



Minnesota Institute
OF Ayurveda

ACADEMIC COURSE CATALOG

2021-2022

AYURVEDIC HEALTH PRACTITIONER

www.mnayurveda.com

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Minnesota Institute of Ayurveda

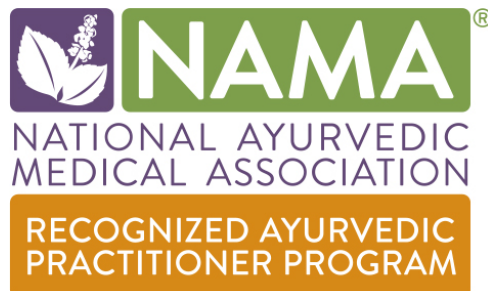
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MNIA Governing Body & Officials: Asavari Manvikar

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 August 23rd, 2021

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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 Health Counselor 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, bodywork, massage therapies, 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

- 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

- 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



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

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.

Manasi Deshmukh

BAMS, Ayurvedic Doctor, Visiting Faculty, Internship Mentor

Manasi is a classically trained Ayurveda doctor with over a decade of practice in Panchakarma. She specializes in modern Ayurvedic dietetics and nutrition. Manasi volunteers with an NGO to serve underprivileged kids by providing nutritional advice. She is passionate about achieving balance in health through diet modifications.



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AP Learning Format Options

Option 1 In-person Learning

17 months
908.5-hr Certification Program

- Attend 17 Weekend Intensive Classes, In-person in Minneapolis, MN
- 60 Thursday Classes, Virtual Classes
- Online Pre-Recorded Lectures and Assignments

Option 2 Distance Learning

17 months
908.5-hr Certification Program

- Attend 17 Weekend Intensive Classes, Live-streamed
- 60 Thursday Classes, Virtual Classes
- Online Pre-Recorded Lectures and Assignments

Recommended: 2 Weekend Intensive taken in person to gain an abridged, immersive experience

Transfer Students

Students who have completed their Ayurveda Health Counselor (AHC) certification, or equivalent at another NAMA approved Ayurveda program and wish to complete their education here may be considered for admission to MNIA's AP program. Work/Life experience is not a replacement for this requirement.

Requirements: submit an online application and fee, meet the Anatomy and Physiology pre-requisite requirement, submit a transcript for completed AHC course, and complete a phone admissions interview with Student Services. If they have begun their clinical internship at the previous school, they must provide proof of the number of completed encounters. AP students are required to complete 100 practice client encounters. MNIA offers a schedule of client encounters so students may work toward completing the required number by graduation. NAMA requires that 50 of 100 encounters be one-on-one client encounters.

Clinical Supervision Only Status Admits

Students who have completed the classroom learning at another NAMA approved Ayurveda school may apply to be admitted to MNIA to complete their clinical internship requirement. Applicants must provide successful passing of the internship exam, submit an application and fee, complete a phone admissions interview with Student Services and provide documentation of successful completion of previous Ayurvedic education (to be submitted with application) including a transcript from previous Ayurveda educational program. Clinical supervision students will meet with an Internship Mentor every two weeks to submit internship client forms, review internship cases, and to discuss internship questions. Tuition for Clinical Internship Students is \$1500. Tuition must be made in one-payment. Application Fees, Down Payment Rules, and Technical Fees Apply



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AP Prerequisite/Co-requisite

Applicants are required to have Ayurvedic Health Counselor certificate of completion and a high school diploma or the equivalent. Additional higher education is recommended.

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

1. Transcript showing successful completion of a minimum of 6 credits of college level Anatomy and Physiology or equivalent. The transcript needs to show the date and the grade.
2. Alternatively, if a student has not taken Anatomy or Physiology at the time of enrollment, he or she can submit proof of concurrent enrollment in a 6 credit college level Anatomy and Physiology class. If student chooses to appear for the NAMA AHC certification exam, 6 college level credits of Anatomy and Physiology must be completed. [Refer to NAMA's AP handbook pg. 13-14.](#)
3. Copy high school diploma/transcript or higher education transcript
4. Ayurvedic Health Counselor transcript

Online Anatomy & Physiology Course Options:

1. Straighter Line: [Anatomy & Physiology I](#) and [Anatomy & Physiology II](#) from McGraw Hill
2. Corexcel: [Anatomy & Physiology](#) (verify credits)

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, gender identity, or gender expression.

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	Format	Hours
Weekend Classes Friday, Saturday & Sunday (21.5 hrs/weekend for 17 weekends) Inclusive of: Clinical Setting Experience Advanced Ayurvedic Cooking Workshop	In-person (Live-stream only during COVID-19 Pandemic)	365.5
Ayurveda Day	In-person (Live-stream only during COVID-19 Pandemic)	5
Weekly Class Thursday (3 hrs/week for 60 weeks)	Synchronous	180
Research Assignment	Asynchronous	30
Pre-recorded Lectures/Coursework with Evaluation Tool (2.5 hrs/week for 68 weeks)	Asynchronous	170
One-on-one Clinical Encounters	Asynchronous	108
Clinical Encounters Mentoring	Asynchronous	50

SUMMARY

Format	Total Hours
In-person (Live-stream only during COVID-19 Pandemic)	370.5
Synchronous	180
Asynchronous	358
PROGRAM TOTAL: 908.5 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 Philosophy, Anatomy, & Physiology

Shada darshana and Dosha-dhatu-mala Vijñānam

- Exploring Reference Books (Bruhatrayi & Laghutrayi)
- Revisiting Six Foundational Philosophies (*Shad Darshan*)
- Revisiting the concept of qualities (*Gunās*)
- In-depth understanding of Doshas, Sub-doshas, Dhātus, and Malas
- Review of Prakruti (constitution)
- Advanced application of Agni, Ama, and Srotamsi
- Analyze Vitality, Radiance and Immunity (*Prāṇa, Tejas, and Ojas*)

AP 202 | Advanced Ayurvedic Pathology

Vikruti Vijñānam

- Critical Review of Dosha Vikruti
- Advanced Disorders of Tissues (*Dhātu dushti*)
- Advanced Disorders of Channels (*Srotamsi*)
- Imbalances in Vitality, Radiance and Immunity (*Prāṇa, Tejas, and Ojas*)
- Six Stages of Disease Formation
- Classification of Disease (*Vyadhi*)
- Five Barometers of Gauging Diseases
- Review of Diagnostic Tools

AP 203 | 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 204 | 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



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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 (Krmī)
 - Grahani
 - IBS, Celiac Disease
 - Diarrhea
 - Ulcerative Colitis
 - Hemorrhoids
 - Anal Fissures
 - Fistula in Ano
 - Hepatitis

AP 206 | 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

AP 207 | Ayurvedic Clinical Management I

Kaya Chikitsā

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

AP 208 | Ayurvedic Clinical Management II

Kaya Chikitsā

- Presentations Round II
- Advanced Five Sense Therapy (Aroma, Visual, Audio, Taste, Touch)
- Introduction to Pulse Techniques
- Marma Therapy
- Sister Sciences I: Vastu & Vedic Astrology Jyotish
- PRACTICUM VIII: Clinical Experience II



AP 209 | Cardiovascular System

Rasavaha and Raktavaha-strotas (Nidan Panchak and Chikitsā)

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

AP 210 | Musculoskeletal System

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

Summer Break: July & August

AP 211 | Nervous System & Mental Health

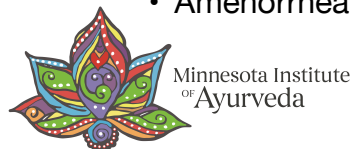
Majja and Mano-vaha-strotas (Nidan Panchak and Chikitsā)

- 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 212 | Reproductive System & Clinical Management III

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
 - Prostate Enlargement
 - Erectile Dysfunction
 - Premenopausal Syndrome
 - Amenorrhea
 - Menorrhagia
 - Dysmenorrhea
 - Endometriosis
 - PCOD
 - Menopausal Syndrome



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AP 213 | 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 214 | 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 215 | Endocrine System & Autoimmune System

Multi-strotas (Nidan Panchak and Chikitsā)

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

AP 216 | Fertility, Pregnancy & Pediatrics

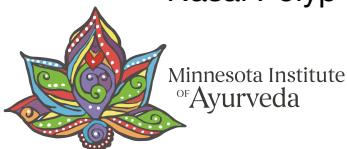
Multi-strotas (Nidan Panchak and Chikitsā)

- 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

AP 217 | ENT, Course Review, and Final

Urdhva-jatru-gata-roga (Nidan Panchak and Chikitsā)

- Headaches & Migraines
- Otitis
- Nasal Polyp
- Cataract
- Styte
- Macular Degeneration
- NAMA Exam Prep
- **Final Exam**
- Graduation



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AP Program Details

Primary Instructor: Asavari Manvikar

Visiting Instructors: TBA

Phone: 612-868-8591

Email: asavari@mnayurveda.com

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

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

Friday 5:30 pm - 8:30 pm CST (In-person/Live)

Saturday & Sunday 9:00 am - 6:15 pm CST (In-person/Live)

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.

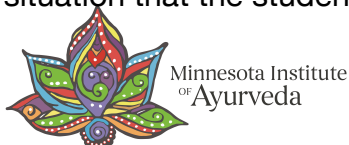
**The school reserves the right to change class dates, times, and instructors if necessary.*

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.

Private tutoring is available by any instructor to any student who asks for additional support to complete a class. The private tutoring will be one hour in length and the cost is \$60.

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



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AP Syllabus:

Fall 2021

Date		Module	Reading	Due Dates	
Sept	TH	AP 201 Advanced Ayurvedic Philosophy, Anatomy, & Physiology	Textbook of Ayurveda Vol. 1, CH 1-3 & 5	Assignment 1: AHC Review	
	F, SAT, SUN				16
	TH				17-19
Oct	TH	AP 202 Advanced Ayurvedic Pathology	Textbook of Ayurveda Vol. 2, CH 1-4 & 10-12	Quiz 1: 10/16 Assignment 2: Disorders of Tissues & Channels	
	TH				23
	TH				30
	TH				7
	TH				14
	F, SAT, SUN				15-17
Nov	TH	AP 203 Advanced Ayurvedic Herbology I	Textbook of Ayurveda Vol. 3, CH 12 Ayurvedic Medicine by Sebastian Pole Pages will be on Canvas under Module 203.	Quiz 2: 11/20 Assignment 3: Herbology Dravyaguna I	
	TH				4
	TH				11
	TH				18
Dec	F, SAT, SUN	19-21			
	TH	2			
	TH	9			
	TH	16			
Dec	TH	AP 204 Advanced Ayurvedic Herbology II	Ayurvedic Medicine by Sebastian Pole Pages will be on Canvas under Module 204.	Quiz 3: 12/11 Assignment 4: Herbology Dravyaguna II	
	TH				2
	TH				9
	F, SAT, SUN				10-12



SPRING 2022

Date		Topic	Reading	Due Dates	
Jan	TH	6	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: 1/22 Assignment 5: Digestive System
	TH	13			
	TH	20			
	F, SAT, SUN	21-23			
	TH	27			
Feb	TH	3	AP 206 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 5: 2/19 Assignment 6: Respiratory System
	TH	10			
	TH	17			
	F, SAT, SUN	18-20			
	TH	24			
March	TH	3	AP 207 Ayurvedic Clinical Management I	Textbook of Ayurveda Vol. 3, CH 8	Quiz 6: 3/19 Presentations Round I: 3/21 Assignment 7: Panchakarma <u>AND</u> Clinical Experience I
	TH	10			
	TH	17			
	F, SAT, SUN	18-20			
	TH	24			
April	TH	31	AP 208 Ayurvedic Clinical Management II	Textbook of Ayurveda Vol. 3, CH 9-10	Quiz 7: 4/16 Presentations Round II: 4/18 Assignment 8: Marma Therapy <u>AND</u> Clinical Experience II
	TH	7			
	TH	14			
	F, SAT, SUN	15-17			
	TH	21			
	TH	28			



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SUMMER 2022

Date		Topic	Reading	Due Dates	
May	TH	5	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 8: 5/21 Assignment 9: Cardiovascular System <u>AND</u> Clinical Experience III & IV
	TH	12			
	TH	19			
	F, SAT, SUN	20-22			
	TH	26			
June	TH	2	AP 210 Musculoskeletal System	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	Assignment 10: Musculoskeletal System <u>AND</u> Research Assignment Midterm Exam: 6/18
	TH	9			
	TH	16			
	F, SAT, SUN	17-19			
July	SUMMER BREAK*				
Aug	SUMMER BREAK*				

* Students are encouraged to continue working on their 50 Client Encounter requirement.



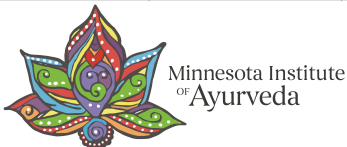
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FALL 2022

Date		Module	Reading	Due Dates	
Sept	TH	8	AP 211 Nervous System & Mental Health	Textbook of Ayurveda Vol. 1, pg. 188 & 193-205 Textbook of Ayurveda Vol. 2, pg. 312-320 Textbook of Ayurveda Vol. 3, pg. 483-485, 519-521 & 532-533	Quiz 9: 9/17 Assignment 11: Nervous System or Mental Health
	TH	15			
	F, SAT, SUN	16-18			
	TH	22			
	TH	29			
Oct	TH	6	AP 212 Reproductive System & Clinical Management III	Textbook of Ayurveda Vol. 1, pg. 168 & 188-189 Textbook of Ayurveda Vol. 2, pg. 271 Textbook of Ayurveda Vol. 3, pg. 486-493 & 522-524	Quiz 10: 10/15 Assignment 12: Reproductive System <u>AND</u> Clinical Experience V
	TH	13			
	F, SAT, SUN	14-16			
	TH	20			
	TH	27			
Nov	TH	3	AP 213 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 11: 11/19 Assignment 13: Urinary System <u>AND</u> Clinical Experience VI
	TH	10			
	TH	17			
	F, SAT, SUN	18-20			
	TH	24			
Dec	TH	1	AP 214 Integumentary System	Readings on Canvas	Quiz 12: 12/17 Assignment 14: Integumentary System <u>AND</u> Clinical Experience VII
	TH	8			
	TH	15			
	F, SAT, SUN	16-18			



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SPRING 2023

Date		Topic	Reading	Due Dates	
Jan	TH	AP 215 Endocrine System & Autoimmune System	Textbook of Ayurveda Vol. CH 7	Quiz 13: 1/21	
	TH			Textbook of Ayurveda Vol. CH 12	Assignment 15: Endocrine or Autoimmune System <u>AND</u> Clinical Experience VIII
	TH		Textbook of Ayurveda Vol. 3, CH 17		
	F, SAT, SUN				
	TH		26		
Feb	TH	AP 216 Fertility, Pregnancy & Pediatrics	Textbook of Ayurveda Vol. 1, pg. 189	Quiz 14: 2/18	
	TH			Textbook of Ayurveda Vol. 2, pg. 275, 316	Assignment 16: Fertility, Pregnancy, or Pediatrics
	TH		Textbook of Ayurveda Vol. 3, pg. 510-511		
	F, SAT, SUN				
	TH		23		
March	TH	AP 217 ENT, Course Review, and Final	No Textbook Readings Review for Final	Assignment 17: Reflection	
	TH				9
	F, SAT, SUN			24-26	Final: 3/25

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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AP Clinical Experience Requirements

Ayurvedic Practitioners are required to have 150 client encounters in order to fulfill [National Ayurvedic Medical Association \(NAMA\) requirements](#) 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.

MNIA's AP Requirement:

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

***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.



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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 \$500 and Contract Enrollment Agreement are due at the time of admission to secure your spot.

Technical Fee Payment

Students are required to pay a technical fee of \$200.00 to cover the cost of practicums, clinical experiences, online platform access, and supportive material. Technical fee is due with the seat deposit at the time of admission to secure spot.

Tuition Payment Plans

Payment Plans	Tuition Installments	Number of Payments	Seat Deposit	Technical Fee	Total Cost	Installment* Due Dates
Single/ One-time	\$8,700	1	\$500	\$200	\$9,400	Sept 1, 2020
Quarterly	\$2,225	4	\$500	\$200	\$9,600	<u>Installment 1:</u> Sept 1, 2020 <u>Installment 2:</u> Jan 1, 2021 <u>Installment 3:</u> May 1, 2021 <u>Installment 4:</u> Nov 1, 2021
Bi-monthly	\$1137.50	8	\$500	\$200	\$9,800	Each installment is due on the 1st of the month every other month Sept 2020-June 2021 <u>AND</u> Sept 2021-February 2022

***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.

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.



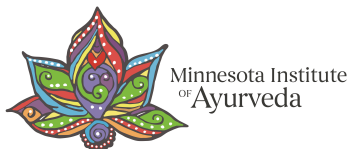
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List of School Equipments

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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