



Minnesota Institute  
OF Ayurveda

# ACADEMIC COURSE CATALOG

## 2023-2025

AYURVEDIC PRACTITIONER

[www.mnayurveda.com](http://www.mnayurveda.com)

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**Minnesota Office of Higher Education**

1450 Energy Park Drive, Suite 350  
St. Paul, MN 55108-5227

**Phone:** (651) 642-0567  
**Toll Free:** (800) 657-3866  
**Fax:** (651) 642-0675

**Minnesota Institute of Ayurveda**

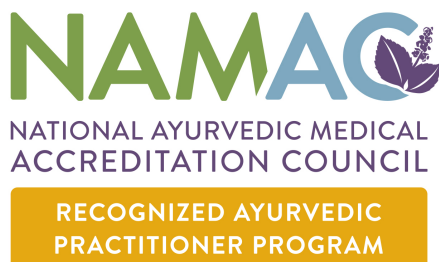
**Mailing Address**

15545 June Grass Lane,  
Eden Prairie, MN 55347

**Phone:** (612) 868-8591

**MNIA Governing Body & Officials:** Asavari Manvikar

Minnesota Institute of Ayurveda's Ayurvedic Practitioner Program has been reviewed and recognized as providing training at the professional membership level by the National Ayurvedic Medical Association.



Updated March 30th, 2023

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# Welcome to the Minnesota Institute of Ayurveda

## Our mission:

To bring comprehensive, evidence-based Ayurvedic education to the global community to promote health and wellness

## Our vision:

To integrate the ancient wisdom of Ayurveda with conventional healthcare to make it more accessible to people

## Brief Introduction to Ayurveda

The Minnesota Institute of Ayurveda invites you to discover the science of healing! Ayurveda is an ancient science of healing that originated in India over 5000 years ago. In Sanskrit, the word Ayurveda means “the science of life.” It emerges from the ancient Vedic culture and was passed down for many thousands of years through oral traditions from spiritual masters to their disciples. Based on the eternal principles of mind, body, and spirit, this healing system can be applied to the modern world and integrated with the current healthcare system.

This healing system based on rational, logical scientific principles is essential in understanding the pathophysiology of modern-day diseases at a deeper level. Ayurveda explores and addresses the root causes of a disease rather than simply addressing the surface-level symptoms of the disease. It uses comprehensive diagnostic tools to understand disease formation and manifestation. Through diet and lifestyle modification, herbal therapies, and cleansing treatments, Ayurveda promotes complete mind-body wellness.

Ayurveda is based on two primary goals:

1. **Health promotion and disease prevention:** based on the principle of “*swasthasya swasthya rakshanama*” which translates as “preserve the health of a healthy person”
2. **Comprehensive treatment options to get rid of a disease:** based on the principle of “*aturasya vicar prashamanam*” which translates as “help an ill person to get rid of disease”

The Minnesota Institute of Ayurveda offers professional Ayurveda courses at two levels: (1) Ayurvedic Health Counselor and (2) Ayurvedic Practitioner. (1) The Ayurvedic Health Counselor program is based on the 1st objective of Ayurveda. Through this course, students learn how to promote health and wellness as well as diagnose and prevent illnesses. (2) The Ayurvedic Practitioner program corresponds with the 2nd objective of Ayurveda. At the Practitioner level, students learn disease pathophysiology and comprehensive treatments.



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## Professional Opportunities

Upon completion of the Ayurvedic Practitioner Program students should be able to:

- Identify and analyze a client's unique mind-body constitution (prakruti)
- Identify and analyze a client's current dosha state and imbalances (vikruti)
- Have a deeper understanding of etiology, (nidāna), pathology (samprāpti), diagnosis, and management of diseases from Ayurvedic perspective.
- Independently conduct Ayurvedic consultations and offer herbs in addition to diet & lifestyle modifications for wellness as well as management of the diseases
- Independently offer Āyurvedic purification (śodhana cikitsā) and rejuvenating therapies (rasāyana) in addition to adjustments to daily and seasonal routines, Ayurvedic bodywork, pranayama, and meditation.
- Contribute to a profession such as writing articles, contributing to research, teaching at professional conferences or presenting case studies.

### Ayurveda Health Counselor Level 1 (10months)

- Can conduct one-on-one diet and lifestyle consultations at a private clinic, wellness center, or an integrative medicine facility
- Ayurvedic Health educator
- Ayurvedic Esthetician
- Work in the consumer product industry focused on herbal products or cosmetics
- Work in a spa or holistic center
- Yoga teachers can integrate this program with their practice and teaching of yoga

### Ayurveda Practitioner Level 2 (14months)

- All opportunities available as an Ayurvedic Health Counselor
- Additionally...*
- Can conduct one-on-one consultations where they can offer, in addition to diet and lifestyle, herbs, purification, and rejuvenative therapies at a private clinic, wellness center, or an integrative medicine facility
- Freelance Ayurveda writer
- Contribute to Ayurvedic research
- Teach at conferences and present case studies

*\*At this time there is no licensure for Ayurveda practice in the U.S.*

## Why study at the Minnesota Institute of Ayurveda?

- 1 Small class-size
- 2 Convenient, flexible learning platform
- 3 Supportive community
- 4 Specialized pulse diagnosis technique
- 5 NAMA (National Ayurvedic Medical Association) approved certificate program

# MNIA

Motivational mentoring  
Network of supportive alumni  
Individualized attention  
Authentic, scientific education



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## Faculty Profiles:

### Primary Instructor

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#### Asavari Manvikar

**Bachelor of Ayurvedic Medicine & Surgery  
Doctor of Medicine (Ayurveda)**

Asavari earned her Bachelors and Doctor of Medicine in Ayurveda from the University of Pune, India. Through her BAMS courses, she learned how to integrate conventional medicine with Ayurvedic medicine. She demonstrated her expertise by earning a gold medal for her scholarly thesis by the Indian Institute of Medicine.

Now based in Minneapolis, MN, Asavari is the founder of Ayuwellness and co-founder and owner of the Minnesota Institute of Ayurveda. She is also a graduate faculty at the University of Minnesota and Normandale. Beyond Ayurveda, she enjoys being a mother, wife, professor, and yoga teacher.

### Visiting Faculty

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#### Marda Madangopal

**BAMS, Masters in Ayurveda, Ayurvedic Doctor, Internship Mentor**

Marda is a classically trained Ayurveda doctor with over 25 years of experience in Ayurveda practice. He specializes in cardiac care. He is passionate about Ayurvedic research and has served a research officer at the Ayurveda Research Institute in TAMV Pune. Marda also serves as an Ayurveda consultant at Cinq Modes Spa in France.

#### Rupali Panse

**BAMS, Ayurvedic Doctor, Visiting Faculty, Internship Mentor**

Rupali Panse is a classically trained Ayurvedic Doctor, with over 18 years of practice in Clinical Ayurveda and Panchakarma. She has a post-graduate certificate in child counseling. She mentors students at a couple Ayurveda institutes in India to promote Ayurvedic nutrition and lifestyle. Rupali is also an author and blogger.

For more information about our faculty please go our website [www.mnayurveda.com](http://www.mnayurveda.com)



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# AP Learning Format Options

## Option 1

### Distance Learning (Online Only)

Duration: 14 months

908.5-hr Certification Program

- Attend 14 Weekend Intensive Classes
- Live-streamed
- 56 Thursday Live-Stream Classes
- Online Pre-Recorded Lectures and Assignments
- Prerequisite-  
GED or High School Diploma (min)  
Minimum 18 yrs old.  
AHC Completion (Level 1)
- Eligible-  
MNIA Ayurveda Course Certificate

## Option 2

### In person Learning(Hybrid)

Duration: 14 months

908.5-hr Certification Program

- Attend 14 Weekend Intensive Classes
- In-person in Minneapolis, MN
- 56 Thursday Live-Stream Classes
- Online Pre-Recorded Lectures and Assignments
- Prerequisite- GED (min), 18 yrs old,  
AHC Completion (Level 1)
- Co requisite- Anatomy and Physiology 6  
College level credits
- Eligible-MNIA Ayurveda Course Certificate
- NAMACB Exam and NAMA Membership

## Option 3: In Person Learning (Hybrid)

Out state students who are unable to attend 14 weekend intensives in person and want to take NAMACB exam after the graduation pay additional fee to satisfy NAMAC requirement of meeting 360 hrs in person.

- Immersion 1: 7 days (Nov 13th to 19th, 2023), 8:00am to 6:00am (70 hrs) (\$1,400)
- Immersion 2: 7 days (June 10th to 16th, 2024), 8:00am to 6:00am (70 hrs) (\$1,400)
- (Room and boarding and travel not included)
- Immersion 3: India Study Tour 22 days (220hrs) (\$3500-3800)
- (Room, boarding and domestic travel is included. International travel is not included.)

Note: After the completion of the program only Option 2 and 3 students can sit for the NAMACB Exam. NAMACB Exam is recommended by not required for the students to practice Ayurveda in the US.

## Transfer Students

Students who have completed their Ayurveda Health Counselor (AHC) certification, or equivalent at another Ayurveda program and wish to complete their education at MNIA are welcome to our AP program. Applicants are required to follow the admission process as below and provide documentation of successful completion of previous Ayurvedic education including a transcript from previous Ayurveda educational program and documents that show the completion of 50 client encounters.

## Admission Process

Submit an online application, meet for a phone admissions interview with students services, after selection pay seat and technical fee to reserve the seat, and send transcripts.



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# AP Prerequisite Distance Learning Format Option 1

1. Minimum qualification high school diploma or equivalent prior to enrollment (Transcript Required)
2. Completion of Ayurvedic Health Counselor or equivalent program (Transcript Required)
3. Anatomy and Physiology credits are recommended but not required.

# AP Pre/ Co-requisite In person Option 2 and 3

As part of the admission process, documentation of the following is required

1. Certificate of high school diploma/transcript or higher education transcript
2. Ayurvedic Health Counselor transcript
3. Transcript showing successful completion of a minimum of 6 credits of college level Anatomy and Physiology or equivalent. Alternatively, if a student has not taken Anatomy or Physiology at the time of enrollment, he or she can enroll into a program to complete the credits after joining the AP Program. Online Anatomy & Physiology Course Option: Corexcel: [Anatomy & Physiology](#)

## For all options:

- No prior experience or background in healthcare is required.
- No specific age requirement, any adult can take the course.

# Equal Opportunity Policy

The Minnesota Institute of Ayurveda shall provide equal access to and opportunity in its programs, facilities, and employment without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, and gender.

# MNIA Student Code of Conduct

We expect the students to treat the faculty, fellow students, guests, and clients with respect. Students are expected to maintain an attitude of professionalism and respect for interpersonal boundaries. If a student does not follow these policies, they will be given one warning. If behavior does not change in a timely manner, he or she will be dismissed.

Basic Professionalism Guidelines are as follows:

- Promptness – Students shall be present and prepared for all appointments with clients no later than the exact time of the scheduled appointment.
- Clothing – Students shall maintain good hygiene and wear clean professional clothing. MNIA reserves the rights to ask students to leave, if MNIA deems that the student is dressed inappropriately.
- Politeness – Students shall welcome the client with kindness.
- Keep records – Students shall record in writing all interactions with clients. Appropriate documents will be completed in a timely manner. All advice, recommendations and discussions in person, via email or on the phone shall be documented and kept in the client file.
- Students shall not bring food items that are inappropriate to the classroom of the Minnesota Ayurveda Association. Students shall not participate in the sale, use, or promotion of any intoxicants or illegal substances at any Minnesota Institute of Ayurveda classes or events or with any other student of the school, on or off site.



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# Ayurvedic Practitioner Program Overview

Description	Hours	Option 1 Format	Option 2 Format	Option 3 Format
Weekend Classes Friday, Saturday & Sunday (25.25 hrs/weekend for 14 weekends)  Inclusive of: Clinical Setting Experience Advanced Ayurvedic Cooking Workshop	360	Live-stream Distance Learning (Online)	In-person (14 weekend Intensives)	In-person (Three Immersion)
Weekly Class Tuesday (3 hrs 15 Min /week for 56 weeks)	182	Synchronous	Synchronous	Synchronous
Research Assignment	30	Asynchronous	Asynchronous	Asynchronous
Pre-recorded Lectures (3 hrs/week for 56 weeks)	168	Asynchronous	Asynchronous	Asynchronous
One-on-one Clinical Encounters	108	Asynchronous	Asynchronous	Asynchronous
Clinical Encounters Mentoring	50	Asynchronous	Asynchronous	Asynchronous

Overview (Formats)	Option 1	Option 2	Option 3	Total Hours
Hours	Live Steam	In-person	In-person	360
Hours	Synchronous	Synchronous	Synchronous	182
Hours	Asynchronous	Asynchronous	Asynchronous	358

## PROGRAM TOTAL: 900 HOURS

### Client/Patient Encounter Requirements:

Observational Encounters	50
One-on-one Client Encounters (18 clients, 3 visits )*	54

\*If a client no longer wishes to continue, additional clients can be seen to meet the 50 Client/Patient encounter requirement.



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# Ayurvedic Practitioner Curriculum

## AP 201 | Advanced Ayurvedic Anatomy, Physiology & Pathology

*Dosha-dhatu-mala Vijñānam and Prakruti Vikruti Paradigm*

- Revisiting Six Philosophies (*Shad Darshan*) and qualities (*Gunas*)
- In-depth understanding of Doshas, Sub-doshas, Dhātus, and Malas
- Critical review of Prakruti (constitution) and Dosha, Dhātu, Mala Vikruti
- Advanced application of Agni, Ama, Srotamsi and their disorders
- Analyze Vitality, Radiance and Immunity (*Prāṇa, Tejas, and Ojas*) and disorders
- Revisiting the six Stages of a disease formation
- Review of Five barometers of gauging Diseases and Diagnostic Tools

## AP 202 | Advanced Ayurvedic Herbology I

*Dravya-guna-shastra and bhaishajya-kalpana*

- Review of *Dravya, Guna, Karma, Rasa, Vīrya, Vipāka, Prabhāva*
- Administration, Purity, Storage, and Governmental/FDA Regulations of Herbs
- Exploring Methods to Prepare Herbs
- Introduction to Herbs 1-30
- PRACTICUM I: Preparation of Avipattikara
- PRACTICUM II: Preparation of Brāhmi Taila
- PRACTICUM III: Preparation of Adrak avelaha

## AP 203 | Advanced Ayurvedic Herbology II

*Dravya-guna-shastra and bhaishajya-kalpana*

- Exploring Dosage, Indications, and Contra-indications
- Introducing Presentation Topics
- Introduction to Herbs 31-60
- PRACTICUM IV: Preparation of Eranda Haritaki
- PRACTICUM V: Preparation of Yashti Madhu Ghrta (Licorice)
- PRACTICUM VI: Preparation of Dashamulam

## AP 204 | Respiratory System

*Pranavaha-strotas (Nidan Panchak and Chikitsā)*

- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Cough
  - Asthma
  - Hiccups
  - Allergic Rhinitis
  - Sinusitis
  - COPD



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## AP 205 | Digestive System

*Maha-strotas (Nidan Panchak and Chikitsā)*

- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Indigestion
  - Vomiting
  - GERD
  - Parasites (Krimi)
  - Grahani
  - IBS, Celiac Disease
  - Diarrhea
  - Ulcerative Colitis
  - Hemmoroids
  - Anal Fissures
  - Fistula in Ano
  - Hepatitis

## AP 206 | Cardiovascular System

*Rasavaha and Raktavaha-strotas (Nidan Panchak and Chikitsā)*

- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Fever (Jwar)
  - Influenza
  - Anemia (Pandu)
  - Hypertension
  - Atherosclerosis
  - Coronary Artery Disease
  - Myocardial Infarction
  - Cardiac Arrest

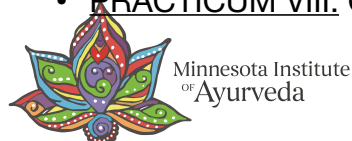
## AP 207 | Ayurvedic Clinical Management I

- Introduction to Research + Choosing A Research Topic
- Research Ethics, Medical Ethics and HIPPA Guidelines
- Patient Rights & Health Freedom Legislation
- Business Practice Skills & Business Ethics
- Advanced Panchakarma
- PRACTICUM VII: Clinical Experience I

## AP 208 | Musculoskeletal System and Clinical Management II

*Mamsa-medha-asthi-vaha-strotas (Nidan Panchak and Chikitsā)*

- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Gout
  - Obesity
  - Fibromyalgia
  - Sciatica
  - Rheumatoid Arthritis
  - Osteoarthritis
  - Osteoporosis
- Advanced Five Sense Therapy (Aroma, Visual, Audio, Taste, Touch)
- Marma Therapy
- Sister Sciences I: Vastu & Vedic Astrology Jyotish
- PRACTICUM VIII: Clinical Experience II



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## AP 209 | Nervous System & Mental Health Clinical Experience III & IV

*Majja and Mano-vaha-strotas (Nidan Panchak and Chikitsā)*

- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Convulsions
  - Epilepsy
  - Parkinson's
  - Alzheimer's
  - Insanity
  - Anxiety
  - Depression
  - ADHD
  - Autism

## AP 210 | Reproductive System & Clinical Management V & VI

*Shukrah and Artava-vaha-strotas (Nidan Panchak and Chikitsā)*

- PRACTICUM IX: Clinical Experience V
- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Impotency
  - Prostrate Enlargement
  - Erectile Dysfunction
  - Premenopausal Syndrome
  - Amenorrhea
  - Menorrhagia
  - Dysmenorrhea
  - Endometriosis
  - PCOD
  - Menopausal Syndrome

Summer Break: July & August



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## AP 211 | Urinary System & Clinical Management IV

*Mutra and Udaka-vaha-strotas (Nidan Panchak and Chikitsā)*

- **PRACTICUM X:** Clinical Experience VI
- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Diabetes Mellitus
  - Diabetes Insipidus
  - Edema
  - Urinary Stones
  - Urinary Tract Infection
  - Renal Failure

## AP 212 | Integumentary System

*Multi-strotas (Nidan Panchak and Chikitsā)*

- **PRACTICUM XI:** Clinical Experience VII
- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Acne
  - Eczema
  - Psoriasis
  - Dermatitis
  - Rosacea
  - Herpes
  - Vitiligo
  - Urticaria

## AP 213 | Endocrine System & Autoimmune System

*Multi-strotas (Nidan Panchak and Chikitsā)*

- **PRACTICUM XII:** Clinical Experience VIII
- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary,
  - Thyroid Gland Disorders
  - Adrenal Gland Disorders
  - Grave's Disease
  - Cushing's Disease
  - Lupus
  - Multiple sclerosis
  - Sjögren's Syndrome
  - Alopecia areata

## AP 214 | Fertility, Pregnancy, Pediatrics and ENT

*Multi-strotas and Urdva-jatrugata-roga (Nidan Panchak and Chikitsā)*

- Exploring Ayurvedic Etiology, Pathogenesis, Signs & Symptoms, and Dietary, Lifestyle, and Herbal Management of the following:
  - Infertility
  - Pre-natal Care
  - Pregnancy Care
  - Post-natal care
  - Infancy
  - Early childhood
  - Headaches and migraine
  - Otitis
  - Nasal polyp
  - Cataract
  - Sty
  - Macular Degeneration



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# AP Program Details

**Primary Instructor:** Asavari Manvikar

**Visiting Instructors:** Refer to the page no.6

**Phone:** 612-868-8591

**Email:** [asavari@mnayurveda.com](mailto:asavari@mnayurveda.com)

**Virtual Office Hours:** Tuesday 10:00-11:00 am CST or by appointment

**Lectures\*:** Thursday 6:00pm -9:15 pm CST (Virtual)

Friday 5:00 pm - 9:15 pm CST (In-person/Live)

Saturday & Sunday 8:00 am - 7:00 pm CST (Live/ In person)

Strong Internet Connection Required

**Participation Requirement:** Students are expected to arrive at class at least ten minutes early, be ready to start class on time and stay for the full day of class until class is dismissed. Students who are late must wait outside the classroom until the opening chants are completed. Arriving late or leaving early more than five times during the school year will constitute a failing grade unless the student is excused by the instructor. To ensure they pass the class, additional assignments may be given to any student who is late more than three times.

## Required Texts

Textbook of Ayurveda, Volume One: Fundamental Principles of Ayurveda, Vasant Lad, et. al

Textbook of Ayurveda, Volume Two: A Complete Guide to Clinical Assessment, Vasant Lad, et. al

Textbook of Ayurveda, Volume Three: General Principles of Management and Treatment

Ayurvedic Medicine: The Principles of Traditional Practice, Sebastian Pole

Students are required to purchase or borrow their own textbooks prior to the start of classes.

*\*The school reserves the right to change class dates, times, and instructors if necessary.*

## Attendance and Tardiness Policy

The student is responsible for attending 100% of the hours of instruction and is expected to be present at all classes. If the student is ill, or must miss a class, the student must inform the instructor and the student must make plans to obtain the recorded classes so that the student will have the opportunity to listen to the content of the class. In addition, the student will be required to take the Saturday quiz at the next weekend of classes. This will assure the student has obtained a majority of the information in the class. Students may miss no more than 10% of any class. Missed material is the responsibility of the student.

If the student prefers to retake any class that is not completed and passed, graduation and certification will be postponed until the student completes the missed or incomplete material. Students will not receive their graduation certification document and will not be allowed to sit for the MNIA final exam or the national exam until all classes are complete. These rules apply under any situation that the student misses the time of instruction in class.

**Deadline to finish all AP graduation requirements including the coursework, assignments, quizzes, client encounters is March 31<sup>st</sup>,2025. If the above AP requirements are not completed by said date, the intern must pay a \$1,000.00 extension fee for an additional 6 months to complete the requirements. Studies may not be continued after that unless extenuate reason.**



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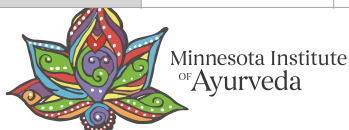
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# AP Syllabus:

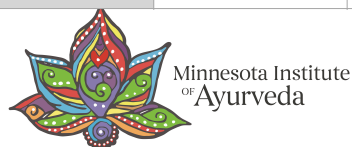
## FALL 2023

Date		Module	Reading	Due Dates	
Sept	THU	7	AP 201   Advanced Ayurvedic Anatomy, Physiology,& Pathology	Textbook of Ayurveda Vol. 1, CH 1-3 & 5 Vol. 2, CH 1-4 & 10-12	Assignment 1: Case Review
	THU	14			
	THU	21			
	F, SAT, SUN	22-24			
	THU	28			
Oct	THU	5	AP 202   Advanced Ayurvedic Herbology I	Textbook of Ayurveda Vol. 3, CH 12  Ayurvedic Medicine by Sebastian Pole Pages will be on Canvas under Module 202.	Quiz 1: 10/07  Assignment 2: Herbology Dravyaguna I
	THU	12			
	THU	19			
	F, SAT, SUN	20-22			
	THU	26			
Nov	THU	2	AP 203   Advanced Ayurvedic Herbology II	Ayurvedic Medicine by Sebastian Pole Pages are on the Canvas under Module 203	Quiz 2: 11/11  Assignment 3: Herbology Dravyaguna II
	THU	9			
	THU	16			
	F, SAT, SUN	17-19			
	THU	23 No class			
	THU	30			
Dec	THU	7	AP 204   Respiratory System	Textbook of Ayurveda Vol. 1, pg. 183  Textbook of Ayurveda Vol. 2, pg. 301-303  Textbook of Ayurveda Vol. 3, pg. 495-505	Quiz 3: 12/09  Assignment 4: Respiratory System
	THU	14			
	F, SAT, SUN	15-17			
	THU	21			
		28			



## SPRING 2024

Date		Topic	Reading	Due Dates	
Jan	THU	4	AP 205   Digestive System	Textbook of Ayurveda Vol. 1, CH 4, pg. 177-181 & 251-270  Textbook of Ayurveda Vol. 2, CH 8-9 & pg. 297-300, 304, 316  Textbook of Ayurveda Vol. 3, pg. 506-507, 528-529	Quiz 4: 1/13  Assignment 5: Digestive System
	THU	11			
	THU	18			
	F, SAT, SUN	19-21			
	THU	25			
Feb	THU	1	AP 209   Cardiovascular System	Textbook of Ayurveda Vol. 1, pg. 103-120 & 185-186  Textbook of Ayurveda Vol. 2, pg. 307  Textbook of Ayurveda Vol. 3, pg. 231, 457, 462-468 & 510-513	Quiz 5: 2/10  Assignment 6: Cardiovascular System
	THU	8			
	THU	15			
	F, SAT, SUN	16-18			
	THU	22			
	THU	29			
March	THU	7	AP 207   Ayurvedic Clinical Management I	Textbook of Ayurveda Vol. 3, CH 8	Quiz 6: 3/03  Presentations Round I: 3/21  Assignment 7: Panchakarma <u>AND</u> Clinical Experience I
	F, SAT, SUN	8-10			
	THU	14			
	THU	21			
	THU	28			
April	THU	4	AP 208   Musculoskeletal System & Ayurvedic Clinical Management II	Textbook of Ayurveda Vol. 1, pg. 186-187  Textbook of Ayurveda Vol. 2, pg. 308-310  Textbook of Ayurveda Vol. 3, pg. 470-481, 514-518  Textbook of Ayurveda Vol. 3, CH 9-10	Quiz 7: 3/31  Presentations Round II: 4/18  Assignment 8: Marma Therapy <u>AND</u> Clinical Experience II
	F, SAT, SUN	5-7			
	THU	11			
	THU	18			
	THU	25			



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## SUMMER 2024

Date		Topic	Reading	Due Dates	
May	THU	2	AP 209   Nervous System & Mental Health	Textbook of Ayurveda Vol. 1, pg. 188 & 193-205	Quiz 8: 5/01
	F, SAT, SUN	4-6			
	THU	9			
	THU	16			
	THU	23			
	THU	30			
June	THU	6	AP 210   Reproductive System & Clinical Management III	Textbook of Ayurveda Vol. 1, pg. 168 & 188-189	Assignment 10: Reproductive System <u>AND</u> Research Assignment
	THU	13			
	F, SAT, SUN	14-16			
	THU	20			
	THU	27			
July	SUMMER BREAK*				
Aug	SUMMER BREAK*				

\* Students are encouraged to continue working on their Client Encounter requirement.



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## FALL 2024

Date		Module	Reading	Due Dates	
Sept	THU	5	AP 211   Urinary System & Clinical Management IV	Textbook of Ayurveda Vol. 1, pg. 184, 191-192 Textbook of Ayurveda Vol. 2, pg. 277-279, 305 & 318-319 Textbook of Ayurveda Vol. 3, pg. 508-509, 526-527 & 530-531	Quiz 9: 9/15  Assignment 11: Urinary System
	THU	12			
	THU	19			
	F, SAT, SUN	20-22			
	THU	26			
Oct	THU	3	AP 212   Integumentary System	Readings on Canvas	Quiz 10: 10/13  Assignment 12: Integumentary System <u>AND</u> Clinical Experience V
	THU	10			
	F, SAT, SUN	13-15			
	THU	17			
	THU	24			
	THU	31 No Class			
Nov	THU	7	AP 213   Endocrine System & Autoimmune System	Textbook of Ayurveda Vol. CH 7 Textbook of Ayurveda Vol. CH 12 Textbook of Ayurveda Vol. 3, CH 17	Quiz 11: 11/10  Assignment 13: Endocrine or Autoimmune System <u>AND</u> Clinical Experience VI
	THU	14			
	F, SAT, SUN	15-17			
	THU	21			
	THU	28 No Class			
Dec	THU	5	AP 214  Fertility, Pregnancy & Pediatrics & ENT	Textbook of Ayurveda Vol. 1, pg. 189  Textbook of Ayurveda Vol. 2, pg. 275, 316  Textbook of Ayurveda Vol. 3, pg. 510-511	Quiz 12: 12/08  Assignment 14: Reflection
	THU	12			
	THURS	19			
	F, SAT, SUN	20-22			



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# AP Clinical Experience Requirements

## MNIA's AP Client Requirement:

- 50 observational or student/client encounter with direct supervision of preceptor
- 54 one-on-one encounters

## NAMAC AP Client Requirement:

Ayurvedic Practitioners are required to have 150 client encounters in order to fulfill [National Ayurvedic Medical Accreditation Council](#) for Client/Patient encounters\*. A maximum of 50 client/patient encounters conducted at the AHC level of training may be added toward the 150 client/patient encounter requirement.

**\*Note:** an encounter does not mean a new client. A student can meet one client multiple times for appointments and follow-ups.

For example, a student can meet eighteen clients. For each client, they can schedule three appointments (1 initial + 2 follow-ups). This would fulfill the 54 one-on-one encounters requirement.

MNIA is responsible to provide the students with reasonable opportunities to participate in 50 observational or directly supervised student/client encounters. The student is responsible to find their own clients to fulfill the 54 one-on-one encounters. For each client, a student must log and submit reports to their mentors.

If a student has not successfully completed the clinical requirement component for AHC certification, they are responsible for the remainder of the clients to meet NAMA requirements.

### **Classes will not be held on the following legal holidays:**

New Year's Day, Martin Luther King, Jr. Day, Washington's Birthday, Memorial Day, Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving Day, Christmas Day



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# ***MNIA Academic & Grading Policies***

## **Assignment/Homework Policy**

All homework assignments must be completed and turned in to the instructor as noted on Canvas. Homework is graded on a pass/fail basis. Passing grade is 70% or above. Passing grade homework is expected to be complete, correct, and turned in on time and the student is expected to demonstrate an understanding of the Ayurveda concepts studied.

Homework that is incomplete, incorrect, does not show an understanding of the Ayurvedic concepts, and/or is turned in late, will receive a failing grade, unless approved by the Primary Instructor. Students have the opportunity to make corrections or complete an additional assignment in order to receive a passing grade. The Primary Instructor will determine what corrections or additional assignments are required by the student to obtain a passing grade. Corrected homework or any additional assignments shall be emailed to the instructor within one week following the weekend of classes.

Students should plan on 20 – 25 hours to complete required home study and homework assignments between each weekend of classes. This does not include reading assignments. Students will be required to make time to see practice clients during the month between class modules.

## **Quizzes Policy**

Quizzes will take place Friday evening. The quiz topic will cover the previous weekends topics. Students must obtain a 70% passing score on all quizzes. If the student does not pass the monthly quiz, additional homework will be assigned to assure the student has adequate understanding of the information. This additional homework must be turned in to the instructor within one week following the weekend of classes.

## **Midterm and Final Exam Policy**

Students will take the Midterm and Final Exam on the dates noted in the Syllabus. Students must obtain a 70% passing score on both the Midterm and Final Exam in order to receive certification from MNIA. If a student is unable to make the Midterm or Final Exam, the student must inform the primary instructor 2 months in advance of the exam, so that the primary instructor can make arrangements to administer the exam at a different time. If an emergency arises, inform the primary instructor as soon as possible. Retake of an exam may be available, if necessary.

## **Certification of Completion Policy**

All homework assignments must be complete and turned in, all required exams passed, lecture classes and workshops attended (in person and via virtual platform) and number of practice client encounters completed (100 for AP) for student to receive their Certification of Completion of the program and transcript of completed program.

## **Student Complaint Procedure**

The MNIA encourages students to discuss their concerns and complaints through informal conferences with the appropriate instructor or staff member. Concerns should be expressed as soon as possible to allow early resolution. If an informal conference regarding a complaint fails to reach an outcome satisfactory to the student, the student may initiate the formal process by filing a written complaint form. A student whose concerns are resolved may withdraw a formal complaint at any time. MNIA will take the necessary steps to address a formal complaint.



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# MNIA AP Tuition & Fees

## Registration & Payment Polices-

Application fee of \$100 is due with submission of application.

## Seat deposit of and Technical Fee Payment-

Students are required to pay a total of \$750 that includes a Seat deposit of \$500 (applied to tuition) and Technical fee of \$250.00 are due at the time of admission to secure spot.

The \$100 Application Fee and \$250 Tech Fee are Non-Refundable.

## Payment options-

Zelle at [asavari@mnayurveda.com](mailto:asavari@mnayurveda.com) or PayPal via the website at 4% extra charge. One time payment is requested by a check mailed to the school.

Payment Plans	Tuition Installments	Number of Payments	Seat Deposit	Technical Fee	Total Cost	Installment* Due Dates
Single/ One-time	\$9,200	1	\$500	\$250	\$9,950	Sept 1, 2023
Quarterly	\$2,565	4	\$500	\$250	\$10,260	<u>Installment 1:</u> Sept 1, 2023 <u>Installment 2:</u> Jan 1, 2024 <u>Installment 3:</u> May 1, 2024 <u>Installment 4:</u> Nov 1, 2024
Bi-monthly	\$1310	8	\$500	\$250	\$10,480	Each installment is due on the 1st of the month every other month Sept 2023, Nov 2023, Jan 2024, Mar 2024, May 2024, July 2024, Sept 2024,&Nov 2024

\* Option 3 Additional fee is required check page 7

**\*Late Fee Policy and Collection Procedure:** If student fails to make a payment on the given deadline according to tuition plan (ex: first day of month), then student will be fined \$40 per billing cycle after the deadline. Past due accounts may be subject to additional charges, including collection fees and collection agency commissions. Accommodations may be made by a case by case basis.

## Additional Requirements & Expenses

Students may incur additional costs while in school. Examples of extra costs include transportation, housing, meals, and academic supplies. Students should plan on having professional attire for the clinical setting. Additionally, students are required to have access to technological devices that can access Internet.

## Scholarships/ Financial Aid

The Minnesota Institute of Ayurveda does not offer state or federal financial aid, tuition scholarships or educational loans at this time.



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# Probation, Withdrawal & Leave of Absence Policy

A student will be put on probation if he or she fails two consecutive assignments or quizzes and does not make them up within 30 days of receiving notice. A student will have to make up for the failing grades within 60 days to be removed from probation. If the student fails to do so, the student may be dismissed.

If a student becomes ill, or other serious circumstances occur that prevent the student from continuing in the program as originally intended, the student may withdraw from the program, or apply for a leave of absence. To complete either of these alternatives, the student must obtain an Application for Withdrawal or Leave of Absence from Student Services and return it to Student Services. The Leave of Absence or Application of Withdrawal will begin once MNIA has been notified via the appropriate application form.

The length of time a student may take a leave of absence is twelve (12) months. When the student is ready to return, the student must obtain permission from MNIA. The student may resume attending classes, if and when, space is available in the next class at the level where the leave began. The student must be in good academic and financial standing with the Institute. It is not necessary for the student to retake any classes if the course of study is resumed within twelve months from the beginning of the leave of absence.

## Refund & Cancellation Policy

*The following refund policy is a statutory requirement for a Private Career School in Minnesota.*

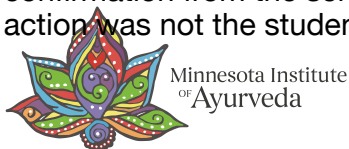
If your application is rejected, you will receive a full refund of all tuition, fees, and other charges. You will be entitled to a full refund of tuition, fees, and other charges if you give notice that you are cancelling your enrollment within 5 days of being accepted into the school or program. This five-day refund policy applies regardless of when the program starts. If you give notice more than 5 days after you signed the contract, but before the start of the program (or first lesson for an online distance education program), you will receive a refund of all tuition, fees, and other charges minus 15%, up to \$50, of the total cost of the program. The \$250 Tech Fee is Non-Refundable.

If you withdraw after the start of your program and it has been more than 5 days after you were accepted into your program, you will receive a pro-rated refund of the entire cost of your program based on your last day of attendance. You will be provided a prorated tuition, fees, and other charges refund minus your initial application fees, up to \$50, and minus the less or 25% of the total tuition or \$100. Proration is based on whether your program is term-based or clock hours and how much of the program you have completed. If your program is term-based, the completion rate is the number of calendar days from the first date of the program through your last documented date of attendance divided by the length of the program. The completion rate is calculated to the second decimal point (.XX).

If your program is clock-hour based, the completion rate is the number of clock hours you actually attended divided by the number of clock hours in the program. The completion rate is calculated to the second decimal point (.XX). If you withdraw from your program after 75.00% of the program has completed, you are not entitled to a refund of tuition, fees, and other charges.

You will receive written notice acknowledging your withdraw request within 10 business days after receipt of the notice and you will receive a refund of any tuition, fees, and other charges within 30 business days of receipt of your withdrawal. Any mailed notice is effective of the date of the postmark if sent by mail or the day it has been hand-delivered to the school. Notice to withdraw may also be given by email or verbally, including a voicemail, to a school official.

If you do not withdraw in writing or contact the school about your absence, and you have not attended your program or contact the school about your absence for 14 consecutive days, you will be considered to have withdrawn from the school as of your last date of attendance. Your school is responsible for sending you a written notice of cancellation if you are withdrawn for failing to attend to your last known address. The confirmation from the school must state that the school has withdrawn you from enrollment, and if this action was not the student's intent, the student must contact the school.



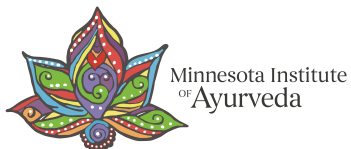
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## *List of School Equipments*

1. 2 Laptops: for teachers to showcase powerpoint presentations, lecture notes, and videos
2. 1 Projector: to connect to the laptop. Image will be displayed on wall.
3. 10 Yoga Mats: for yoga
4. 1 Portable white board: for notes and diagram demonstrations
5. White board markers
6. White board eraser



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# MNIA Admissions Process

The Minnesota Institute of Ayurveda operates on a rolling admissions basis. Applications are considered as they are submitted. Once the class is full, admitted students will be placed on a wait list. Applying early is strongly encouraged as spaces in the program are limited.

Applicants: complete the Application for Admission online. A \$100 application fee is due with submission of the application. The application fee is paid via the website.

- I. Applications are processed as soon as possible after submission. Completed applications are dated upon receipt. If a submitted application is not complete it will be returned and not dated until complete.
- II. Applicants will be contacted by email regarding the Admission Interview which is conducted by phone. Within two weeks after the interview, the applicant will be notified by email of his/her admission status via an email and Admissions Letter.
- III. Accepted students are required to submit the signed Contract Enrollment Agreement and make a down payment or tuition payment according to their choice of tuition payment options within two weeks of receiving the Admissions Letter. The down payment (or first tuition payment) reserves the student's place in the class.

The Minnesota Institute of Ayurveda reserves the right to deny admission to any applicant who does not meet the requirements for admission to the school, or who is believed to be unable to comply with the code of conduct and/or academic policies of the school.



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