



# Joyful Belly School of Ayurveda

## Course Catalog

North Carolina College of Natural Medicine - Volume #7, Issue #1 03/1/2024

## Welcome Message

Welcome. Today is the beginning of a whole new experience, a new way of looking at yourself and others. As you take your first step in your professional training in the field of Ayurveda, you are embarking on a journey that will lead to higher levels of health and happiness for you and your community.

Throughout its centuries of practice, Ayurveda has allowed individuals to both prevent disease and recover from illness, naturally. Today, Ayurveda continues to evolve and remain relevant in modern life. Ayurveda is at the forefront of the global wellness industry, which continues to grow at a record breaking rate.

Our rigorous courses will teach you how to apply this ancient wisdom to improve clinical health outcomes, and challenge you on every level. You will learn the necessary skills to work independently with clients and establish yourself as a leading professional in the field of integrative health care.

Seasoned health professionals and dedicated enthusiasts alike will enjoy the discoveries they will make through these Ayurvedic immersion programs. These programs include insightful presentations and hands-on, practical exercises to help you experience the healing effects of Ayurveda directly.

So go ahead, get inspired! We welcome your participation in this dynamic, challenging, and supportive learning environment.

I look forward to meeting you!

Warm Regards,

John Immel

Director, Joyful Belly Ayurveda

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## Our Programs: Fundamentals of Ayurvedic Medicine: Ayurveda Health Counselor Program (AHC)

Become an Ayurveda Health Counselor through this certificate program that teaches you the fundamentals of Ayurvedic medicine. Master the art of clinical Ayurveda as you apply practical knowledge of diet, lifestyle, and herbs to lead your clients to new health and vitality. This rigorous course presents the fundamentals of the body, health and disease from an Ayurvedic perspective. It ensures you have the Ayurvedic training necessary to work independently with clients and establish yourself as a leading professional in the field of integrative health care.

Topics include the following. For more information see the [course outline](#) and [scope of topics](#) covered.

### Ayurveda Theory

These lectures provide an in-depth, unique, and practical understanding of Ayurveda's foundational concepts.

- Ayurvedic anatomy
- Dhatus
- Digestion
- Dinacharya



- Dosha
- Elements
- Guna
- Introduction
- Malas
- Management of Dosha
- Qualities of Tissues
- Srotamsi
- Subdoshas
- Tastes
- Philosophy

## Clinical Theory

This segment will also cover how to interview and assess the client effectively using the Ayurvedic methods of examination. You will learn the Ayurvedic understanding of the disease process (samprapti) as well as a comprehensive list of the causes of disease.

Concepts presented in this section include:

- 7 Forms of Palliative Therapy
- Agni & Digestion
- Trividha Pariksha
- Ashtavidha Pariksha
- Dashavidha Pariksha
- Diet
- Dinacharya / Ritucharya
- Herbs
- Meeting with Clients

- Nidana
- Samprapti
- Senses
- Specific Therapies

Students will develop keen observation skills and acumen using Ayurvedic methods of trividha pariksha and dashavidha pariksha. Specifically, students will learn how to assess:

- Tongue
- Stool
- Urine
- Pulse
- Anatomical shape and form
- Eyes
- Skin
- Nails

A key component to clinical assessment is self assessment. Throughout the program you will develop your body awareness through:

- Food & cooking experiments
- Herb experiments
- Body Awareness Exercises

## Clinical Practicum

The culmination of the course is your preparation to work with clients. All aspects of meeting with a client including paperwork, intake forms, legal concerns, note taking, structuring a session, following up, and keeping records will be covered. Students will learn how to take blood pressure & read the pulse and how to use this information clinically.

In phase 2, you will meet with or observe clients in at least 82 personal encounters, with supervision by one of our experienced practitioners. Supervision will be



entirely online. Students will also complete another 15 unsupervised, informal assessments.

- Students will meet with 2 Ayurveda practitioners as a client
- Students will meet with classmates for 8 consultations as client, and 8 consultations as student counselor
- Students will observe 30 consultations in the live classes
- Students will find clients on their own to complete an additional 25 consultations, to be reviewed in 5 phone calls with a teacher.
- Students will observe 5 other students present their cases for an additional 25 case reviews.

### Clinical Practicum Guidelines

- Students must complete 75% of year 1 lectures and 75% of year 1 homework assignments before meeting with clients
- Consultations should last 60-90 minutes only.
- Do not give recommendations to your client until the client case has been reviewed by a supervisor
- Clients must sign the intake form before you are authorized to meet with them.

### Business Administration of Your Clinic

- Common legal guidelines for practice
- Client management and forms
- Marketing & promotion
- We provide all students with a functional online clinic after graduation

### Type of Skill to be Learned

1. Assess organ and tissue health in the body of your clients through visual and behavioral cues. You will be able to articulate how imbalances within organs translate to observable signs and symptoms on the surface of your client's body. In a practical, scientific way you will be able to demonstrate Ayurvedic principles to your clients through concrete examples.

2. Analyze the roots of your clients' imbalances. Your client will emerge from consultations with you having a whole new understanding of their body and ability to navigate health challenges in their diet and lifestyle no matter what their environment and circumstance.
3. Improve the quality of life for your clients using Ayurveda's unique application of diet and lifestyle for wellness, pointing your clients towards easy, elegant solutions they can review to improve vitality.

## Approximate Duration of Time

511 Contact Hours - Ayurvedic Fundamentals

199.8 Contact Hours - Clinical Practicum

### **710.9 Total Contact Hours**

318.7 Non-Contact Hours - Assignments

**1029.6 Total clock hours including all course material & homework over a 2 year period**

## Our Programs: Master Ayurvedic Digestion & Nutrition (MID)

### Digestive Tract Pathology

Become a leader in integrative health care by enrolling in this comprehensive course in Ayurvedic digestive tract pathology and Ayurvedic nutrition. Through this online course you'll become confident in your knowledge of digestive tract health and wellness remedies, and how Ayurveda uses food and herbs as medicine. This rigorous program uses a hands-on approach so that you experience the knowledge directly. The material you learn in this program can be used to enhance your career and clinical skills in digestive health to the point of mastery.

Presentations include a week-by-week walk through of disorders of the digestive tract. This portion of the program will cover all major digestive tract disorders from bad breath to hemorrhoids. A partial overview of topics includes:

- Mouth - Appetite, anorexia, bulimia, etc.
- Stomach - Burping, acid reflux, ulcers, nausea, weight loss, etc.
- Liver / Pancreas - Enzyme deficiencies, gallbladder, etc.

- Small intestine - Leaky gut, allergies, celiac, intolerances, gas, etc.
- Colon - Constipation, appendicitis, diverticulitis, etc.
- Cleansing protocols including enema, purgation, and other detox regimes

Lecture content is based upon Ayurvedic literature, our personal clinical experience, and the testimony of our clients. We integrate innovations from other traditions wherever possible, including Chinese medicine, Western medicine, Western herbalism and other modalities such as massage therapy, yoga, and western psychology. At the end of each lecture you will not only understand the physical disorder but also the personality and emotional patterns associated with it. For each pathology, you will be presented with a combination of:

- Etiology, risk factors, signs, symptoms, diagnosis, prognosis
- Pathogenesis and development from a Western perspective
- Enumerate Ayurvedic patterns of imbalance underlying the disorder
- Ayurvedic as well as Western treatment protocols
- Diet, lifestyle, herbs, yoga, & cleansing remedies
- Psychological and emotional factors

### Theoretical Foundations

- Ayurvedic model of digestion & nutrition
- Ayurvedic pharmacology for the digestive tract
- Doshas, gunas, tastes in the digestive tract
- Yoga for digestion, other important topics
- The effects of metabolism, blood, & stress on digestion
- Other miscellaneous topics

### Clinical Practicum

You will meet with or observe clients through case studies and personal encounters, including:

- 30 Live webinar classes discussing digestive cases & clinical assessment

- 4 Buddy Consultation Personal Encounters as a client, and 4 as a student practitioner
- 5 Clinical Personal Encounters
- Food & Herb Experiments
- Body Awareness & Case Studies
- Treatment Protocol Writeup

### Type of Skill to be Learned

1. You'll develop your body awareness to improve your experience of your digestive process in each of the tissues in your digestive tract. You'll know what is happening to the food in your digestive tract every step of the way. You'll be able to correct imbalances in digestion through natural remedies.
2. You'll know how to apply the principles of ayurveda and awareness of your body to know the pharmacological effects of foods, just through taste and your experience of digesting the food.
3. You will be able to teach this body-centric approach to your clients, showing them how to make better food choices guided by actual digestive and nutritional experiences.
4. You will gain effective techniques to address a wide range of digestive concerns with clients as well as practical skills to effectively coach clients in achieving their health & wellness goals

### Approximate Duration of Time

313 hours presentations & live online classes

241 hours clinical practicum

**554 clock hours total including all course material & homework over an 11 month period**

## Our Programs: Ayurvedic Herbalist: Advanced Strategies, Formulas, & Pharmacology (CAH)

The incredible abundance and diversity of herbs provides natural medicine for innumerable ailments. As they shift the body's vital energies and biochemistry, each herb unlocks unique experiences of the healing relationship between us and the

natural world we are surrounded by. Herbs are thus **essential in the training of a master clinician**.

In this clinically focused, rigorous course on the medicinal use and pharmacology of herbs, you will learn the incredible language of healing with herbs. As the **most advanced course in herbal energetics (biocharacteristics)** - this program will give you unparalleled training in clinical herbal strategies from Ayurveda, Chinese, and Greek Medicine (the roots of Western herbalism).

You'll explore classical formulas and the materia medica of hundreds of herbs using natural, active learning methods. Every step of the way, this course will supplement ancient intuition with modern accuracy and advancements in phytochemistry. As you learn to heal others, you will also **gain subtle body awareness, increase your vital energy, and discover herbs** that not only reduce disease, but are a perfect fit to your body type.

**Every community needs a master herbalist** who can support clients with insight and accuracy. Herbs remain the chosen medicine of 2/3 of the world. As community understanding of health & wellness grows, herbalism has become a rapidly growing field (see [career options for herbalists](#)). Enroll now to become the master herbalist in your community. Soon you will be blending formulas, seeing clinical patterns emerge, and gaining the expertise to heal those around you, naturally.

## Who Should Apply?

- Ayurvedic professionals, from health counselors to BAMS graduates, seeking to up-level their clinical practice of herbs.
- Herbalists who want to excel at formulations and take herbal energetics (*biocharacteristics*) to a whole new level
- Naturopaths, nutritionists, nurses, yoga teachers, massage therapists, and other health & wellness professionals who want a solid foundation in clinical herbal strategies.
- Any student seeking [Ayurveda Practitioner Level Certification](#).

For applicants lacking a background in a health & wellness related field, please contact [admissions@joyfulbelly.com](mailto:admissions@joyfulbelly.com) for eligibility to enroll.

## Type of Skill to be Learned

By the end of the program you will be able to:

- Build clinically effective herb formulas drawing from herbal strategies and perspectives in Ayurveda, Chinese Medicine, and Western herbalism.
- Address pathology in each organ system of the body.
- Build individualized herb formulas for each constitution with the right energetics (biocharacteristics).
- Assess the medical benefits (pharmacology) of new herbs you encounter, using the principles you've learned from the course, along with your direct experience using your 5 senses.
- Assess phytochemistry in a clinical setting, and analyze herb research, ensuring the herbs you select are an exact fit to the disorder, with scientific evidence.
- Make herbal products, poultices, skin rubs, medical oils, tinctures, infusions, and more.
- Start seeing clients and educating them about herbs, formulas and medicine to improve their health & wellness, with the same legal qualifications as a health coach.

**By the end of this program you will know:**

- Clinical herbal strategies from Ayurveda, Chinese Medicine, and Western Herbal traditions.
- 125 herbs and formulations from the Ayurvedic materia medica in detail, including botany, growing conditions, phytochemistry, energetics (biocharacteristics) and clinical use (pharmacology). We will use an experiential, intuitive teaching model so that the information you learn will be living rather than encyclopedic.
- Extensive knowledge of Western herbs, herbal actions, and their clinical use.
- The essential herbs of Chinese Medicine.
- The main organic compounds of phytochemistry, and their effects on the body, improving your accuracy in the clinic.
- Basic botany and identification of plants.
- Legal considerations and laws surrounding a clinical herbal practice and medicine making.

- Tasting, sampling and observing 50 herbs and Ayurveda formulas to enhance discovery & experiential knowledge of herbal energetics (biocharacteristics).
- In-depth herb-body awareness experiments each week to master intuitive learning of herbs.
- 23 live in class herbal consults, 18 private clinical consultations
- Herbal medicine making - Formulating your own herbal medicines in your kitchen.
- Herb-drug interactions and contraindications.

### Career Outcomes

Graduates will use the program to advance in their current careers, as well as in new professional settings. Here are some examples:

- Clinical Herbalism
- Develop Herbal Products
- Herbal Products Retail, Marketing, and Sales
- Teaching + Herbal Education
- Herbal Writing + Blogging
- Herbal Research
- [& more...](#)

### Approximate Duration of Time

434.5 Instruction Hours - Herbal Strategies, Formulations, & Pharmacology

86.7 Clinical Hours - Supervised & Unsupervised

57.8 Lab Hours - Herb Experiences / Field work

**579 clock hours total including all course material & homework over a 10 month period.**



## Our Programs: Panchakarma Cleanse Specialist: Ayurvedic Spa, Panchakarma Cleansing, & Advanced Clinical Skills

Gain the practical skills to create a serene Ayurvedic spa, panchakarma cleanse or retreat center.

**Advanced spa** and **panchakarma training** will be supplemented by an in-depth study of **ancient Ayurvedic texts**. In this module you'll learn to speak with authority on Ayurvedic methods, assess all 30 major disease patterns outlined in Caraka, and understand the fundamentals of Ayurvedic Sanskrit terms.

You will complete your training with a foray into **modern integrative medicine** including Ayurveda perspectives on nutraceuticals and modern medical testing.

Embrace the opportunity to nurture your professional growth and personal wellness, as you become an adept healer in the realm of Ayurveda. This course advances existing Ayurveda clinicians to the level of mastery and is the final year of training for those seeking competency at the **Ayurvedic practitioner level**.

### Who Should Apply?

- Ayurvedic Health Counselors seeking certification on the [Ayurveda Practitioner Level](#).
- Other health & wellness professionals who are already familiar with Ayurveda's basic medical model (dosha, guna, taste, elements, dhatu, srotamsi, etc) but who would like certification as a Panchakarma Cleanse Specialist, or Marma Point Technician.
- This **advanced course** is also available to students who are already trained in the basic biocharacteristic medical models of Chinese or Greek Medicine (herbal energetics).

### Type of Skill to be Learned

By the end of the program you will be able to:

- Create an Ayurvedic Spa
  - Create an attractive spa environment

- Use knowledge of marma therapeutically.
- Administer external panchakarma treatments.
- Administer Advanced Ayurveda Panchakarma Cleansing techniques
  - Administer and provide the benefits of advanced panchakarma cleansing treatments.
- Read medical tests from an Ayurveda perspective including blood, urine, electrolyte, kidney, and liver tests.
- Assess the compatibility of, and recommend, 50 common nutraceuticals.
- Speak with authority regarding classical Ayurveda methods from ancient texts.
  - Assess the 30 major disease patterns of Ayurveda and their subtypes from an classical Ayurvedic perspective.
  - Provide natural remedies of the above patterns from the Ayurveda canon, and know common herbal strategies for each one
  - Research and utilize information from ancient texts to support and develop your clinical practice.
  - Understand frequently used Ayurvedic sanskrit terms

**By the end of this program you will know:**

- The 30 major disease patterns outlined in Caraka including
  - Assessment
  - Prognosis
  - Treatment strategies
  - Herbal formulations
- All 5 internal panchakarma techniques including
  - Enema

- Purgation of the intestines
- Vomiting
- Cleansing of the ears, nose & throat
- Bloodletting
- For each panchakarma procedure you will learn
  - Indications
  - Contraindications
  - Administration - For internal panchakarma treatments such as enema you will instruct the client how to perform this procedure. For bloodletting you will refer them to a licensed medical professional.
  - Troubleshooting
  - Preparation
  - Post procedural care
- All external panchakarma procedures including
  - Sweat therapy
  - Oleation
  - Massage
  - Fomentation
  - External bastis of the eye, back, and other areas of the body
- All major Ayurveda spa treatments including
  - Hair
  - Skin
  - Eyes
  - Stress and mental relief
  - And many more

- All major Ayurveda marma points on the body including
  - Administration
  - Benefits, indications and contraindications
- All major western medical tests including
  - Blood
  - Electrolytes
  - Urine
  - Kidney
  - Liver
- You will know how to integrate Ayurvedic diagnostic skills with basic western medical assessment tools.
- 50 major nutraceuticals including
  - Ayurvedic perspective and use of the nutraceutical
  - Benefits, indications, and contraindications

## Career Outcomes

Graduates may use their herbal training to **start a new career**, or **advance in their current careers**. Here are some examples of career opportunities for herbalists:

### Run a Panchakarma Cleansing Center

- Become a proprietor of, or work at, a Panchakarma treatment center

### Run Seasonal Retreats & Cleanses

- Run seasonal Ayurveda retreats and cleanses
- Host retreats and cleanses at exciting travel destinations

### Run an Ayurvedic Spa

- Become a proprietor of, or work for, an Ayurveda Spa.

- Supplement value-added Ayurvedic methods to existing spa services you provide
- Gain a position in non-Ayurvedic health and beauty spa

### Provide Advanced Ayurvedic Clinical Services

- Start a private clinical practice specializing in a particular disease or community's healthcare needs
- Work in an integrated clinic, or an affordable community health clinic.

### Develop Spa & Panchakarma Products

- Ayurveda skin care products - including oils, skin rubs, poultices
- Ayurveda hair care products
- Ayurveda detox and cleansing recipes and herbal formulas - including kitchari, panchakarma herbal formulas, etc.
- Spa and Panchakarma equipment - for Bastis, Shirodhara, Massage, Sweat therapy, etc.

### Ayurveda Research

- University or government-funded research on traditional medicine systems, clinical trials, population studies, etc.
- Research on traditional uses of medicine

### Approximate Duration of Time

297.4 Instruction Hours - Panchakarma, Marma, Ancient Texts, Nutraceuticals, Medical Testing

94.5 Clinical Hours - Supervised & Unsupervised

54.5 Lab Hours - Home Spa, PK, Marma

**446.4 clock hours total including all course material & homework over a 10 month period.**

## Our Programs: Fundamentals of Virtue Psychology: Happiness & Character Strengths Coaching (VPC)

Learn to practice the art of character strengths and virtue psychology through this 1-year online training program. This program teaches you the fundamentals of the classical and medieval Western approach to mental well-being and happiness--a detailed, extensive approach built up over many centuries. It is a positive model, presenting a theory of wellness. It does not focus on disorders only, as newer psychological systems have generally done. This program presents classical mental wellness perspectives and practical advice from Greek antiquity through the medieval Christian period and up to the modern day.

This time-tested approach will provide you with a new perception of emotions, ethics, and happiness. You will discover practical methods for improving character strengths, managing emotions, and harnessing the motivational energy of the passions. These insights will equip you to aid clients in directing themselves to happiness.

In this training program, recorded presentations lay out the fundamentals of this understanding of human nature and explain how to build strength of character through the virtues - those dispositions of the person, built up through repeated action, that make it easy and pleasant to act well. These presentations are supplemented by weekly class discussion in live, online video-meetings, as well as by exercises, to ensure you attain a firm grasp of virtue psychology and virtue counseling methods.

This course gives you all the training necessary to practice as a character strengths coach legally in the United States. A character strengths coach is a type of wellness coach: someone who supports clients in working toward the well-being and flourishing they seek. A person who becomes a character strengths coach likes encouraging and assisting other people--offering them practical strategies and helping them marshal their inner strengths for success in the circumstances they face.

Perhaps he or she already works as a counselor, teacher, minister, health coach, or in some similar role. Or perhaps he or she has an interest in the classical or the Christian mental health tradition, or in traditional mental health wisdom generally. No prior experience is necessary.

The field of wellness coaching has been growing steadily for years. "According to some surveys, 60% of Americans want health coaching, but 80% of them have never had it offered to them." (Source: Health Coaching Gains Favor Among Consumers, Insurers, & Employers) This course can help you meet this need, while

equipping you to provide a positive vision of psychological well-being, something often missing in the modern world.

## Human Nature & Happiness

- Introduction to Reality and the Human Person
- Happiness / Unhappiness

## Human Passions, Appetites, Emotions, & Instincts

- Love, Desire, & Pleasure
- Hate, Avoidance, Pain/sadness
- Hope / Despair
- Fear / Daring
- Anger

## Human Excellence & Virtue

- Prudence / Justice / Fortitude / Temperance
- Faith / Hope / Love (Charity)

## Type of Skill to be Learned

By the end of this program you will know:

In practical detail, a traditional Western understanding of human nature, the human passions (emotions), and human virtue, including--

- What it is that makes a person truly, enduringly happy.
- The role of the various passions (emotions)--love, hatred, anger, sadness, avoidance, desire, etc.--in achieving happiness, and how the passions can undermine happiness as well.
- Why developing a virtuous character is an essential part of becoming happy.
- How the virtues interact with and support each other in the formation of character: for example, why one cannot have perfect fortitude without hope or charity without faith, or why temperance helps you achieve justice.



- How to avoid unhealthy behaviors that can easily feel like virtue, but are not.

In the context of life, how to assess the numerous passions, discern their causes, and use them effectively: for example, how to determine how much a particular pleasure is conducive to happiness, or determine whether a particular anger is healthy or not and what to do about it.

Concrete, practical approaches to managing one's passions and strengthening the virtues of a noble character.

### By the end of the program you will be able to:

Educate clients about the traditional Western ideas of human functioning, happiness, and virtue.

Help clients, on the basis of their own insight into their strengths and weaknesses, to find practical strategies, suited to their lives, for managing their passions, increasing virtue, and directing themselves to happiness.

Offer these insights into human functioning in a professional setting--either standalone as a character strengths coach, or alongside existing services you provide as a counselor, wellness coach, teacher, spiritual director, etc.

### Career Outcomes

Graduates will use the program to advance in their current careers, as well as in new professional settings. Here are some examples:

- Wellness coaches will learn a time-tested understanding of motivation and success, along with practical strategies, that they can share with clients to help them achieve well-being.
- Teachers will be better able to help students understand their emotions and desires and advance toward virtue.
- Mental health professionals will gain familiarity with a model of human functioning and flourishing, not of mental health pathology alone. They will also gain a detailed understanding of the traditional psychology that has left a mark on Western societies, helping them to better communicate with and aid clients from these cultures.
- Ministers or spiritual directors will learn new skills for advising those who seek their help, according to an ancient Christian understanding of emotional health and moral growth.

## Approximate Duration of Time

171 hours presentations, live online classes, and assignments over a 12 month period

## Modes of Delivery

Each week will include live discussions held via Zoom - a free online meeting software. We will send you the login information as well as a Zoom tutorial after registration.

- Ayurveda courses: Meet 3 times a week
- Panchakarma, Virtue Psychology: Meets 1 time a week

Live classes will be collaborative, facilitated by the teacher using the Student Folder on google drive. To facilitate student teacher interaction for each class, the teacher will create a blackboard file in the student folder for the week of the classes.

All pre-recorded presentations, course materials, homework, attendance and fees will be visible via the student's course download box housed on the Joyful Belly website.

The student chat group is a private group for members in the program to share their experiences, ask questions, and report problems. It is also the primary location where we will post announcements, address technical support issues, and general questions about the course. Please direct all questions to this group for the benefit of others.

If you do not receive a response to your question in 24 hours, please email Student Support and let them know there is an unanswered question in the chat group.

Correspondence in this group shall remain positive, helpful, and encouraging. This group was created to enhance the learning experience for you and your classmates. Negative posts or comments will be deleted. Repeat offenders will be removed from the group. Please reach out directly to Student Support ([study@joyfulbelly.com](mailto:study@joyfulbelly.com)) if you have constructive feedback or a complaint.

## Licensing & Accreditation

### North Carolina

Joyful Belly School of Ayurveda is licensed by the state of North Carolina.

## Ayurveda as an Unlicensed Field

Joyfulbelly is 1) certified by the American Association of Biocharacteristics Clinicians (AABC), 2) an accredited school of AADP, 3) a member of the National Association of Ayurveda Schools & Colleges (NAASC), and 4) recognized by AAPNA. However, Ayurveda is still an unlicensed profession and unregulated in the United States, including the state of North Carolina. This means that certification by 3rd parties is not required to practice Ayurveda in the United States and does not affect your legal scope of practice.

As Ayurveda is unregulated, graduates of this program are not considered to have graduated from an accredited or pre-accredited program and may not rely on accreditation or pre-accreditation for professional licensure or other purposes. Students enrolled in this program are not eligible to participate in federal grant and loan programs. Legally, Joyful Belly Ayurveda can provide no assurance that 3rd parties will certify students on the basis of taking this course.

Even those who have counselor status through these agencies are still only educators in the eyes of the law. Only a qualified, licensed medical doctor can diagnose, prescribe or treat disease. Legally, you will be able to listen to people's health concerns and educate them on the Ayurvedic perspective and approach to those concerns including diet, lifestyle and herbs.

Please seek legal advice if you have questions about your scope of practice after graduating. Laws vary by state and country. Students are responsible for checking local laws to ensure they are in compliance with scope of practice.

Transfer of credits earned at Joyful Belly Ayurveda to other colleges/universities, including those with regional accreditation, is at the discretion of individual institutions.

## Character Strengths Coaching as an Unlicensed Field

Similarly, character strengths coaching is an unlicensed field. Only a qualified mental health counselor can diagnose, prescribe or treat mental illness.

## AHC

Upon graduating from the AHC program, Joyful Belly will award you a Certificate of Completion at the Ayurvedic Health Counselor level.

- Students are eligible for certification as an Ayurveda Health Counselor and a Biocharacteristics Clinician through the American Association of Biocharacteristics Clinicians (AABC), as a Registered Ayurvedic Health Counselor (RAHC) through the Association of Ayurvedic Professionals of

North America (AAPNA), and as a health coach through the American Association of Drugless Practitioners (AADP) after passing their board exam. Please contact Joyful Belly for specific requirements if you plan to seek certification by any other 3rd party organization.

## MID

Students who successfully graduate from the MID program will be awarded a Certificate of Completion at the Ayurvedic Nutrition & Digestive Health Coach level.

- Students are eligible for certification as an Ayurveda Digestive Health Coast, and a Biocharacteristics Digestive Health Coach through the American Association of Blocharacteristics Clinicians (AABC). Students are eligible for additional certifications through the Association of Ayurvedic Professionals of North America (AAPNA) as an Ayurvedic Food Consultant, and through the American Association of Drugless Practitioners (AADP) as a health coach. However, this certification is not required. Joyful Belly is a recognized school of AAPNA, AABC, NAASC and accredited by AADP.

## CAH

Students who successfully graduate from the CAH program will be awarded a Certificate of Completion at the Clinical Ayurvedic Herbalist level.

- Students in good standing and who complete all course materials will receive a 500 Hour certification as a Clinical Ayurvedic Herbalist. This certification enables you to legally see clients.\* Students are also eligible for certification as a *Clinical Ayurvedic Herbalist* through AABC, and as a **health coach** through AADP after passing their board level exam. Once you have completed 400 hours of at-home clinical experience, AABC will also certify you as a [Biocharacteristics Herbalist](#). This course is required for those who are seeking an **Ayurveda Practitioner level certification** at Joyful Belly.

## PKS

Graduates will receive certifications as a Panchakarma Cleanse Specialist, and Marma Point Technician. Graduates who have completed the Clinical Ayurveda Herbalist course at Joyful Belly will also receive their certification as an Ayurvedic Practitioner. Students are eligible for certification as a Clinical Panchakarma Specialist and Ayurveda Practitioner through AABC. Graduates are eligible for certification as a health coach through AADP after passing their board level exam. AABC will also certify graduates as a Biocharacteristics Practitioner once they can demonstrate 400 clinical hours.

## VPC

Students who successfully graduate from the VPC program will be awarded a Certificate of Completion demonstrating their professional qualifications as a character strengths coach and will be eligible to start meeting with clients. They will have completed the first year of a projected 3-year track to becoming an advanced mental health coach and virtue counselor. Certification will be through the North Carolina College of Natural Medicine.

Students who lack clinical training should seek training in clinical professionalism before meeting with clients on a 1-1 privately.

## Teaching Faculty & Staff

- John Immel
- Mary Thompson et al on Class Recordings
- Vanashree Belgamwar
- Jeremy Anderson
- Alissa Page
- Susan Bass
- Rachael Harper
- Natalie Immel
- Andrew Apello
- Ashlynn Williams
- Mori Lesham
- Jeannine Love

## Program Coordinator

- Rachael Harper (See teacher bio below)

## Teacher Bios

### John Immel

Drawing on years of research and clinical experience specializing in digestive disorders, John Immel directs the Joyful Belly [School of Ayurvedic Diet & Digestion](#). He is the founder of Joyful Belly, an educational Ayurvedic health care website, and oversees the Joyful Belly Clinic.

John holds a bachelor's degree in mathematics from Harvard University. He first discovered Ayurveda while working on a public health project in Bangladesh. His interest in Ayurveda and digestive tract pathology was inspired by a complex digestive disorder acquired from years of international travel.

Using ingredients familiar from his childhood, John created thousands of Ayurvedic recipes for the average American, published on Joyful Belly. Joyful Belly proves Ayurveda is a practical way to improve everyday health & wellness. His simple, direct and familiar approach has helped thousands on their journey to health. John recently published, "Explore Your Hunger: A Guide to Hunger, Appetite & Food" with co-author Natalie Immel.

John is an avid student of Aristotelian / scholastic realism, which is not only the philosophical foundation of Ayurveda's methods, but also Greek medicine. Scholastic realism was adopted by the Catholic Church in the 13th century following the writings of St. Thomas Aquinas. John's studies of classical scholastic realism and modern virtue psychology form the basis of the virtue psychology program.

### Andrew Appello

Andrew is a doctor of acupuncture and Chinese medicine, clinical herbalist, and Family nurse practitioner. He has been in private practice for more than 16 years and a teacher of herbal medicine for more than a decade. He integrates modalities and knowledge from his training in east Asian medicine, western/eclectic herbal medicine, ayurvedic herbal medicine, functional medicine, nutrition, holistic nursing, and the martial arts. Andrew believes that the path to health and wellness is unique to every individual and that body, mind, and spirit can be integrated into a healthy whole.

- NJ licensed acupuncturist and herbalist
- NJ licensed registered nurse
- NJ licensed advanced practice nurse

- Board certified family nurse practitioner (AANP)
- Sigma Theta Tau International Honor Society of Nursing, inducted 4/21/18
- American Holistic Nurses Association, joined 3/11/14
- Certified Registered Herbalist [American Herbalist's Guild: RH(AHG)], certified 2009
- Certified personal trainer (NESTA), certified 2007
- Certified practitioner of facial rejuvenation acupuncture (Virginia Doran), certified 2007
- CCAOM certification in clean needle technique, certified 6/3/06
- Certified martial arts instructor (Kukkiwon, Seoul, South Korea), certified 2001
- Pi Delta Phi, French Honor Society, inducted 3/27/2001
- Phi Beta Delta, Honor Society for International Scholars, inducted 3/27/2001

### Vanashree Belgamwar

Vanashree holds a BAMS degree (Bachelor's of Ayurvedic medicine and surgery) from the Maharashtra university of health sciences, India. She has also been extensively trained in Nadi Pariksha (Ayurvedic Pulse diagnosis). She has been practicing Ayurveda since 2012. Her goal has always been to globalize Ayurveda so people all over the world can benefit by this ancient science. Vanashree taught Ayurvedic pulse diagnosis at the Minnesota Institute of Ayurveda and also hosts workshops around the twin cities on various topics on Ayurveda. She is the owner of Vanashree Ayurveda LLC and also has a Youtube channel that educates people on how Ayurveda can help to live a healthy lifestyle.

### Jeremy Anderson

Jeremy Anderson is a Clinical Ayurvedic and Pancha Karma Specialist, Master Teacher, Outdoor Educator and Nature Guide. She is also a Certified Massage Therapist through the Phillips School of Massage. She maintains her own practice, Inspired Life with Jeremy Ann Anderson, in Truckee, CA, where she offers consultations, Ayurvedic body therapies, workshops, and Nisarga Chikitsa (Nature Therapy). She has introduced Nisarga Chikitsa to her Ayurveda practice through customized Nature Immersion Therapy Retreats to foster a deep connection with nature as a prescription for healing. Jeremy's mission is to help spread the light of the profound science of Ayurveda through education and experiential learning.



## Susan Bass

Susan Bass is an Ayurvedic Practitioner and Ayurvedic Yoga Therapist who is the Founder and Director of the Sarasvati Mission and the Sarasvati Institute of Ayurvedic Yoga Therapy. She has been training people in the Vedic traditions for over 16 years. In addition to training teachers at her own school she is also Adjunct Faculty in the Master of Science in Ayurveda at the National University of Natural Medicine. Susan has taught Ayurveda at OHSU Medical School, University of Portland School of Nursing, Nike International and International Association of Yoga Therapy.

AP, E-RYT 500, Adjunct Faculty, NUNM

## Alissa Page

Alissa is an Ayurvedic Practitioner living in the foothills of Northern Colorado. Her interests in natural and herbal medicine began when she was a teen, hanging out after school at the local herb shop.

Alissa got her undergraduate degree in theatrical design from Carnegie Mellon University. It was here that she fostered her love of the arts and studied the lives of people and cultures, from all times and places. Before finding her way to Ayurveda, Alissa worked as a bread baker for 21 years.

## Jeannine Love

Jeannine is a Holistic Nutritionist, Herbalist, and LMT, and has a master's degree in Medical Education Leadership. She has been an instructor in various complementary therapies for 26 years and is the owner of Healthy Living with Jeannine Love, where she offers consultations on health and wellness, teaches, sells her herbal products, and writes about health, herbalism, Ayurveda, cooking, and organic gardening on her blog. Jeannine is currently a student in Joyful Belly's Mastering Ayurvedic Digestion and Nutrition.

- 14 years as lead instructor teaching anatomy, physiology, pathology, kinesiology, business, ethics, Swedish massage, therapeutic massage, sports massage, spa techniques, Asian theory and bodywork.
- 2021 Holistic Nutritionist Certification
- 2014 M.S., Medical Education Leadership
- 2001 Herbal Apprenticeship
- 1998 600Hr Teacher Training Program in Alternative Medicine

## Ashlynn-Williams

Ashlynn is an Ayurvedic Health Counselor & Wellness Instructor based in Kuala Lumpur, Malaysia. She holds a Bachelor of Science-Economics degree from the University of Houston & an MBA in Business Management from Texas Woman's University. She is a graduate of Joyful Belly's 2 year Ayurvedic Health Counselor & 1 year Mastering Ayurvedic Digestion & Nutrition courses. She is currently pursuing her certification in Ayurvedic Herbalism.

Ashlynn offers a unique experience-based approach to helping professional women overcome stress & burnout. She is a wife & mom of 2 and a former oil & gas corporate professional of 11 years who now spends her time guiding her clients in Ayurvedic Diet & Lifestyle, and teaching & mentoring students at Joyful Belly.

- 2022 - Master Ayurvedic Digestion & Nutrition at the Joyful Belly School of Ayurveda
- 2021 - Ayurveda Health Counselor Certification at the Joyful Belly School of Ayurveda
- 2017 - International Yoga Instructor Training (600 Hours)

## Mori Leshem

Mori Leshem is an Ayurvedic Health Counselor and cooking instructor. Through her own struggles with fertility, skin and digestive disorders, Mori discovered holistic health and went on to have 3 kids. She combines Ayurvedic knowledge with her passion for cooking and health to educate groups on diet and lifestyle that is properly suited to their Ayurvedic constitution. She leads Ayurvedic based cooking and education classes in Los Angeles.

- 2023 - Advanced Ayurvedic Herbalist Certification at the Joyful Belly School of Ayurveda
- 2022 - Ayurveda Health Counselor Certification at the Joyful Belly School of Ayurveda
- 2020 - Master Ayurvedic Digestion & Nutrition at the Joyful Belly School of Ayurveda
- 2020 - Yoga Health Coach

## Rachael Harper

Rachael is an Ayurveda Health Counselor specializing in mental health and trauma. She is program manager for all Joyful Belly courses and runs a yoga studio in the Charlotte, NC area. She began studying Ayurveda informally in 2009. After years of healing herself and teaching Ayurveda to her yoga students, she committed to formal study with the Joyful Belly School of Ayurveda and is a graduate of Joyful Belly's 2 year Ayurveda Health Counselor course.

Her practice in Ayurveda and as a Thai Yoga Therapist allow her to focus on her true passion - authentic and meaningful connection with her community.

## Student Support

- Students have 24/7 access to the course Chat group which is monitored by the teachers, school administrators and student support staff.
- Additionally students have the personal phone numbers of the director, school administrator and student support staff in case of any emergencies
- Students are welcome to make an appointment with the director, school administrator and / or student support staff to address any questions or concerns they have throughout the program.

## Governing Body: Board of Directors

Joyful Belly Ayurveda is a family-run organization. Our board of directors includes:

- John Immel
- Natalie Immel

## Reserved Rights of Joyful Belly Ayurveda:

Joyful Belly Ayurveda reserves the right to make changes to the policies, procedures, fees, courses, academic calendar, schedules, syllabi, or any other provisions in its catalog, other publications or website, subject to program needs, certification or accreditation requirements, and state and federal laws and regulations. Changes are made in order to improve effectiveness and educational quality. Although every effort has been made to ensure accuracy and completeness, students are advised that changes may be made at any time without prior notice. This catalog does not constitute a contract between the student and Joyful Belly Ayurveda. Students must meet the requirements in the catalog current

at the time of their initial enrollment, along with any revisions to the catalog made by Joyful Belly Ayurveda.

## Calendar

### Start / End Dates

Course	Start Date	End Date
MID	2nd Tuesday in October	4th Tuesday in August
AHC	Last Tuesday in August	2 years from start date
CAH	Last Tuesday in August	2nd week of June
PKS	Last Thursday in August	2 years from start date
VPC	4th Monday in January	2nd Monday in December

### Class Times (Eastern Time)

Class times are specifically chosen for convenience domestically and to allow international students to attend at least 1 live class per week. Recordings will be provided so that you may attend each call asynchronously.

AHC Year 1, CAH	Tue 12-1:30pm	Wed 1:15-2:45pm	Thu 7-8:30pm
AHC Year 2	Wed 7-8:30pm	Thu 12-1:30pm	Fri 12:15-1:45pm
MID	Tue 7-8:30pm	Wed 12-1pm	Fri 11am-noon
PKS	Tue 7-8:30pm every 3rd week	Thu 12-1:30pm	
VPC	Mon 12-1:30pm		

### Legal Holidays Observed:

The school is generally closed on weekends. The school is also usually closed for these holidays:

- Thanksgiving week
- Christmas / New Year: 3 weeks starting the week before Christmas
- Winter Break: Week of Valentine's Day
- Spring Break: Week before and after Easter Sunday
- Week after Memorial Day
- AHC,PKS - Summer Break lasts for 8 weeks starting the 3rd Week in June
- MID - Summer Break lasts from the 3rd Week in June until the 3rd week of July.
- VPC - Summer Break lasts for 7 weeks starting the 3rd Week in June

## Policy/Regulations – Re: Enrollment

### Enrollment Dates

Enrollment for all programs ends on the start date.

### Application Policy

After registering, students must submit an application agreement along with the following items together. To send your application, **you will first email a scanned copy of the items below to [admissions@joyfulbelly.com](mailto:admissions@joyfulbelly.com)**. Then, ***once your application has been approved by admissions***, mail a physical copy of these items to Joyful Belly Ayurveda, Inc.; % John Immel; PO Box 1474; Asheville, NC 28802.

Here is the list of items you must send:

- Copy of high school transcript, copy of high school equivalency, copy of community college or university transcript, or notarized attestation with verifiable documentation of why any such student was not able to obtain academic transcripts due to lost or otherwise unavailable records due to fire or natural disaster
- Your type-written one-page response to the three essay questions in the application
- Personal resume/cv, including (a) job experience and (b) education.
- A current photo

- Each page of the student application and enrollment agreement must be completed in full, signed, and sent using the two methods outlined above.

Note: You must submit either the \$600 registration fee or make the first payment on your monthly payment plan for your application to be reviewed. Students who fail to submit an application are not entitled to a refund of the initial \$600 registration fee. Registration fees will be refunded if Joyful Belly denies you admission.

Acceptance into the program is based upon review of your application, phone interview and/or on your responses to the 3 essay questions. Joyful Belly School of Ayurveda does not discriminate based on employment, admissions, testing, financial aid or any other means on the basis of gender, race, nationality, religion, age, or disability, in accordance with all applicable federal, state and local laws. Joyful Belly School of Ayurveda reserves the right to decline admission to anyone it determines is not suited for successful completion of its programs. Once the maximum number of students has been accepted, subsequent approved applications are placed on a waiting list. Please be sure that you are fully committed for the entire program and that you have the financial capability to pay for all tuition, books and materials, and the living expenses required to sustain yourself during your participation.

### Specific Entrance Requirements/Course(s)

Our student body is one of the greatest assets of this program. Primarily, we accept students who are determined to succeed and make a good name for Ayurveda. We screen for students who are self-motivated, disciplined, and excited to participate. That is why we created a demanding program - gear up for excellence!

#### AHC

There are no prerequisites for entry in the Ayurveda Health Counselor Program (AHC).

#### MID, CAH

Generally, professional experience in a health and wellness related field is required. Your field could be massage therapy, yoga, herbalism, a medical degree, or perhaps you are an Ayurveda practitioner. If you do not have professional experience, you may still be accepted at the sole discretion of the Director if you can demonstrate your commitment to earnest self-study prior to enrollment.

Students will receive an application packet after registration. At its own discretion, the school may schedule an interview with the student. Joyful Belly reserves the right to deny a student entry into the program for any reason.

## PKS

This course is limited to health & wellness professionals who are already familiar with Ayurveda's basic medical model (dosha, guna, taste, elements, dhatu, srotamsi, etc) at the Ayurveda Health Counselor level but who would like certification as a Panchakarma Cleanse Specialist, or Marma Point Technician may apply.

This course is also available to students who are already trained in the basic biocharacteristic medical models of Chinese or Greek Medicine (herbal energetics).

Contact [admissions@joyfulbelly.com](mailto:admissions@joyfulbelly.com) for any exemptions / special entry requirements.

## VPC

There are no prerequisites for entry in the Virtue Psychology Course (VPC).

## Course Audit

Auditing a course allows a student to take a class without the benefit of a grade or credit for a course. A student who audits a course does so for the purposes of self-enrichment and academic exploration. All course audits at the school are based on availability of class space and must be approved by the Director.

An auditor is considered a passive learner and may not do consultations, submit papers, or take examinations, but is expected to attend classes with reasonable regularity and do some classwork. Auditors must be respectful of the privilege of auditing a class by allowing credit students primary access to teachers and class question/answer time. Students auditing courses are expected to follow the attendance policy in order to participate in hands-on group activities and classroom assignments.

The school does not issue academic credit for audited classes. Audited courses are not counted for Satisfactory Academic Progress purposes. All course prerequisites must be met. Courses with clinical content may be audited by degree-seeking students on a limited basis. The cost of attendance as an auditor is the same as regular course tuition.

# Policy/Regulations – Re: Standards of Progress

## Grading System

Completion of all exams and assignments is required to earn your certification, and ensure you are getting the most out of the program. Unless you complete all

homework, we cannot vouch for your level of competency and will not be able to certify you at the end of the program.

The following grade indicators are used to measure academic performance: Pass, Resubmit (Fail),. Any incomplete work is measured as a Fail. Students must pass all assignments to graduate from the program.

### Minimum Satisfactory Grades

On exams and overall average of correct answers on course assignments, a grade of 70% or greater is considered passing. Students who fail an exam must re-submit incorrect answers and schedule required tutoring to ensure a passing grade. Students may be given additional requirements in order to ensure clinical competency. These additional requirements will be determined on a case by case basis. Students must pass all assignments and exams to graduate.

### Make Up Work / Tardiness

Life events and general business may prevent you from completing assignments on time. When this happens, please complete the current week's assignments before completing any makeup work. Please send an email to [study@joyfulbelly.com](mailto:study@joyfulbelly.com) as soon as you are aware of your inability to submit an assignment on time.

Students may request an extension on assignments no later than 2 weeks in advance. Extensions are granted or refused at the discretion of the administration / teacher. Cumulatively, extensions may not exceed 45 days in any calendar year.

If you are requested to resubmit homework, you must follow the instructions given for resubmitting homework, and resubmit within 2 weeks. If requested to resubmit a paper, exam, or special assignment, the student must make arrangements with the grader to complete work to the grader's satisfaction; this may include additional outside makeup work, one on one teacher tutorials, and grading fees beyond what is listed below.

Students accrue required academic tutoring for each unexcused late or resubmit requested on a quiz according to the following table:

- 5 minutes for each late or missed quiz
- 20 minutes for each resubmit requested on a quiz
- 60 minutes for each resubmit requested on a paper, exam, or special assignment.

Academic tutoring will be billed once 60 minutes have accrued, at the rate of \$90 per 60 minutes. A \$50 fee will be assessed for each notice of plagiarism, or unexcused late exam. Note: These fees double for any makeup work submitted



after the end of the course (final assignment due date). Payment of fees are due monthly when tuition payments are due. Payment of all fees is required to receive your certificate.

You have until 90 days after the course ends to submit any makeup work, unless noted otherwise. Acceptance of any work submitted after the 90 day period will be determined on an ad hoc basis at the discretion of the school.

If students are late on 10 or more assignments in any calendar year, staff reserves the right to expel the student from the program.

## Conditions for Expulsion or Suspension for Unsatisfactory Grades or Progress

### Interruptions for Unsatisfactory Grades & Attendance

Students who fail an exam, or have greater than 10 unexcused failed, missing or late assignments may be dismissed from the program at the sole discretion of the Director. Additionally, if the program is not completed in due time, the student may be dismissed from the school.

### Interruptions for Non-payment

Please keep your payment information current. Monthly tuition payments are billed automatically on or around the 7th of each month. Payment of any late or makeup fees are due at that time. If students are late on any payments, they will be assessed a \$15 late fee for that month.

Access to course materials may be suspended, and/or the student warned, placed on probation indefinitely, suspended, or dismissed at any time due to non-payment.

### Standards of Conduct

Students are expected to conduct themselves in a way that supports the mission and community of the school. Personal and professional integrity are essential. Students may be warned, placed on probation indefinitely, suspended, or dismissed for violations that include (but are not limited to) the following:

- Attending classes or practicing Ayurveda under the influence of drugs or alcohol

- Accepting any form of compensation for Ayurveda services provided as a student
- Physical harm or threat of physical harm to anyone
- Harassment of any kind which goes beyond the boundaries of protected free speech and would likely cause violence or unrest
- Loss of personal civility including shouting, personal attacks, or insults, displays of temper (such as character attacks on social media)
- Theft or damage of the school's or another student's property
- Academic dishonesty, including plagiarism, cheating, or misrepresenting the work of others' as one's own
- Failure to maintain safety regulations and appropriate hygiene
- Sexual activity or advances in a clinical setting
- Poor academic performance
- Failure to adhere to the Student Agreement
- Failure to fulfill tuition obligations

### Disciplinary Actions

Students may be removed or blocked from any online groups or class without notice.

Before any additional disciplinary measures are taken with a student, the Director will inform the student of the situation, and give the opportunity for student input before deciding upon a course of action.

- A written warning may be issued to inform the student that he or she may face more serious consequences if he or she does not fulfill specific requirements to keep compliance with school policies, procedures, or student conduct policies.
- A student placed on probation may continue in the program on a conditional basis. The length and conditions of the probation are at the discretion of the Director.
- When a dismissal is issued to a student, he or she must cease all participation in the program. If a student fails to meet the terms and conditions of probation, he or she will be dismissed.

## Appeals

A dismissal may be appealed. Within one week of the notification of the dismissal, a student wishing to file an appeal must provide the Director with a written explanation for the appeal, as well as any new or relevant information pertaining to the original determination of dismissal. The Director will review the information, conduct further interviews if necessary, and decide to let the dismissal stand or change the dismissal to probation. The Director will grant this decision within two weeks of the appeal request.

## Reinstatement After Dismissal

At the time of dismissal, the student will be notified if reapplication would be welcome as well as the conditions the student would be required to meet before being considered for readmission. If the student chooses to re-apply and is accepted, he or she will be notified of the course and financial requirements at that time.

## Policy/Regulations – Re: Leave

### Absences / Missing or Cutting Class

Recordings will be provided for classes if you cannot attend. If you are absent for a class, you must listen to the recording and answer the corresponding recording worksheet. Students who leave class early will be marked absent.

Unless you attend all required classes, or fill out the recording worksheet, we cannot vouch for your level of competency and will not be able to issue your certification of completion at the end of the program.

Note: Students seeking additional certifications from 3rd parties may be required to attend a certain number of some hours live.

### Requests for a Leave of Absence

Under certain circumstances a leave of absence may be granted by the director. To request a leave of absence, please email [study@joyfulbelly.com](mailto:study@joyfulbelly.com) with details. All decisions regarding leave, including the new time frame that the program must be completed, are at the sole discretion of the Director.

## Tuition & Detailed Schedule of Costs

### Tuition

AHC **\$6,399** tuition + **\$600** registration fee payable over a 2 year period. Note: the tuition portion of your payment breaks down to \$3,199.50 per year.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay the \$600 registration fee and year 1 tuition within 7 days of the calendar date of registration receive a \$125 scholarship toward their year 1 tuition. Students who pay their year 2 tuition before the start of classes in year 2 will receive a \$125 scholarship towards their year 2 tuition.
- Year 2 tuition billing starts at the end of Year 1 in July, the halfway point in the program. Year 2 tuition will be adjusted for any discount scholarship you received.

CAH **\$3,899** tuition + **\$600** registration fee.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay their tuition within 7 days of the calendar date of applying will receive a \$250 scholarship towards tuition.

PKS **\$5399** tuition + **\$600** registration fee payable over a 2 year period.

Note: the tuition portion of your payment breaks down to \$2,699.50 per year.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay the \$600 registration fee and year 1 tuition within 7 days of the calendar date of registration receive a \$125 scholarship toward their year 1 tuition. Students who pay their year 2 tuition before the start of classes in year 2 will receive a \$125 scholarship towards their year 2 tuition.
- Year 2 tuition billing starts at the end of Year 1 in July, the halfway point in the program. Year 2 tuition will be adjusted for any discount scholarship you

received.

MID **\$3,899** tuition + **\$600** registration fee.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay their tuition within 7 days of the calendar date of applying will receive a \$250 scholarship towards tuition.

VPC **\$1,599** tuition + **\$600** registration fee.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay their tuition within 7 days of the calendar date of applying will receive a \$250 scholarship towards tuition.

Add 1 year extension to any course - **\$850 tuition**

- Adds an additional year to the due date of each assignment.
- Student will have access to course materials another year.
- Acceptance is contingent upon approval from the director.

Graduation from the program is contingent upon full payment of all tuition.

## Books / Supplies

These items are not provided by the school, students will need to source these supplies. We can assist with domestic as well as international suppliers.

### For the Ayurveda Health Counselor Program (AHC):

- Books - \$126.96
- Herb kit - \$79.99
- Lifestyle kit - \$74.99

- Food Experiments - \$100
- 2 consults - \$240

#### For the Ayurveda Herbalist Course (CAH):

- Books - \$450.64
- Herb kits - \$313.28

#### For the Panchakarma Specialist (PKS) Program

- Books - \$131
- Herbs / Food / Medicine Making - \$222
- Spa/ Panchakarma Equipment - \$180
- Medical Testing - \$25

#### For the Master Ayurvedic Digestion & Nutrition Program (MID):

- Books - \$101.39
- Herb kits - \$120
- Food experiments - \$100
- 1 consult - \$120

#### For the Virtue Psychology Program (VPC):

- Books - \$59.88

#### Activities (All Programs)

- AHC, VPC - 2 consults - \$240
- MID - 1 consult - \$120

Note: Students are responsible for \$30 per client, paid for by the client per supervised appointment with the student.

## Statement Re: Progress Records Kept & Furnished to the Students (Transcripts)

Current students have continual access to their grades and attendance via their download box. Alumni may obtain transcripts through the following process:

1. Pay the \$35 transcript fee, by going to the link:
  - a. [Student Transcript Request - Ayurvedic Diet & Recipes](#)
2. We will send you a form requesting a copy of your transcript / diploma.
3. Send completed form to [study@joyfulbelly.com](mailto:study@joyfulbelly.com).

## Financial Aid

Scholarship applications are reviewed & granted on a first come first served basis.

Apply for a Scholarship:

- [Mastering Ayurvedic Digestion & Nutrition \(MID\) Scholarships](#)
- [Fundamentals of Ayurveda: Health Counselor Course \(AHC\) Scholarships](#)
- [Ayurvedic Herbalist: Advanced Strategies, Formulas, and Pharmacology \(CAH\) Scholarships](#)
- [Ayurveda Scholarship Application - Panchakarma Cleanse Specialist: Ayurvedic Spa, Panchakarma Cleansing, & Advanced Clinical Skills](#)
- [Fundamentals of Virtue Psychology \(VIP\) Scholarships](#)

## Policy/Regulations – Withdrawals & Refunds

### Withdrawing from the Program

To withdraw from the program, students must send [study@joyfulbelly.com](mailto:study@joyfulbelly.com) an email to schedule a phone meeting to process their withdrawal, and fill out the student withdrawal form which will be provided at the time of your phone meeting.

After withdrawal, and if approved for re-enrollment / reentrance at the sole discretion of the school, students may re-enroll anytime within one calendar year for an \$80 re-application fee. When a student re-enrolls:

1. The tuition balance paid will be credited toward future tuition.

2. The student will resume the course at the week of withdrawal (not the week of the last assignment completed).
3. Total tuition will be tuition at the time of re-enrollment. This means that students may be subject to program changes and tuition increases and are not guaranteed any discounts that may have been previously offered.

### Refund of Unused Portions of Tuition, Fees, etc.

Registration fees (the first \$600) are non-refundable unless your application is denied by the School. Late payment fees, fees for review of makeup work, and all the books and equipment purchased are non refundable. Students will receive a full refund of tuition paid (after registration fee) if the student withdraws or is discontinued before the first day of class, or if the school cancels the class. The student will receive a seventy-five percent (75%) refund of yearly tuition if the student withdraws within the first twenty-five percent (25%) of the period of enrollment for which the student was charged. Thereafter, the student will not receive a refund. Students who are dismissed are not entitled to a refund.

A copy of a guaranty bond securing prepaid student tuition is on file at Joyful Belly's main office at 184 W Chestnut; Asheville, NC 28801.

### Description of Facilities (general)

Classes are generally conducted online.

Equipment Requirement: Students must have a laptop or a desktop computer, a webcam, a headset, and reliable internet access with internet speeds up to 3.1 Mbps - 6 Mbps to participate in the distant learning online course. In addition, students must have basic computer skills including word processing. Students do not need to buy or download any software. However, students may be required to download a free web application to login to live classes via their computer, smartphone, or tablet.

### Credit Hours/Credit Hour Equivalent

We do not grant credit hours for our programs. For students transferring to this program from another program, transfer credits will be given on an individual basis at the sole discretion of the Director of the school.