology. Most health problems today have mental and emotional complications that cannot be ignored. The fourth is integration with Yoga therapy, which also continues to grow in popularity. Ayurveda is the ancient medicine of the Yoga tradition, founded by the same rishis and resting upon the same philosophy as classical Yoga. The fifth is a deep clinical foundation. Beyond lifestyle counseling and preventative medicine, Ayurveda is a complete medical system capable of helping humanity to heal from a wide array of chronic diseases that confound Western physicians.

The California College of Ayurveda provides outstanding training in the principles of Ayurveda, extensive herbal training, a deep foundation in psychology, opportunities to study Ayurvedic Yoga therapy and has pioneered clinical ayurvedic education in this country. Students who choose to study at CCA will receive a solid foundation in the traditional knowledge and learn how to apply it in modern times. When you graduate, you will be very well prepared to go into practice and stand among the finest trained practitioners in this country.

Ayurveda is respected worldwide as one of the most important traditional systems of healing. The work of the California College of Ayurveda has made a serious contribution to the well-being of humanity.

Dr. David Frawley (Pandit Vamadeva Shastri)

*Dr. David Frawley is one of the most highly regarded scholars of the Vedic sciences and an advisor to the California College of Ayurveda. For more information about him, please see his biography later in this catalog.*

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The contents of this catalog are valid from the dates of  
January 1, 2012 through December 31, 2012.  
Information contained herein, including curriculum and tuition, pertains only to  
enrollment into each program during this calendar year.

### **Vision of the California College of Ayurveda**

The California College of Ayurveda is dedicated to providing the highest quality education, health care, and research in the field of Ayurveda. We train students to become the doctors of the future, practitioners dedicated to understanding the whole person physically, emotionally, and spiritually. From this understanding, practitioners will be able to identify areas of disharmony between a client's actions, his or her constitution, and the environment. Practitioners will then understand how this disharmony relates to the client's illness or imbalance, and will develop a program of care to re-establish harmony and support their clients on their journey toward optimal health.

### **State Approval and International Recognition**

The California College of Ayurveda, Inc. (CCA) is approved by the California Bureau for Private Postsecondary Education (BPPE) to offer programs in the study of ayurvedic medicine. The College's programs vastly exceed the minimum requirements of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.

The California College of Ayurveda was selected by the prestigious Gujarat Ayurveda University as a partner in developing international ayurvedic standards of education. (Gujarat Ayurveda University is the most prestigious ayurvedic university in India.)

### **Continuing Education Credits**

CCA has also been approved as a provider by the California Board of Registered Nursing to offer up to 500 contact hours of Continuing Education for registered nurses in California (Provider CEP13907). In addition, CCA's Ayurvedic Massage and Body Therapy programs have been approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) for continuing education credits for massage therapists and bodywork professionals (Provider Organization 433824-00).

*"The experience was so gratifying and there is nothing else I would rather have been doing."*

— Jamie Lefcovich

*"CCA has changed my life. I am now part of a community where I feel at home."*

- Diane Zankich

## AYURVEDA FOR THE 21ST CENTURY

Ayurveda, which literally means "The Science of Life," is the healing science from India. It has been practiced for over 5,000 years by millions of individuals to assist the body in journeying back to optimal health. More and more people are discovering that these ancient principles are easily applicable to modern life and that they have the power to create health and contentment. Health comes when we live in harmony with our true nature as spirit. Ayurveda allows us to get a glimpse of our individual true nature and to find the best ways to live a life of balance. It provides holistic understanding and healing to people on all levels: physically, emotionally, and spiritually. Ayurveda uses a multitude of healing modalities including herbs, diet, colors, aromas, sound, lifestyle recommendations, pancha karma, meditation, and yoga.



### The Clinical Ayurvedic Specialist and the Ayurvedic Health Practitioner

CCA's Clinical Ayurvedic Specialists (C.A.S.) and Ayurvedic Health Practitioners (A.H.P.) are the most thoroughly trained practitioners in the field of Ayurveda in the United States. With nearly 1000 graduates, CCA provides both academic and clinical training in preparation for students to go into private practice. It is the dharma (purpose) of a C.A.S. and an A.H.P. to share their knowledge and principles of Ayurveda to uplift the health and well-being of the community.

Our graduates are trained to understand a client physically, emotionally, and spiritually. From this understanding, they identify the client's constitution and the nature of any imbalances, and then design and implement an appropriate treatment program. One part healer, one part counselor, one part coach, and one part guide, our graduates help people create optimal conditions for healing, balance and harmony in

their lives. Ayurvedic Health Practitioners and Clinical Ayurvedic Specialists transform the lives of their clients. Clinical Ayurvedic Specialists are the doctors of the future, using principles from the past to help people achieve balance, harmony, and health in the present.

### Professional Opportunities

Our Clinical Ayurvedic Specialist and Ayurvedic Health Practitioner programs are designed with the goal of training graduates to become independent, self-employed ayurvedic practitioners. We include training in all of the skills practitioners need to be successful. Ayurvedic Health Practitioners and Clinical Ayurvedic Specialists who are already licensed health care providers may use their ayurvedic training to enhance their current health care practices. All graduates have the unique opportunity to decide in which way they will use their education to serve their community, the planet, and all of humanity.

## ACADEMIC PROGRAMS

The California College of Ayurveda offers the highest level of training and most comprehensive curriculum in the field of Ayurvedic Medicine in the United States. In addition to providing students with training in the fundamental principles and practices of Ayurveda, at CCA students study disease management and receive the clinical training necessary to become successful in practice. In order to achieve these goals, the training program is offered in three levels at several locations and in differing formats. \*

*\* Programs are held at the main campus in Nevada City as well as at our satellite location in Southern California (Cerritos), which is an auxiliary teaching site. CCA's administrative office staff, student records, and services are located at its main location in Nevada City.*

*"I received an outstanding education at the California College of Education. The program is rigorous and is designed for the serious student who is committed to working hard in order to harvest the rewards that will ultimately come from acquiring an education of this caliber." — Marilyn Kay Jacobs, C.A.S.*

## **Level One: Ayurvedic Health Educator (A.H.E.) (545 hours)**

This program is ideal for students wishing to integrate their training in Ayurveda with an existing health care degree or for personal growth and/or self-healing. Graduates with no previous health care training may use this training to conduct community ayurvedic educational workshops and seminars. This training combines well with our Ayurvedic Massage and Body Therapy certification and/or Ayurvedic Yoga Therapy certification, allowing Level-One graduates to integrate these healing therapies into their practices. Level One is a pre-requisite for Level Two.

### **Curriculum**

- Module 1: Philosophy
- Module 2: Ayurvedic Anatomy and Physiology I
- Module 3: Ayurvedic Anatomy and Physiology II
- Module 4: Ayurvedic Pathology
- Module 5: Diagnostics I: Overview of pulse, tongue and body diagnosis
- Module 6: Ayurvedic Psychology I
- Module 7: Ayurvedic Psychology II
- Module 8: Ayurvedic Nutrition
- Module 9: Introduction to Ayurvedic Herbalism
- Module 10: Ayurvedic Color, Aroma, Sound, and Lifestyle Therapies

Students completing the A.H.E. level of training have up to three years to begin Level Two training if they wish to continue their education. After three years, students will need to reapply to become active and take a placement examination in order to test their recall of basic A.H.E. program concepts.

## **Level Two: Clinical Ayurvedic Theory (737 additional hours: 1,282 total hours)**

Level Two is a prerequisite for our practical, hands-on internships in preventative ayurvedic medicine and clinical ayurvedic medicine leading to certification as either an Ayurvedic Health Practitioner or a Clinical Ayurvedic Specialist. Students who complete this level but do not go on to Level Three, will receive a non-practitioner certificate of completion.

### **Curriculum**

- Module 1: Pancha Karma Theory
  - Module 2: Diseases and Ayurvedic Management of the Digestive System I
  - Module 3: Diseases and Ayurvedic Management of the Digestive System II
  - Module 4: Diseases and Ayurvedic Management of the Respiratory System
  - Module 5: Diseases and Ayurvedic Management of the Urinary System
  - Module 6: Diseases and Ayurvedic Management of the Cardiovascular System
  - Module 7: Women's Health and Ayurveda I: Pregnancy, Delivery and Introduction to Pediatrics
  - Module 8: Women's Health and Ayurveda II: Diseases of the Female Reproductive System
  - Module 9: Diseases and Ayurvedic Management of the Nervous System
  - Module 10: Ayurvedic Management of Chronic Diseases of the Endocrine, Immune, and Musculoskeletal Systems
  - Module 11: Ayurvedic Diagnostics II: Abdominal Exams, Blood Pressure and Vital Signs
  - Module 12: Ayurvedic Pulse Diagnosis Intensive
  - Module 13: Making Herbal Medicines Lab
- Research Paper on an ayurvedic topic

## **Level Three: Internships / Residency**

When the students reach Level Three, they can choose between a six-month internship leading to certification as an Ayurvedic Health Practitioner and a 12-month internship leading to certification as a Clinical Ayurvedic Specialist. Both programs can take place either in Nevada City as a residency or in the student's community as a field internship. During Level Three students are working directly with patients and are also attending classes.

This outstanding training is the only one of its kind in the United States and will help assure that the graduate is capable and competent to go into practice. Interns and residents work under the supervision of our clinical staff and design complex herbal formulations. Residents prepare these on-site under the direction of the Director of the Herb Department. Formulations are prepared in our herbal dispensary for off-site interns. Residents also participate in the school's community outreach and public education programs by giving public education talks and participating in public education booths at health fairs. The skills gained from these experiences help students to build their practices in the future.

### **Ayurvedic Health Practitioner Internship (six months; 316 additional hours: 1,598 total hours)**

The student is trained for a scope of practice that focuses on preventative medicine, lifestyle transformation, and the promotion of health and wellness as well as the management of minor conditions of the digestive system and the mind. The student will perform a minimum of 40 patient visits. Interns gain experience working with diet, herbs, aromatherapy, color therapy, sound and mantra therapy, yoga therapy, and other ayurvedic and yogic practices. Health care consultations provided by interns are offered at low cost. By charging reasonable fees, intern confidence is built. All fees support the internship program. The Ayurvedic Health Practitioner internship is a prerequisite for the Clinical Ayurvedic Specialist internship/residency.

#### **Curriculum**

- Case Management
- Patient Psychology
- Communication Skills
- Documentation
- Refinement of Examination
- Lifestyle Counseling
- Case Discussions
- Observation of Consultations
- 26 hours of supervised Herbal Preparation, or
- 26 hours Herbal Medicines Project

#### **The AHP Internship Experience**

- Consultations with Clients/Consultation Documentation
- Case Supervision (Meetings with Supervisor)
- Case Research
- Promotional Activities to Attract Clients
- Supervised Herbal Preparation or Herbal Medicines Projects

Students living at a distance from the College may perform their internship by serving in their own communities. All field interns may attend classes in person in Nevada City or through Vedaweb™, our live internet classroom. (**Note:** Limited in-person classroom attendance is required. Inquire for the latest schedule.) Each field intern is supervised by a field intern supervisor, who oversees individual cases, monitors progress, and assures completion of all required hours and reporting. Case discussions and reviews are scheduled in person or by telephone. Field interns will perform several projects working with herbs to complete the internship's 26-hour herbal preparation training. Field interns may incur additional minor expenses for postage, phone calls, faxes, etc.

In both the Ayurvedic Health Practitioner field internship and onsite programs, interns and residents are responsible for attracting the patients needed to complete their program by giving public lectures, participating at health fair booths, and supporting other outreach activities of the College. Each student must participate in at least three public events (talks, booths, fairs). Students in this program also prepare a business plan for an ayurvedic practice. Interns and residents are expected to make the time necessary to complete their program in a timely manner. This may require work during the week. Students who cannot complete their program within the required six-month period may apply for up to two three-month extensions for a fee of \$300 each. (Additional extensions may be considered after a meeting with the internship director.) For more information about the expectations of internship, please see the internship disclosure and declaration form available from the school and included in A.H.P. program enrollment materials.

### **Clinical Ayurvedic Specialist Internship / Residency (six additional months; 293 additional hours: 1,891 total hours)**

The student in this program is being trained for a scope of practice that includes everything noted above under Ayurvedic Health Practitioner plus the treatment and management of patients with common diseases.

The intern/resident must complete 40 additional patient visits and attend six additional class intensives. Health care consultations by Clinical Ayurvedic Specialist interns and residents are provided at a reasonable cost.

#### **Curriculum**

- Documentation
- Case Presentations
- Observations of Consultations
- Pulse Diagnosis Intensive II
- Introduction to Business Management

#### **The CAS Internship/Residency Experience**

- Consultations with Clients/Consultation Documentation
- Case Supervision (Meetings with Supervisor)
- Case Research
- Promotional Talks and Outreach Activities
- Supervised Herbal Preparation or Herbal Medicine Projects

*“After graduating from CCA, I started my ayurvedic and pancha karma practice first in San Francisco, and now in Idaho. I’m amazed at how my education prepared me to help people in basic ways that make a real difference in their health and happiness.” —Cate Stillman*



Students living at a distance from the College may elect to perform a field internship by serving in their own communities. All field interns must attend classes in person in Nevada City or via our live internet classroom. (**Note:** Limited in-person classroom attendance is required. Inquire for the latest schedule.) Each field intern is supervised by a field intern supervisor, who oversees individual cases, monitors progress, and assures completion of all required hours and reporting. Case discussions and reviews are scheduled in person or by telephone. Field interns will perform several projects working with herbs to complete the internship's 45-hour herbal preparation training. Field interns may incur additional minor expenses for postage, phone calls, faxes, etc.

In both the Clinical Ayurvedic Specialist field internship and residency programs, interns and residents are responsible for attracting the patients needed to complete their residency by giving public lectures, participating at health fair booths, and supporting other outreach activities of the College. Each student must participate in at least five public events (talks, booths, fairs). Students are also expected to make the time necessary to complete their program in a timely manner. This may require work during the week. Interns and residents who cannot complete their internship/residency within the required six-month period may apply for an extension. One three-month extension may be granted at no charge. After that, students can register for one additional three-month extension for a fee of \$300. (Additional extensions may be considered after a meeting with the C.A.S. director.) For more information about the expectations of internship/residency, please see the C.A.S. residency/internship disclosure form available from the school and included with the C.A.S. program enrollment materials.

### **C.A.S. Resident/Intern Fees and Stipends**

The College establishes the fees for clinical services by residents, with residents receiving a \$50 stipend for each patient visit. The remainder of the fees go to the College to support the internship program. C.A.S. field interns collect fees of their own choosing for each patient visit and return \$45 of this fee to the College for each initial visit and \$25 for each follow-up visit. By charging reasonable fees, intern confidence is built.

## **SEMINARS AND INTENSIVES**

The College offers a variety of elective seminars and continuing education programs for its students and graduates, including programs in Pancha Karma, Ayurvedic Yoga Therapy, Ayurvedic Body Therapy, and Herbalism.

### **Massage and Body Therapy Courses**

#### **Ayurvedic Massage and Body Therapy Certification**

Ayurvedic Massage and Body Therapy Certification trains graduates of this program to practice abhyanga (ayurvedic massage), shirodhara (warm herbal oil poured onto the sixth chakra), and svedana (herbal steam treatment). These are the three core treatments

that make up Ayurvedic Body Therapy. The combination was named "Bliss Therapy" by Dr. Halpern in 1996 and has now become standard in many spas around the world. This certification program is often added to Level One (A.H.E.) certification. This course is taught in an intensive format (5 days, 35 hours). Students must complete an additional ten practice massages outside of class to complete certification. These intensives are open to all ayurvedic students and massage therapists. Those students who are not enrolled in the A.H.E. program must also complete the one-month Foundations of Ayurveda intensive through distance learning in order to receive certification. Please contact the College for further information. Total Credit Hours: 45



#### **Pancha Karma Specialist Certification Course**

Once each year the College offers its 5-day, 35-hour Pancha Karma Specialist training. This advanced program is only open to students who have completed the Ayurvedic Massage and Body Therapy training program and who are enrolled in, or have completed, our Level-Two Clinical Ayurvedic Theory program. While students learn all about Pancha Karma and Pancha Karma clinical management during Level Two, this special seminar training program is almost exclusively hands-on. Students fine-tune their practices of abhyanga (ayurvedic massage), shirodhara, and svedana (herbal steam treatment), learn how to perform basti (enema) and



nasya treatments; and discuss issues related to the daily practice of Pancha Karma. Although this course may be taken before completing the third level of the program, certifications for this course are given only to students who have completed their Ayurvedic Health Practitioner certification, as clinical case management experience is a requisite for competency. Students must complete an additional ten practice therapies outside of class to complete certification. Total Credit Hours: 45

### **Advanced Ayurvedic Body Therapy Courses**

Each summer the College offers a series of Ayurvedic Body Therapy intensive trainings for ayurvedic students and graduates as well as for massage professionals. These trainings include marma therapy (ayurvedic energy-point therapies), dough dams, ayurvedic facials, pinda swedana, and other specialized treatments. For more detailed information about the dates of these programs and their costs, please contact the College or visit our website.

### **Yoga Therapy Courses**

**Ayurvedic Yoga Therapy Teacher Training Course:** This program, created by Dr. Halpern, is offered as a 10-day residential training program. This program is open to all practitioners and students of either Ayurveda or yoga. The residential program is held at a variety of locations throughout the USA and abroad. Participants learn how to utilize the principles of yoga from an ayurvedic perspective for the benefit of supporting the healing process. This program is ideal for both ayurvedic practitioners and yoga teachers. For additional information, curriculum details and fees for this program, please contact the College or visit our website.

**Yoga Nidra Teacher Training Course:** Yoga Nidra is the art of deep, conscious relaxation and awareness. This residential program, taught by Dr. Marc Halpern, is offered as an intensive in various locations throughout the country and abroad. This program is open to all students with or without a background in yoga or Ayurveda. For more information please contact the college or visit our website.

## **EDUCATIONAL FORMATS**

The California College of Ayurveda recognizes that a variety of educational formats are needed to meet the needs of differing student situations. The College offers students the opportunity to study Ayurveda at a distance and receive the same credit toward certification.

### **Full-Time Program**

The Level One, Ayurvedic Health Educator program may be completed in five to six months. The Level-Two, Clinical Ayurvedic Theory program may be completed in an additional six to seven months. Each internship during Level Three may be completed in an additional six months. Class schedules vary at our different locations.

### **Weekend Program**

The Level One, Ayurvedic Health Educator program may be completed in approximately eleven to twelve months, meeting one weekend each month. The Level Two, Clinical Ayurvedic Theory program may be completed in an additional thirteen to fourteen months. Each internship during Level Three may be completed in an additional six months.

Our Level One and Two full-time and weekend programs are held at our Southern California and Nevada City locations. The Southern California satellite classroom is located at 17100 Norwalk Boulevard, Suite 108, in Cerritos. Level Three internship classes are held in Nevada City. Most classes may be attended via our live internet classroom (see below).

### **Live Internet (Vedaweb™) Classes**

Students may attend weekend and full-time classes live over the internet from the comfort of their own home. Such students are held accountable to the same attendance and performance standards as other students. Our Vedaweb™ internet technology allows students with high-speed internet access to view the teacher and the teacher's presentation and allows for two-way communication as if the student is in the classroom. Students must have high-speed internet access, a webcam, and a land-line. Students must be able to create a quiet space for study and not be distracted by external events during class. Please note that Vedaweb™ students may also need to attend a limited number of intensives in Nevada City for hands-on training. Since onsite classroom students may at some point want to attend class via Vedaweb™ if they cannot attend class in person on a particular day or week, we recommend that all students enrolling in the classroom program take our free training in how to use this technology.

*"The depth of this course, the ease of learning, and the generosity of its delivery made a first time, one of a kind, lasting personal and professional experience. Thanks, Dr. Marc!"*

- Gina Caccavalla

## Distance Learning Program

The College's Distance Learning program is a revolutionary and innovative program that integrates home schooling, classroom education, and a one-to-one relationship with a Master Teacher (traditionally called Gurukula-style education) who guides the student's education. Distance Learning is available up to the beginning of A.H.P. internship. At that time the student joins with interns/residents from the classroom program. Students who cannot attend internship classes in the classroom may attend most classes live via the internet. The pace of the distance learning program closely matches that of the weekend program.

Distance study includes reading assignments, projects, and regular proctored examinations. For each section of the study program there are weekly phone meetings with an assigned Master Teacher. Assignments for lessons are returned to the students within seven days of receipt by the Master Teacher, and graded midterm and final exams are discussed with the student by the Master Teacher within two weeks. At the end of the academic studies for each level of the program students must attend a limited number of intensives in Nevada City for review and hands-on training in diagnostic techniques. Please see our website for more details. The College can assist students in making local housing arrangements in the Nevada City/Grass Valley area. The fees and credits for each level of the training program are the same as in the classroom programs.

## Summary of Course Hours

The following chart details an hourly breakdown for each format for our program.

	<b>Full-Time Program</b>	<b>Weekend or Vedaweb™ Program</b>	<b>Distance Learning</b>
<b>Ayurvedic Health Educator</b>	Teacher Contact: 185	Teacher Contact: 165	Teacher Contact: 55
	Projects/Homestudy: 360	Projects/Homestudy: 380	Projects/Homestudy: 490
	<b>Total Hours: 545</b>	<b>Total Hours: 545</b>	<b>Total Hours: 545</b>
<b>Clinical Ayurvedic Theory</b>	Teacher Contact: 245	Teacher Contact: 221	Teacher Contact: 89
	Projects/Homestudy: 492	Projects/Homestudy: 516	Projects/Homestudy: 648
	<b>Total Hours: 737</b>	<b>Total Hours: 737</b>	<b>Total Hours: 737</b>
<b>Ayurvedic Health Practitioner</b>	Teacher Contact: 94	Available full-time	Available full-time
	Internship Activities: 136		
	Herb Preparation: 26		
	Outreach/Research Activities: 60		
	<b>Total Hours: 316</b>		
<b>Clinical Ayurvedic Specialist</b> (not including A.H.P. Program)	Teacher Contact: 92	Available full-time	Available full-time
	Internship Activities: 136		
	Herb Preparation: 45		
	Community Outreach: 20		
	<b>Total Hours: 293</b>		
<b>Total Hours with A.H.P. Program</b>	<b>1598</b>	<b>1598</b>	<b>1598</b>
<b>Total Hours with C.A.S. Program</b>	<b>1891</b>	<b>1891</b>	<b>1891</b>

## ADMISSIONS AND TUITION

### Admissions

The California College of Ayurveda accepts a limited number of students into each of its classes. Applications are accepted throughout the year. Individuals who submit their applications by the priority application deadline receive special consideration for admission into the class of their choice. When a class has been filled, students will be added to a waiting list for the next class. While the College accepts students from other countries, no special English-language services are offered, nor are the College's programs eligible for U.S. student visas. The programs of the College are taught in English. When applying to our programs, students must certify that they are proficient in the English language.



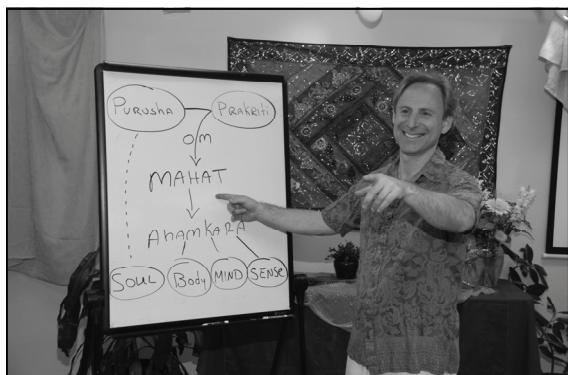
## Admissions Prerequisites

Students are required to have a high school diploma or the equivalent in order to enter into the Level One: Ayurvedic Health Educator program. In order to enroll in the Level Two: Clinical Ayurvedic Theory course, students must show proof of completion of a college-level anatomy and physiology class. Such a class is currently available in Nevada City at our school and runs concurrent with Level One. Students living at a distance may attend this course, when available, via Vedaweb™ on a space-available basis. We also accept college, community college and on-line classes. Please contact the College for a list of acceptable on-line courses (also included in A.H.E. program enrollment materials). Please note that this requirement is waived for students with prior health care degrees upon documentation of the degree. It is also possible to fulfill the anatomy and physiology course requirement by passing a 20-page proctored exam administered by the College for a fee of 100.00 dollars.

## Non-Discrimination Policy

All applicants are considered equally. CCA does not discriminate on the basis of gender, race, religion, age, nationality, or disability in its admissions process.

## Credits for Previous Ayurvedic Study



Students of other recognized ayurvedic programs in the United States may take a placement examination to determine their competency in ayurvedic principles and practices. This examination covers topics in our A.H.E. (Level One) training program only. Students who take this exam and do well may be exempted from the first level of our training program (A.H.E. program) or be asked to take only specific classes. Others may be required to attend all first-level classes. The fee for the placement examination is \$500.00. Due to variations in educational program standards, we do not accept direct transfer of credits from other institutions.

Ayurvedic doctors with a B.A.M.S. degree from India may take placement exams for both Level One and Level Two. Each examination is \$500.00. Candidates who do well on both exams will be allowed to enter directly into the Level Three internship/ residency program. Please note that fees for

placement exams may be applied toward any courses a student needs to make up.

To take a placement exam, students must first apply and be accepted as a student, and submit evidence of prior ayurvedic training. Please contact the College for further information.

## How to Apply

- Step 1. Complete the Application for Admission form. It is essential that you supply all requested information.
- Step 2. Send the completed Application for Admission form with the application fee of \$150, payable to the California College of Ayurveda, 700 Zion Street, Nevada City, CA 95959. The application processing fee is non-refundable.
- Step 3. Schedule a pre-enrollment interview with the Enrollment Director.

## Tuition and Fees

Application Processing Fee (nonrefundable)	\$ 150.00
Registration Fee for A.H.E., C.A.T., A.H.P./ C.A.S.	\$ 125.00
STRF Fee (nonrefundable, estimated amount, amount varies by program, California residents/residency programs only, see p. 16 for further information)	\$ 15.00
Textbooks, Teaching & Reference material required (without tax or shipping)	
A.H.E.	\$ 420.00
C.A.T.	\$ 115.00
A.H.P.	\$ 25.00
Diagnostic Equipment (required for C.A.T.; without tax or shipping)	\$ 65.00

## Professional Certification Tuition

Level One: Ayurvedic Health Educator Certification	\$ 4850.00
Level Two: Clinical Ayurvedic Theory	\$ 6250.00
Level Three: 6-month Ayurvedic Health Practitioner Internship/Residency	\$ 3225.00
Level Three: 6-month Clinical Ayurvedic Specialist Internship/Residency, or	\$ 3225.00
Level Three: 12-month A.H.P./C.A.S. Internship/Residency combined	\$ 6250.00
Add on Ayurvedic Massage and Body Therapy Certification to any professional Certification	\$ 600.00
Add on Pancha Karma Specialist Certification to Level Two or Three Certification	\$ 600.00

The tuition and curriculum of our programs reflect enrollment within the calendar year of this catalog. Enrollment into any level of our program during subsequent years is subject to tuition rates in place at that time and as reflected in the latest catalog. Additional administrative fees may be charged under special circumstances, such as for a change in financial agreement. Acceptance of an applicant remains in effect for 45 days to allow completion of the enrollment documents.

### **Payment and Financial Aid Information**

The California College of Ayurveda offers in-house financing to allow students to make low monthly payments, as described herein. Students who qualify for vocational training or vocational rehabilitation funds may apply to their local or regional programs for financing. For students in financial hardship and unable to take advantage of these options, the College also offers the Dhanvantari Scholarship Program, providing need-based scholarships starting at \$500 per level of the program and are available to a very limited number of qualified applicants. Generally, the College is not eligible for federal or state financial aid/loan programs. Contact our Financial Aid Department for more information.

### **Karma Yoga**

Students who serve the College through the practice of karma yoga during Level One may be considered for discounts or free tuition on seminars or additional levels of our educational programs. However, karma yoga is a traditional practice of selfless service and is provided from the heart with no expectation of receiving anything in exchange; there is no guarantee that any discounts toward tuition will be provided. Tuition discounts should not be the motivating factor in performing karma yoga. If offered, tuition discounts are a gift and not an exchange. Karma yoga is not a work-study program, nor is it a contractual arrangement. It is pure volunteer service. Students who wish to perform karma yoga should contact the school and discuss their interest directly with Dr. Halpern.

*CCA donates 10% of annual profits  
to charities that benefit  
Ayurveda and humanity.*

## **Tuition Payment Options**

### **Full-Time and Vedaweb™ Level One and Two**

#### **Ayurvedic Health Educator Program (Ayurvedic Studies Level One)**

Option A. Payment of the entire tuition of \$4,850 prior to the start of classes.

Option B. Payment of \$2,425 prior to the start of classes and payment of \$2,425 by the first day of the fifth month after the start of classes.

Option C. Payment of a \$800 deposit before the start of classes and five (5) monthly payments of \$840.38 per month starting with the first month after classes begin, for a total tuition cost of \$5,001.90. This plan includes a Time Payment Fee of \$151.90.

#### **Ayurvedic Health Educator Program with Ayurvedic Massage and Body Therapy Certification Added**

Option A. Payment of the entire tuition of \$5,450 prior to the start of classes.

Option B. Payment of \$2,725 prior to the start of classes and payment of \$2,725 by the first day of the fifth month after the start of classes.

Option C. Payment of an \$900 deposit before the start of classes and five (5) monthly payments of \$944.13 per month starting with the first month after classes begin, for a total tuition cost of \$5,620.65. This plan includes a Time Payment Fee of \$170.65.

#### **Clinical Ayurvedic Theory Program (Ayurvedic Studies Level Two)**

Option A. Payment of the entire tuition of \$6,250 prior to the start of classes.

Option B. Payment of \$3,125 prior to the start of classes and payment of \$3,125 by the first day of the fifth month after the start of classes.

Option C. Payment of a \$900 deposit before the start of classes and six (6) monthly payments of \$931.79, per month starting with the first month after classes begin, for a total tuition cost of \$6,490.74. This plan includes a Time Payment Fee of \$240.74.



### **Clinical Ayurvedic Theory Program with Pancha Karma Specialist Certification Added**

Option A. Payment of the entire tuition of \$6,600 prior to the start of classes.

Option B. Payment of \$3,300 prior to the start of classes and payment of \$3,300 by the first day of the fifth month after the start of classes.

Option C. Payment of a \$1,000 deposit before the start of classes and six (6) monthly payments of \$1,018.88 per month starting with the first month after classes begin, for a total tuition cost of \$7,113.28. This plan includes a Time Payment Fee of \$263.28.

### **Weekend, Vedaweb™, and Distance Learning, Level One and Two**

#### **Ayurvedic Health Educator Program (Ayurvedic Studies Level One)**

Option A. Payment of the entire tuition of \$4,850 prior to the start of classes.

Option B. Payment of \$1,616.67 prior to the start of classes, payment of \$1,616.67 by the first day of the fifth month after the start of classes, and payment of \$1,616.67 by the first day of the ninth month after the start of classes.

Option C. Payment of a \$400 deposit before the start of classes and ten (10) monthly payments of \$478.38 per month starting with the first month after classes begin, for a total tuition cost of \$5,183.80. This plan includes a Time Payment Fee of \$333.80.

#### **Ayurvedic Health Educator Program with Ayurvedic Massage and Body Therapy Certification Added**

Option A. Payment of the entire tuition of \$5,450 prior to the start of classes.

Option B. Payment of \$1,816.67 prior to the start of classes, payment of \$1,816.67 by the first day of the fifth month after the start of classes, and payment of \$1,816.67 by the beginning of the ninth month after the start of classes.

Option C. Payment of a \$500 deposit before the start of classes and ten (10) monthly payments of \$532.13 per month starting with the first month after classes begin, for a total tuition cost of \$5,821.30. This plan includes a Time Payment Fee of \$371.30.

#### **Clinical Ayurvedic Theory Program (Ayurvedic Studies Level Two)**

Option A. Payment of the entire tuition of \$6,250 prior to the start of classes.

Option B. Payment of \$1,562.50 prior to the start of classes, payment of \$1,562.50 by the first day of the fifth month after the start of classes, payment of \$1,562.50 by the beginning of the ninth month after the start of classes, and payment of \$1,562.50 by the beginning of the thirteenth month after the start of classes.

Option C. Payment of a \$500 deposit before the start of classes and thirteen (13) monthly payments of \$485.43 per month starting with the first month after classes begin, for a total tuition cost of \$6,810.59. This plan includes a Time Payment Fee of \$560.59.

### **Clinical Ayurvedic Theory Program with Pancha Karma Specialist Certification Added**

Option A. Payment of the entire tuition of \$6,850 prior to the start of classes.

Option B. Payment of \$1,712.50 prior to the start of classes, payment of \$1,712.50 by the first day of the fifth month after the start of classes, payment of \$1,712.50 by the beginning of the ninth month after the start of classes, and payment of \$1,712.50 by the beginning of the thirteenth month after the start of classes.

Option C. Payment of a \$500 deposit before the start of classes and thirteen (13) monthly payments of \$536.09 per month starting with the first month after classes begin, for a total tuition cost of \$7,469.17. This plan includes a Time Payment Fee of \$619.17.

### **Internship/Residency Programs Level Three**

#### **Ayurvedic Health Practitioner Internship (Ayurvedic Studies Level Three)**

Option A. Payment of the entire tuition of \$3,225 prior to the start of classes.

Option B. Payment of \$1,612.50 prior to the start of classes, and payment of \$1,612.50 by the first day of the fifth month after the start of classes.

Option C. Payment of a \$500 deposit and five (5) monthly payments of \$565.44 per month starting with the first month after classes begin, for a total tuition cost of \$3,327.20. This plan includes a Time Payment Fee of \$102.20.

*"I feel that I have had excellent overall training at CCA. I feel confident going into practice."*  
— Krista Neumann

### **Clinical Ayurvedic Specialist Residency/Field Internship**

Option A. Payment of the entire tuition of \$3,225 prior to the start of classes.

Option B. Payment of \$1,612.50 prior to the start of classes, and payment of \$1,612.50 by the first day of the fifth month after the start of classes.

Option C. Payment of a \$500 deposit and five (5) monthly payments of \$565.44 per month starting with the first month after classes begin, for a total tuition cost of \$3,327.20. This plan includes a Time Payment Fee of \$102.20.

### **Combined A.H.P./C.A.S. Internship/Residency**

Option A. Payment of the entire tuition of \$6,250 prior to the start of classes.

Option B. Payment of \$2,083.33 prior to the start of classes, payment of \$2,083.33 by the first day of the fifth month after the start of classes, and payment of \$2,083.33 by the beginning of the ninth month after the start of classes.

Option C. Payment of a \$500 deposit and eleven (11) monthly payments of \$565.85 per month starting with the first month after classes begin, for a total tuition cost of \$6,724.43. This plan includes a Time Payment Fee of \$474.43.

*A late fee of \$100 applies if the second, third, and/or fourth payments of Advance Payment Plans are not made within ten days of the date on which they are due.*

### **Notice to Prospective Students**

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at P.O. Box 980818, West Sacramento, CA 95798-0818, [www.bppe.ca.gov](http://www.bppe.ca.gov), (888) 370-7589; (916) 574-8648 fax.





## FREQUENTLY ASKED QUESTIONS

### ***1. Why should I choose the California College of Ayurveda for my ayurvedic education?***

**Standards:** CCA has the highest academic and clinical standards in the West. Our students are well known to be the finest trained in North America.

**Success:** Because of the clarity, focus and excellence of CCA's educational process, CCA has graduated the most successful practitioners in the country.

**Making Medicines:** CCA offers the most extensive herbal training in the country. Our program is the only one in the United States where residents and interns have the opportunity to make each and every medicine they prescribe to their patients.

**Internship and Residency:** While most internships at other schools still only include observing a teacher seeing patients or performing consultation on other students, CCA's professional internship program includes both observation and working directly with patients. CCA is also the only school in the country in which C.A.S. interns and residents are paid while they are in school for the work they do. This builds self-esteem and confidence as you go into practice.

**Cohesive Program:** The program at CCA has been refined over a 17-year period. Every facet of CCA's training program is designed to coordinate a student's learning experience. Rather than provide students with seminar teachers who do not coordinate with each other, CCA's teaching staff is a completely integrated unit, meeting regularly, and working together to assure a cohesive learning experience.

**Excellence in Teaching Staff:** Teachers at CCA are hand-picked by Dr. Halpern for their knowledge, their ability to communicate clearly, and their ability to teach in an organized manner. Each teacher has developed important insights into the knowledge and brings these insights into the learning experience of the student. Perhaps most importantly, our faculty is living the principles of Ayurveda every day.

**State and National Standards:** The California College of Ayurveda was instrumental in developing the currently accepted national guidelines for ayurvedic practitioner education. Your education at CCA exceeds these guidelines and fully prepares you for the future of Ayurveda in the United States.

**Classroom Hours:** CCA offers more classroom hours of training in pure ayurvedic knowledge than any other major school in the United States.

**Post-Graduate Study in India:** Students who graduate from the California College of Ayurveda have several opportunities to participate in training programs in India. CCA has a relationship with several ayurvedic doctors and hospitals in India where interns can participate in apprenticeships.

**Traditional, "Authentic" Ayurvedic Education:** CCA is committed to helping students understand the complete science of Ayurveda as it was articulated thousands of years ago by the ancient teachers. This knowledge is contained in three major and three minor texts of Ayurveda written between 1500 B.C. and 1500 A.D. The curriculum at CCA helps to bring this ancient wisdom to you in a modern and easily understandable format.

### ***2. Where did the titles "Ayurvedic Health Practitioner" and "Clinical Ayurvedic Specialist" originate?***

Dr. Marc Halpern developed the title of Clinical Ayurvedic Specialist (C.A.S.) in 1995 for graduates of the California College of Ayurveda who have achieved the school's highest level of training in both health promotion and disease management. The C.A.S. title has become recognized as the highest standard of clinical ayurvedic education offered in the United States. The title Ayurvedic Health Practitioner (A.H.P.) was introduced in 2007 by CCA to recognize the completion of our preventative medicine program.

### ***3. Can I receive a Master's degree from my studies at the California College of Ayurveda?***

Yes. The California College of Ayurveda is affiliated with Hindu University of America (International Vedic Hindu University). Students who wish to receive their Master's degree in Ayurveda need to complete our AHP program and then complete a course in Hinduism and Sanskrit through Hindu University along with a final research thesis paper or two additional electives. All additional course work can be completed through their distance learning.

*"The Distance Learning program is a blessing in my life. I am eternally grateful to Dr. Halpern and the staff at CCA. I recommend the Distance Learning program without hesitation."*

— Monique Jackson

## GENERAL INFORMATION

### Attendance and Performance Policies

#### Attendance Policy

Attendance at all classes is required. Limited absences are allowed. Please see the Student Handbook for more information.

#### Required Classes

Certain classes are mandatory for each level of the program and must be completed in person before a student can move on to the next level. Students who miss these classes may take them the next time they are offered at any location or arrange for a private tutorial for an additional fee.

**Level One:** Ayurvedic Diagnostics I; **Level Two:** Ayurvedic Diagnostics II, Pulse Diagnosis Intensive I, Making Herbal Medicine Lab; **Level Three:** A.H.P. & C.A.S. Internship/Residency Preparation, and C.A.S. Pulse Diagnosis Intensive II.

#### Our Facilities in Nevada City

Our new facility is a beautiful 11,000-square-foot building sitting on two acres of land along with two smaller buildings totaling about 13,000 square feet. The main building consists of classrooms, administrative offices, and a community health center. The College is wired to the internet and uses computer equipment and projectors during the educational program. The College has an on-site student resource room, which contains a small library and is available to students during regular business hours. Additional academic resources are located on our website and are available to all students.

#### Grading and Testing Policies

**Homework and Attendance.** This will account for 25% of a student's overall grade.

**Midterms.** A midterm exam is given during the first two levels of the program. The midterm grade accounts for 25% of the overall grade.

**Final Exams.** A final exam is given at the end of each of the first two levels of the program (A.H.E. and C.A.T.). The final exam accounts for 50% of the overall grade.

**Passing Grades.** Both the final examination score and the overall course average must be 75% or greater to proceed to the next level of the program.

**Retaking Exams.** Any final exam not passed may be retaken one time. If retaken, the grades from the two exams are averaged together, and the average must be no less than 75%. Any expenses for proctoring the retaken exam must be paid by the student. It may be possible for students also to arrange independent proctors for initial midterm or final exams in cooperation with the College. Midterm exams are generally not retaken.

**A.H.P. and C.A.S. Internship/Residency.** These hands-on practical programs are graded on a pass/fail basis, as is the internship exit exam given at the end of the A.H.P. program.

**Research Projects.** During the Level Two program, students will be required to complete a research paper, which is graded on a pass/fail basis. During the Level Three (A.H.P.) preventative medicine program, students will be required to complete a business plan for an ayurvedic practice.

#### Ayurveda Health Care Benefit

Students in Nevada City receive unlimited ayurvedic health advice and support in creating an ayurvedic lifestyle from an Ayurvedic Health Practitioner-Intern in accordance to the availability of the intern practitioner. The College feels that it is important that all students have access to ayurvedic health care and be fully engaged in their own healing process. This helps the student gain important insight into healing others.

#### Rules of Conduct

Students are expected to act in a manner commonly considered professional and to adhere to general rules of conduct as outlined in the College's Student Handbook. The Student Handbook is provided to students at their first class or with their textbooks; it includes a variety of information on school policies, student life, classroom behavior, student discounts, meeting qualifications for graduation, etc.

*“Every day in my Ayurvedic practice I am so grateful and inspired by this wonderfully inclusive science and for the depth of training I received from the California College of Ayurveda. My training has given me the opportunity to see the world in a new way and to help people recreate balance and harmony in their lives.”*

— Michelle Schaefer



## **Satisfactory Academic Progress**

Students are required to complete each level of the academic program before progressing to the next level and program. Students who fail to complete a level/program will be required to retake all or a portion of the curriculum for that level, or they may be given additional assignments at the discretion of the instructor.

## **Graduation**

An Ayurvedic Health Practitioner or Clinical Ayurvedic Specialist certificate of completion is awarded to students who successfully complete the entire program (all three levels) in good academic standing. Upon request, students who complete the first two levels can receive a non-practitioner certificate of completion. Upon request, students who complete level one of the program can receive a certificate of completion as an Ayurvedic Health Educator. Students must have all tuition and fees paid in full in order to graduate.

## **Other Student Policies**

### **Student Housing**

The College is in the process of developing limited on-campus, dormitory-style housing. Please check with the College about availability. Additional off-campus housing is available and reasonably priced in a range from \$300 to \$950 rent per month (lower if a house is shared by more than one student). Although the College has no responsibility to place students in housing, we do supply students with instruction on how to find housing.

### **English-as-a-Second-Language**

The California College of Ayurveda does not offer English-as-a-second-language and no instruction occurs in any language other than English.

### **Student Complaint Procedure**

From time to time, differences in school policies may arise among students, faculty, and/or the administration. If such differences arise, usually a miscommunication or misunderstanding is a major contributing factor. The College urges students to communicate any differences that arise to the individuals involved. If the problem cannot be resolved in this manner, the President of the College should be contacted.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling toll-free at 888-370-7589 or by completing a complaint form, which can be obtained on the Bureau's internet website, [www.bppe.ca.gov](http://www.bppe.ca.gov).

### **Publicity/Advertising Rights**

The College reserves the right to photograph students and reproduce those photographs in school literature, publicity, and/or other advertising venues. The College also reserves the right to retain or request names of its graduates and/or to request and reproduce testimonials in school literature, publicity, and advertising. Any student or graduate who does not wish to grant permission to the College to use a photograph or testimonial should notify the College in writing.

## **Post-Graduation**

### **Placement Assistance**

Like other complementary and alternative health care professionals, Ayurvedic Health Practitioners and Clinical Ayurvedic Specialists find the most success going into their own practices. CCA does not offer formal placement services and makes no guarantee of employment.

### **Record Retention**

All records regarding and concerning the California College of Ayurveda and all students who have enrolled are kept at CCA's administrative office, 700 Zion Street, Nevada City, CA 95959 for a period of at least five years after the students' graduation, withdrawal, or termination. Dr. Halpern is designated as the custodian of the records and maintains current and accurate records.

### **Notice Concerning Transferability of Credits and Credentials Earned at CCA**

The transferability of credits you earn at the California College of Ayurveda is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the diploma you earn in the California College of Ayurveda is also at the complete discretion of the institution to which you may seek to transfer. If the diploma that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending the California College of Ayurveda to determine if your diploma will transfer.

## Leave-of-Absence, Cancellation, and Refunds

### Leave-of-Absence and Withdrawal

If significant illness or other serious circumstances occur that prevent a student from continuing the program as originally planned, the student may either withdraw from the College or apply for a leave-of-absence. For both alternatives, the student needs to obtain, complete, and return an application form from the administrative office. A leave-of-absence or a voluntary withdrawal will not officially begin until the College has been notified in writing, preferably through the appropriate application form. When applicable, a student must obtain approval from his or her vocational counselor.

A student may take a leave-of-absence from the College from one month up to twelve months (three months minimum during internship or residency). With the permission of the College, a student may resume attending classes when a space becomes available in the next class at the level where the leave was initiated. To resume the program, a student must notify the College of his or her intention to resume classes and be in good academic and financial standing. It is not necessary for a student to retake any previously completed classes at levels one or two if the course of study resumes within twelve months of beginning the leave of absence.

Normally, during a leave the student's payment plan will continue with no interruption to protect the student from any future tuition increases. A student in good financial standing who does not wish to continue his or her payment plan also has the option to pay a one-time, up-front leave-of-absence fee of \$300 or pay a fixed monthly fee of \$30 per month during the leave instead of continuing monthly payments. These payments are not applied toward tuition. When an agreed-upon leave-of-absence has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for re-admission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a leave. See "Refund Policy" below for further information on withdrawals.

### Cancellation of Enrollment Prior to the Start of Classes

Students have the right to cancel the Enrollment Agreement for this course of instruction up through their attendance at the first class session or the seventh day after completing enrollment, whichever is later. Canceling students may obtain a refund of tuition minus a non-refundable application and registration fees not to exceed \$250.00 dollars. Application and registration fees are non-refundable. All cancellations must be received in writing. A student can do this by mail, hand delivery, fax, or email. Any books (complete sets only), materials, and related supplies in excellent, resalable condition may be returned to the school for credit within thirty days following a notice of cancellation. If a student fails to do so, the school may deduct the documented cost of these books and equipment from any refund due to the student.

### Class Cancellation Policy

All California College of Ayurveda classes require a minimum number of enrolled students in order to be held. Should a class cancellation occur, the College is not responsible for any loss incurred by the student beyond actual fees paid to the College. All fees paid to the College will be fully refunded. There will be no processing or administrative fees.

### Refund Policy for Withdrawal

By means of written notice only (preferably using the College's Withdrawal Form), a student may withdraw from a course after instruction has started. A student who has withdrawn or been withdrawn by the College will receive a pro-rata refund for the unused portion of the tuition and other refundable charges only if 60% or less of the instruction in a particular program has been completed. Refunds will be paid within 45 days of cancellation or withdrawal. The application and enrollment fees are non-refundable.

If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys.

### Student Tuition Recovery Fund

It is a California state requirement that a resident California student or a student enrolled in a residency program in California who pays his or her own tuition, either directly or through a loan, is required to pay a state-imposed fee for the Student Tuition Recovery Fund (STRF). The STRF was established by the legislature to protect California residents who attend private postsecondary institutions from losing money if they prepaid tuition and suffered a financial loss as a result of the school closing, the school failing to live up to its enrollment agreement, failing to pay refunds on behalf of a student, or refusing to pay a court judgment.

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, P.O. Box 980818, West Sacramento, CA 95798-0818, or call (888) 370-7589, or email [bppe@dca.ca.gov](mailto:bppe@dca.ca.gov).

*"CCA is a unique and ideal academic school for learning Ayurveda in a professional way in the USA. A unique feature of this school is that it helps students learn the deeper meaning of yoga, in action and dharma. CCA teaches how life can be more meaningful and successful in the material world and, at the same time, harmonious with nature through the medium of Ayurveda."*

— Usha Kohosla, M.D.



## FACULTY

### Founder and President

**Dr. Marc Halpern, D.C., C.A.S., P.K.S.** (Ayurvedacharya), is the Founder and President of the California College of Ayurveda. He is one of the pioneers of Ayurveda in the West and is considered to be a pre-eminent practitioner and teacher of Ayurveda in the United States. He is one of the few Westerners ever recognized in both the United States and in India as an authority on the subject of Ayurveda and was awarded the All India Award for Best Ayurvedic Physician. A pillar in the development of the profession in the United States, he is the co-founder of the National Ayurvedic Medical Association for which he served as Chairman of the National Committee on Ayurvedic Education. He is also a co-founder of the California Association of Ayurvedic Medicine. A Doctor of Chiropractic with post-graduate certification in Holistic Medicine, Dr. Halpern has studied with many noted teachers from India and the United States.



Dr. Halpern is the author of the popular book, *Healing Your Life, Lessons on the Path of Ayurveda*. He is also a contributing writer for many other books on Ayurveda and holistic medicine. He has authored two important textbooks on Ayurveda. He has published articles in almost every major journal and magazine on yoga or Ayurveda and in 2005 was interviewed by Mike Wallace on CBS's 60 Minutes. Dr. Halpern's own remarkable story of personal healing was featured in the national magazine, *Spirituality and Health*. He has been quoted in many major newspapers, including *The New York Times* and *The Los Angeles Times*. In addition to his work with the California College of Ayurveda, Dr. Halpern is a certified yoga instructor and a teacher at International Sivananda Yoga Vedanta Centers worldwide. He received his spiritual name, Shiva, from Swami Swaroopananda.

### Southern California Faculty



**Robert J. Talbert Jr., M.S., C.A.S.**, is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. Rob is in private practice in Laguna Beach, California. He completed a post-graduate one-and-one-half-year clinical internship with Vicki "Vijaya" Stern and participated in post-graduate study with Dr. Liladhar Gupta in Vrindavan, India. He is a peer-reviewed professional member of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. He has been a life-long student of Yoga, Zen, Non-dual philosophy, the ways of nature and holistic health.



**Devi Mueller, C.A.S., MAyu**, is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. She completed the Master of Ayurveda program through the *International Vedic Hindu University*, with a focus on Samkhya and Yoga Philosophy in 2009. She served as President of the Board of Directors of the National Ayurvedic Medical Association (NAMA) from 2008 through 2010 and continues as a Member on the Board of Directors. Devi has been instrumental in producing many of the NAMA Conferences as well as supporting the work of CCA in Southern California. Devi is in private practice in Seal Beach, California. She has been studying and practicing numerology, astrology, meditation, and yoga for the past 25 years.



**Sri Devi (Marisa Laursen), B.S., C.A.S., P.K.S., A.Y.T., C.M.T.** is a graduate of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist, Pancha Karma Specialist and Ayurvedic Yoga Therapist. She has an active clinical practice in Chino, California and is a member of the National Ayurvedic Medical Association. Sri Devi has a Bachelor's degree in Human Services, is a Certified Massage Therapist and has completed post-graduate Ayurvedic training in India as well as through the Sivananda Yoga Vedanta organization. Sri Devi received her spiritual name from Swami Swaroopananda of the Sivananda Yoga Retreat and considers herself a life-long student of Ayurveda, Yoga and Vedanta.



**Eleni Tsirikas, C.A.S.**, is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. She maintains her private practice in Los Angeles, California. A certified Yoga teacher in the lineage of T. Krishnamacharya, she continues to deepen her studies in the Yoga Sutras of Patanjali with her teacher. Eleni is a member of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.



**Vidya Venkatesh, C.A.S., P.K.S.**, is a graduate of the California College of Ayurveda with a certification as a Clinical Ayurvedic Specialist. She received her Pancha Karma training from the Ayur Vaidya Pharmacy in Coimbatore, India. Vidya has studied yoga and pranayama at the Patanjali Yoga Peet in Haridwar, India, and has been a student of Advaita Vedanta at the Chinmaya Mission of Los Angeles for over 15 years. Vidya is proficient in reading and writing Sanskrit. She is a member of the National Ayurvedic Medical Association and is in private practice in Irvine, California.



**Sandhya Ramaswamy, M.B.A., C.A.S., P.K.S.**, is a graduate of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist and a Pancha Karma Specialist. Born and having lived in India, she has had a lifelong and intimate connection with Ayurvedic healing. A member of the National Ayurvedic Medical Association, she has a private practice in Orange County, California. Sandhya is also a certified Yoga Teacher and Thai Yoga Massage therapist. She studied yoga with Jonny Kest, Ganga White and Tracey Rich.

### Nevada City Faculty



**Mary Thompson, C.A.S., P.K.S. (Ayurvedacharya)**, is a graduate of the California College of Ayurveda and senior teacher with certifications as a Clinical Ayurvedic Specialist and Pancha Karma Specialist. Mary is a graduate of the first graduating class of the College in 1997. In 2008 she received the Charaka Award for Excellence in Ayurvedic Teaching and was given the title "Ayurvedacharya" (respected teacher of Ayurveda) by Dr. Halpern. She has been an invited speaker at several ayurvedic conferences and is a founding member and former Secretary of the California Association of Ayurvedic Medicine. She is also the founder of the non-profit organization, Everyday Ayurveda. Mary is in private practice in Grass Valley, California.



**Brenda Iglar C.A.S., P.K.S. (Director of Herbalism)**: Brenda is a graduate of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist and a Pancha Karma Specialist. Brenda has continued her education with studies in India, focusing on herbalism and complementary treatments of cancer. As part of the teaching faculty at the College she is involved in teaching all levels of the curriculum. As the Director of Herbalism Brenda runs the Advanced Ayurvedic Herbal Apprenticeship course. Brenda conducts her clinical practice at the College's healthcare center utilizing her compassion and inspiration to guide her patients in a creative way through their healing journey.





**Jessica (Sica) Hartley, C.A.S., P.K.S., A.H.P.,** is a graduate of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist and a Pancha Karma Specialist. In addition to teaching, Sica conducts her private practice at the College's clinic and supervises interns. As a student, Sica interned directly under Dr. Halpern's supervision. She is a dancer and an artist, bringing creativity into every aspect of her work.



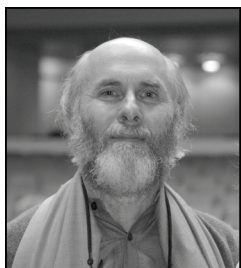
**Rev. Ryan Phillip Strong, C.A.S.,** is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. He is also a Kriya Yoga practitioner and a disciple of the Reverend Roy Eugene Davis, a direct disciple of Paramahansa Yogananda. In 2011 Ryan became an ordained minister with the Center for Spiritual Awareness founded by the Reverend Davis and has dedicated his life to the universal teaching of healthy conscious living through Ayurveda and yoga.



**Ragaia Belovarac, M.A., C.A.S., P.K.S., C.M.T.,** is a graduate of the California College of Ayurveda with certifications as Clinical Ayurvedic Specialist and Pancha Karma Specialist. Ragaia is the past co-director of the College's Pancha Karma Center, where he worked closely with Dr. Halpern. This experience deepened his understanding of creating and holding sacred space in a way that facilitates the patient's healing journey. Ragaia teaches several of the body therapy courses at the College including the Pancha Karma Specialist trainings. He is also the director of Blue Sage Sanctuary in Nevada City, California, where he practices Ayurveda and Pancha Karma.



## BOARD OF ADVISORS



**Dr. David Frawley, O.M.D.**, is recognized as one of the leading Vedic scholars in the world. A Doctor of Oriental Medicine and an authority in the field of Ayurveda, Dr. Frawley has worked extensively with both Dr. Vasant

Lad and Dr. Deepak Chopra, and he is an advisor to Dr. Chopra's Center for Mind/Body Medicine. He is the founder of the American Institute of Vedic Studies and has written numerous books on Ayurveda, Vedic astrology and mythology, and yoga philosophy and practice, including *Ayurveda: Nature's Medicine*, *Ayurveda and Yoga*, and *The Yoga of Herbs*.



**Dr. Akhilesh Sharma, B.A.M.S., N.D., Ph.D.**, is an Ayurvedic physician at his clinic in New Delhi with his wife, Dr. Minakshi Sharma, a specialist in Ayurvedic Obstetrics and Gynecology. Dr. Sharma serves as Chief Physician

and Director of Research and Development for Multani Pharmaceuticals, manufacturer of over 400 Ayurvedic medicines and herbal products. He is Ayurvedic Advisor to the Minister of Health in New Delhi and has received the Dhanvantari Award and the Chikitsa Shiromani Award for his contributions to the field of Ayurveda.



**Dr. Liladhar Gupta, B.Sc., B.A.M.S.**, is a fourth-generation Ayurvedic physician from Vrindaban in northern India. Dr. Gupta was Director of the Herbal Medicare Center and Senior Physician at Prem Miketan Ashram in Jaipur. He taught at Wellpark College of Natural

Therapies in Australia and currently directs a team of Indian physicians at Dhanvantari Dham, his own research, education, and healing center near Delhi.



**Swami Sitaramananda**, from the classical Sivananda tradition of Yoga from India, is a gifted teacher of yoga and meditation. She has been teaching for more than twenty-five years in Canada, Bahamas, and Asia, and is the Director of the Sivananda Ashram in Grass Valley, CA. Swami Sitaramananda was ordained in 1985 as a Sannyasin in the

lineage of Saraswati, one of the ten classical monastic orders founded in India. She is a direct disciple of Swami Vishnu-devananda, who is the disciple of Master Sivananda. She holds a degree in Jyotish (Vedic astrology) from the American College of Vedic astrology and provides counsel to her students.



**Yogini Shambhavi** is a modern day mystic, teacher of Vedanta and spiritual guide. She draws one to the deeper "Yogic Reality" awakening the Divine feminine power within our own hearts and minds, allowing its benevolent grace to flow into our daily life experiences. Co-Director of the American Institute of Vedic

Studies, Santa Fe, New Mexico, she leads spiritual retreats, Ayurvedic training programs, conferences and well-being workshops around the world. Yogini Shambhavi has written two bestselling books on the Goddess, *Yogini: Unfolding the Goddess Within* and *Yogic Secrets of the Dark Goddess: Lightning Dance of the Supreme Shakti*.



**Didi Ananda Lalita** is the director of Ananda Dhiira Ashram in Penn Valley, CA. Originally from Taiwan, she is a Sanyasini of Ananda Marga (Sanskrit language for "The Path of Bliss"), a worldwide spiritual and social non-profit organization dedicated to Self-Realization and Service to Humanity.

Didi received her ministerial training in the Science of Intuition Practice in India in the early 1980s, and has been teaching meditation and promoting yogic/sattvic lifestyle in different parts of the world for over 27 years. While pursuing enlightenment as the highest human treasure, she is dedicated to a life of service and to sharing the wisdom and beauty of spiritual life with all seekers.



# GRADUATION



# DAY

Every effort has been made to secure the accuracy of information in this catalog. All student obligations described in this catalog are considered part of signed enrollment agreements, referenced in the language of those agreements. Changes in schedules or administrative features of the program occasionally may be made and will be publicized by appropriate means.



"When you are inspired by some great purpose,  
some extraordinary project, all your thoughts break their bounds.  
Your mind transcends limitations, your consciousness  
expands in every direction, and you find yourself in a new,  
great and wonderful world."

Patanjali



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