

600-HOUR AYURVEDA WELLNESS COUNSELOR PROGRAM

Master your own health and well-being. Empower others to do the same.



707 Haywood Road #001 West Asheville, NC 28806 • (828) 252-7377
www.ashevillemassageschool.org
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An NCBMBT Approved School
A Yoga-Centered Education in Massage and Bodywork Therapy
Asheville School of Massage & Yoga, Inc. Owner, President, CEO, Director: Shala Worsley

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YOUR JOURNEY BEGINS HERE

The Asheville School of Massage & Yoga is a rich and nurturing space for education in massage and Ayurveda. We offer three rigorous and comprehensive programs at our school, a 600-Hour Ayurveda Wellness Counselor Certification Program, a 675-hour Massage Therapy Certification Program, and a weekend 500-hour Massage Therapy Certification Program as well as continuing education classes for professional bodyworkers. Yoga is blended into all programs to enhance learning and self-care.

As a student at our school you will be guided by highly qualified and connected faculty and staff. You'll enjoy our exceptional curriculum which emphasizes hands-on learning, lively and interactive discussions, self-care, and personal growth. You'll graduate with a deeper understanding of yourself, the human body, and the energetic mind/body connection which will support you in all aspects of your life.

Thank you for your interest in our Ayurveda Wellness Counselor Program. We look forward to meeting you soon.

Namaste,
Shala Worsley, Director



AYURVEDA

Ayurveda is a method of health-care from Ancient India based on the 5 Vedic elements: earth, water, fire, air, and space. Its purpose is to prevent illness and promote longevity. According to Ayurveda, the key to vibrant health is understanding how the elements operate in you, your environment and every aspect of your life. Adjustments in lifestyle and daily routines can be made to harmonize the elemental tendencies in each individual and restore balance.

SCHOOL MISSION & PHILOSOPHY STATEMENT

The Asheville School of Massage & Yoga believes that a supportive and nurturing environment within the framework of a rigorous course of study is crucial to personal, professional, and academic success. It is the school's mission to provide a place of caring in which students, faculty, staff, and the community of Asheville can grow in this very special field of study.

EDUCATIONAL PROGRAM OBJECTIVES

The school's primary objective is to provide a formal education for the layperson and health professional seeking to integrate the principles and practices of Ayurveda into their personal lives and health care practice. Graduates of the program will be qualified to teach the basic principles of Ayurveda and conduct Ayurvedic lifestyle consultations. Our program meets the requirements to apply for the Professional membership with the National Ayurvedic Medical Association (NAMA).

INTERACTIVE, HANDS-ON CLASSES

You will learn from experienced teachers, well-regarded in the field. Practice one-on-one assessment and counseling skills, make herbal blends, cook nourishing ayurvedic meals, practice doshic specific yoga, give and receive relaxing Ayurvedic body treatments, and create daily routines to stay balanced through the seasons.

SCOPE OF PRACTICE

Ayurveda Wellness Counselors are able to:

- **Educate and inspire:** empower people to take charge of their health through Ayurvedic practices.
 - **Offer dosha assessment:** identify constitutional imbalances through interviews and observations.
 - **Promote healthy digestion and balanced doshas:** help clients by recommendation of lifestyle changes, diet and exercise regimens, daily and seasonal routines, herbs, and other self-care practices.
 - **Effectively manage client cases:** motivate clients to make changes, stick to positive changes, and give alternatives to the suggested plan when indicated.
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CURRICULUM

PROGRAM OVERVIEW

The curriculum is designed to give students a solid foundation in the fundamental principles of Ayurveda with an in depth exploration of disease prevention and health maintenance. The program takes one year to complete and consists of 12 weekend workshops, weekly live video conferences, and an externship. Students complete a minimum of 50 client encounters through observation of and participation in teacher demonstrations during in class workshops (minimum of 20 client encounters), in class supervised student internships (minimum of 5 client encounters), and one-on-one consultations with clients in a private setting (externship, minimum of 25 client encounters). Students must be prepared for outside of class assignments including reading, practice of Ayurvedic self-care regimens, client consultations, and private consultations with members of the faculty.

One clock hour = 50 minutes of instructional time

PART 1: WEEKEND WORKSHOPS (348 HOURS)

AYURVEDIC HISTORY, PHILOSOPHY, AND DOSHIC THEORY (29 HOURS)

The purpose of this workshop is to give the Ayurvedic Wellness Counselor (AWC) a strong understanding of the history, philosophy, fundamental principles and basic vocabulary of Ayurveda. Students will complete the workshop feeling competency in determining which gunas are predominant in their own and their clients' constitutions. They will receive instruction on how to do a basic client intake and assessment to determine the role and influence of the 10 pairs of opposing qualities in their clients' constitutions.

AYURVEDIC DAILY AND SEASONAL ROUTINES FOR WELLNESS (29 HOURS)

Ayurveda recognizes that the time of day, season, and time of life have a significant impact on a person's health and constitution. In this workshop, students learn how to minimize the disturbance that these life cycles can create by making significant changes in daily routines. The AWC will be able to demonstrate by

example and offer simple at-home preventative, strength building, and positive conduct measures for daily, seasonal, and lifelong balance. AWC's will also learn communication skills that will help them build effective relationships with their clients. (1 Client Encounter)

FOOD AS MEDICINE: AYURVEDIC NUTRITION & COOKING (29 HOURS)

The purpose of this workshop is to provide the knowledge and skills to recommend appropriate food choices and proper eating behaviors in accordance with constitution, season, digestive strength, and age of the client. AWC's will gain an understanding of how the six tastes can lead to the use of food as medicine in Ayurveda. Counselor's will also gain proficiency in selecting and preparing foods and spices according to constitution, season, digestive strength, and age and will be able to demonstrate proper eating behaviors through their own practice. The focus will be Ayurvedic routines for proper, efficient digestion, improving digestion, and digestive disorders as well as practices that support healthy elimination. (1 Client Encounter)

AYURVEDIC USE OF HERBS FOR HEALTH AND HEALING (29 HOURS)

The purpose of this workshop is to give the AWC the knowledge and skills necessary to recommend herbs to balance digestion and eliminate toxins, while protecting and building the immune system. By the end of this workshop the counselor is able to recommend pre-designed herbal formulas and create custom herbal formulations that include the use of herbs, minerals or other natural substances for internal or external use with considerations of dose, carrier, and timing. (2 Client Encounters)

SHAMANA, SHODHANA, & RASAYANA (29 HOURS)

New skills gained during this workshop include: identifying the cardinal signs toxins in the body, demonstrating methods for preventing and treating toxins in dosha specific ways, creating safe at-home cleanses, and demonstrating yoga asana/pranayama/meditation techniques which pacify the doshas. (2 Client Encounters)

AYURVEDIC BODY TREATMENTS & MARMA POINTS (29 HOURS)

This workshop covers health and well-being through the vitalization of the marma points of the body. Techniques include: yoga for marma points and the following Ayurvedic bodywork sessions self-massage for marma points, Shiro-Abhyanga-Nasya, which is a nourishing bodywork treatment for the head, neck, arms, and feet, as well as an abdominal treatment for the toning the internal organs. Note: While everyone can practice these techniques with friends and family, in the state of NC, you must be a licensed massage therapist in order to charge for bodywork services. (1 Client Encounter)

AYURVEDIC APPROACH TO REPRODUCTIVE HEALTH (29 HOURS)

For thousands of years, Ayurveda has provided a supportive approach to reproductive health and vitality. Ancient doctors of Ayurveda understood how overall health and nutrition play a crucial role in reproductive wellness. In this workshop, students will gain the skills and knowledge necessary to support women during every phase of their development and into menopause. Students will also gain an understanding of male reproductive health, with a focus upon vitality, fertility, and prostate health. Topics will include: ojas, vitality, nutrition, menses, fertility, breast health, prenatal and postpartum care, menopause, hormonal health, and prostate health. (3 Client Encounters)

YOGA, AYURVEDA, AND THE MIND (29 HOURS)

This three day training focuses on the basic principles of Ayurveda as they relate to the personal practice of yoga as well as Yoga as Therapy. Students will learn to address imbalance through asana, pranayama, deep relaxation, and meditation. (1 Client Encounter)

COOKING & NUTRITION II / ELDERING FROM THE AYURVEDIC PERSPECTIVE (29 HOURS)

Part I of this workshop deepens the participants' understanding of the use of diet and nutrition programs in health and disease. In part II, we will explore eldering from the Ayurvedic perspective. Participants will enjoy learning ways to facilitate healthy aging for themselves and their clients. (3 Client Encounters)

REFINED CASE-TAKING SKILLS (29 HOURS)

This workshop helps students refine their client assessment skills by taking an in depth look at Ayurveda pulse, tongue, face, and nail assessment. The weekend will include discussion, demonstration, and practice of all assessment skills covered as well as instruction on how to improve client interview and Wellness Counselor skills. (3 Client Encounters)

CLINICAL MANAGEMENT & REVIEW (29 HOURS)

In this weekend workshop, students will deepen their understanding of all the concepts presented in the program. They will prepare to launch their own practices as Ayurveda Wellness Counselors by exploring the topics of business ethics, setting up and sustaining an Ayurvedic practice, the state of Ayurveda regulations in the United States, and the future of Ayurveda. (3 Client Encounters)

SUPERVISED INTERNSHIP (29 HOURS)

During this important final weekend of the program, students participate in our Supervised Student Clinic. In small groups of two or three, student Wellness Counselors greet clients from the general public in private treatment rooms at the school. Each student has the opportunity at some point during the weekend to take the role of "lead Wellness Counselor," communicating with the client and doing the health history intake while others in the small group observe. The students discuss their case within their group and create a suggested Ayurvedic lifestyle plan for their clients. The teacher observes the clients and the students as they meet and discuss. Before offering their suggestions, students refine their plans with the help of the lead instructor and afterwards share their cases with the entire class. (5 Client Encounters)

PART 2: WEEKLY VIDEO CONFERENCE CLASSES (195 HOURS)

Students are required to participate in weekly video conference classes. During these classes, a lead instructor will cover the following topics in depth: Ayurveda anatomy, physiology, and pathology; Ayurveda disease theory; and case management. Class time will be divided between lecture and discussion with ample time for students to bring up any questions they have about the material covered in the program so far. This course is vital for a deep and comprehensive understanding of Ayurveda and the ability to apply its principles safely and effectively.

PART 3: EXTERNSHIP (50 HOURS)

Students conduct one-on-one client consultations in a private setting (minimum of 25 client encounters). Cases will be supervised by a lead instructor during video conference classes and via shared Google Document files.

PART 4: PRIVATE CONSULTATIONS WITH INSTRUCTORS (9 HOURS)

In order to become an effective Ayurveda Wellness Counselor, students must have experience being treated by an Ayurvedic Professional. Students schedule private sessions with faculty members of their choice four times during the course of the program. During these sessions, they benefit from taking the perspective of the

client and gain firsthand knowledge of rogi pariksha (examination of the client). NOTE: The cost of these sessions is not included in the tuition price of the program.

ADDITIONAL OUT OF CLASS ASSIGNMENTS

This portion of the program consists of assignments spread throughout the year which include practice and documentation of Ayurvedic self-care regimens and reading/studying.



DESCRIPTION OF FACILITIES AND LEARNING RESOURCES

Our school resides in the locals' favorite section of Asheville on haywood road in west Asheville. This area is full of the culture that defines Asheville as a special destination in the United States. Right outside our "urban Zen" state of the art facility students can walk to local organic food, unique shops, and not to be missed music venues.

Our spacious 1,000+ square-foot classroom allows students plenty of breathing space for lectures, demonstrations, hands-on activities, and yoga. Outside is a garden patio, which is the perfect place to enjoy a peaceful break. Our kitchenette makes lunch and breaks simple and easy with a refrigerator, microwave, filtered water, and instant hot water for tea. Six private treatment rooms are used by our massage therapy certification students during their supervised student massage clinic. The student library houses many reference books, periodicals, and audio books to support students as they learn.



STUDENT SERVICES

The study of Ayurvedic health-care goes hand in hand with personal development. Students are closely monitored by teachers and referred to professionals in the community when it is deemed appropriate. Career, academic, and course-related counseling is available to students free of charge.

SCHOOL CALENDAR & SCHEDULE OF CLASSES

Our 600-hour program will last 12 months and class time is divided into 12 weekend workshops and weekly video conference classes. Please see our website for the start and end dates of the program as well as specific dates of weekend workshops and video conference classes: www.ashevillmessageschool.org.

In the event of inclement weather, an email will be sent out and a recording will be put on the school's voicemail about school closings. There will be at least one make-up date on the schedule, reserved for the possibility of needing to reschedule a weekend due to weather.

WEEKEND WORKSHOP SCHEDULE

Friday	8am-6pm (lunch break 12:30pm-2pm)
Saturday	8am-6pm (lunch break 12:30pm-2pm)
Sunday	8am-5pm (lunch break 12pm-1:15pm)

VIDEO CONFERENCE CLASS SCHEDULE

Video conference classes will be held Monday and Wednesday evenings 7:00-9:30pm from September - March. There will be one conference class per week from April - August (Wednesdays). EXCEPTION: there will be no conference classes on the Mondays following weekend workshops nor during the time around Thanksgiving and end of year holidays.

FACULTY AND STAFF

SHALA WORSLEY BA, LMBT, E-RYT 500 ~ DIRECTOR



Shala opened the Asheville School of Massage & Yoga in 2005. She splits her time between directing & teaching at the massage school and leading weekly yoga classes & training yoga instructors at her other "home," the Asheville Yoga Center. She studied Ayurveda with the well-renowned Drs. Suhas & Manisha Kshirsagar. Shala holds a BA with Honors in Anthropology from Wesleyan University and is passionate about sharing the ancient Indian healing modality of Ayurveda with her students.

VISHNU DASS NTS, LMBT, CAYU ~ DEAN OF EDUCATION & LEAD INSTRUCTOR



Vishnu Dass started studying Ayurveda in 1992 under the guidance of Dr. Vasant Lad, world renowned Ayurvedic physician and teacher, and graduated from the Advanced Studies & Clinical Program at the Ayurvedic Institute in Albuquerque, NM. He worked for the Panchakarma Department of the Institute while finishing his studies, and also graduated from the New Mexico School of Natural Therapeutics. He is a former Board Member of the National Ayurvedic Medical Association and is the owner of Blue Lotus Ayurveda in Asheville, NC.

RYAN STRONG ~ INSTRUCTOR



Ryan Strong is an Ayurveda practitioner, director and owner of Sun Canyon Ayurveda in Sacramento, CA. Ryan has studied Ayurveda extensively under Dr. Marc Halpern, and with pulse master Dr. Mary Jo Cravatta. He is an Ayurvedic Clinical Specialist graduate from the California College of Ayurveda. Ryan taught Ayurvedic diagnostics level 1 and level 2 for CCA, and he was an on-site and off site internship supervisors for CCA for three years. Ryan teaches Kriya Yoga, and he is a minister for the Center for Spiritual Awareness. He was ordained by Roy Eugene Davis, a direct disciple of Paramahansa Yogananda.

INDU ARORA MD (AM), ND, BMHS, IYT ~ INSTRUCTOR



Indu Arora is Ayurveda-Yoga Therapist and Master Teacher. She is the author of "Yoga-Ancient Heritage Tomorrows Vision" and "Mudra-The Sacred Secret". She is the recipient of "Ayurveda Yoga Gem", "Ray of Hope", "Jewel of India", "Jewel of Yoga" and "Sage" award for her contribution to Yoga and Ayurveda. Her philosophy is "Nothing has the greatest power to heal, but Self".

MAREK SAWICKI CAYU, LMBT, RYT 500 ~ INSTRUCTOR



Marek is currently co-director with his wife Uma of Living Alchemy Ayurveda and the Director of the A-B TECH Therapeutic Massage Program in Asheville, NC. He is a Certified Ayurvedic Practitioner by the Ayurvedic Institute under Dr. Vasant Lad., and has completed a 2 year clinical internship in panchakarma and internal medicine under Dr. Alekananda Devi. Marek's combined yoga therapy, bodywork, and

Ayurvedic medical experience invoke deeply transformational workshops that touch the true heart of healing and inspire students to carry on the living art of Ayurveda in their daily lives.

AMY UMA THOMPSON CAYU, LMBT ~ INSTRUCTOR



Uma is a Certified Ayurvedic Practitioner, Licensed Massage Therapist, Clinical Western Herbalist, Yoga Instructor, and Certified Ayurvedic Postpartum Doula. She has been studying and practicing Ayurvedic medicine since 1999. She has studied at three leading schools of Ayurveda in the US, including The Ayurvedic Institute with Dr. Vasant Lad. Uma is an integrative, holistic practitioner specializing in women's health, menstrual health, fertility, pregnancy and postpartum. She also has expertise in nutrition, digestive issues, cleansing and renewal protocols. In her bodywork practice, Uma has treated acute and chronic pain conditions, as well as traumatic injuries with a specialty in neuromuscular massage, and craniosacral therapy.

JENNIFER RIOUX PHD, C-AP, C-IAYT ~ INSTRUCTOR



Jennifer Rioux holds a PhD in medical and cultural Anthropology. She teaches and conducts research on Ayurveda, Yoga and Integrative Medicine. Dr. Rioux provides patient care and practitioner mentorship in-person and via Skype. She has practiced Ayurveda and yoga therapy since 2000. Dr. Rioux has received a National Institutes of Health (NIH) fellowship and worked with Dr. Weil's Center for Integrative medicine at the University of Arizona Medical School. She is certified in Ayurveda and yoga therapy at the highest levels and serves on the Board of the National Ayurvedic Medical Association and the Advisory Board of the International Association of Yoga Therapists.

SUE WILSON MS, LMBT ~ DEAN OF STUDENTS, REGISTRAR



Sue received her BS in Business and MS in HR, Training and Development from National Louis University. Sue is a nationally certified massage therapist and enjoys her role assisting students at the Asheville School of Massage & Yoga.

ACADEMIC POLICIES

GRADING SYSTEM

The following grade indicators are used to measure academic performance: P=Pass, F=Fail, I=Incomplete. Students must earn a P in all units to complete the program. A grade of 70% or greater is considered passing. Students who fail to maintain a 70% average may be placed on academic probation.

MAKE UP WORK AND INCOMPLETE GRADES

Students are required to complete all assignments, exams, and any other work in each class. If class is missed, the student must make arrangements with the instructor of the course to complete the work to the instructor's satisfaction. This may include additional homework assignments and one-on-one instructor tutorials (avg. \$60 per hour).

An incomplete may be granted in certain circumstances at the discretion of the course instructor. Students have 6 months from the date the incomplete is issued to complete all assignments and pass all classes. After this period it is at the director's discretion to accept the work or require additional assignments, a retake of the final exam, and/or repeating a portion of the program.

SATISFACTORY ACADEMIC PROGRESS

If a student attends all classes, receives a “P” average on all quizzes, assignments, and exams, and participates in all aspects of each class, he or she will be in good academic standing. If a student receives an “F” average in any course, he or she will be required to complete the tutorials and coursework necessary to master the material necessary for a “P” average.

TRANSFER OF CREDIT

Students who have attended other Ayurvedic schools approved by the National Ayurvedic Medical Association may, on a case-by-case assessment basis, have a portion of the program offered at Asheville School of Massage & Yoga waived with an equivalent pro-rata of tuition. In order to qualify for this waiver, the student must have completed coursework with a substantially identical substance to the curriculum offered by the Asheville School of Massage & Yoga and offer documentary evidence of such completion.

Transferability of credits earned at Asheville School of Massage & Yoga to another Ayurvedic school is at the discretion of the accepting school. It is the student’s responsibility to confirm whether or not credits will be accepted by another institution of the student’s choice.

GRADUATION REQUIREMENTS

Students will receive a 600-Hour Certificate of Completion from the Asheville School of Massage & Yoga when he or she meets the following requirements:

- Complete the full 600-Hour program with a “P” in all courses
- Fulfill all financial obligations to the school

STUDENT CONDUCT POLICIES

ATTENDANCE

Attendance and punctuality are mandatory. It is the responsibility of the student to master any missed class material and complete any missed assignments. Up to 50 hours of absence time may be made up via independent study projects. After 50 hours of absences the student will be placed on academic probation and must meet specific conditions in order to remain in the program. After 60 hours of absences students will be dismissed from the program.

In most cases, if less than 50% of a weekend is missed, the student may make up the hours by writing a summary paper about the topics missed. If in-class Client Encounters are missed, then additional assignments will be made.

If 50% or more of a particular weekend workshop is missed, the student must write a 3-6 page paper (depending on the amount of time missed) which demonstrates comprehension of the material covered, and the student must pay the instructor for a private tutorial (\$75 fee paid directly to the teacher) during which the teacher will confirm that the student has mastered the missed material.

Only 8 video conference classes may be missed. If a student misses 8 video conference classes they will be placed on academic probation and must meet specific conditions in order to stay in the program. If a video conference class is missed, the student must listen to a recording of the class and write a 1.5 page paper

demonstrating their understanding of the material covered as well as summarizing their self-care practices or their one-on-one work with clients since the last video conference class.

CODE 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 which include (but are not limited to) the following:

- Attending classes or practice sessions under the influence of drugs or alcohol
- 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
- 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
- Possession or use of any weapon on school property
- Failure to maintain safety regulations and appropriate hygiene
- Sexual activity or advances in a classroom setting
- Poor academic performance
- Health issues that would interfere with class participation
- Failure to fulfill tuition obligations

LEAVE OF ABSENCE

Under certain circumstances a leave of absence may be granted by the Director. Requests must be made in writing and an interview will be required. All decisions regarding leave, including the new time frame that the program must be completed, are at the sole discretion of the Director. If the program is not completed in due time, the student will be dismissed from the school.

DISCIPLINARY ACTIONS

Before any 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. If deemed necessary, the following disciplinary actions may be taken:

- A written warning will 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 code of conduct.
- 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.

APPEAL PROCESS

Within 1 week of the notification of 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 a reapplication would be welcome and the conditions the student would be required to meet before considered for readmission. If the student chooses to reapply and is accepted, he or she will be notified of the course and financial requirements at that time.

GRIEVANCE PROCEDURE AND COMPLAINT RESOLUTION

Students are encouraged to discuss concerns and complaints with the teachers whenever they arise. If further attention to the matter is needed, a meeting with the Director can be scheduled.

ADMISSION POLICIES, TUITION AND FEES

REQUIREMENTS FOR ADMISSION

- 18 years or older
- High School Diploma/GED, or college diploma
- U.S. Citizen , or a non-citizen who has been lawfully admitted for permanent residence
- Ability to participate fully and complete all requirements of the AWC Program
- Ability to pay all fees

ADMISSION PROCESS

Applications for admission are accepted year round. Class size is limited to 30 students; students are encouraged to submit their completed application as soon as possible. Once classes are full, accepted students will be placed on a waiting list. In order to be considered for admission, students must submit the following:

- \$50 non-refundable application fee
- Completed application form
- Copy of valid driver's license, birth certificate or passport

After the above requirements have been received, applicants will be contacted to arrange for a personal interview. If it will place undue hardship upon the applicant to travel to the interview, a phone interview will be conducted in its place.

The Asheville School of Massage & Yoga is open to all prospective students who meet the above requirements and illustrate through their references and interview moral character and an ability to complete the program. The school does not discriminate based on age, race, ethnicity, gender, sexual orientation, religion, creed, disability, or marital status.

ENROLLMENT PROCEDURE & FEE SCHEDULE

Applicants will be notified of their acceptance during the interview process. In order to enroll, students must submit a \$500 non-refundable enrollment fee and sign an enrollment agreement. At this time, accepted students may choose from the following tuition payment options:

BASIC TUITION

- Pay in full by the first day of classes: \$5,500

PREPAYMENT DISCOUNTS

- Pay in full 90 days prior to start date: \$5,000 (save \$500)
- Pay in full 60 days prior to start date: \$5,250 (save \$250)

EXTENDED PAYMENT PLANS

Payment plan fees are included in amounts below:

- Two Payments - Pay \$2,875 by the first day of classes and \$2,875 at the program midpoint.
- Five Payments - Pay \$1150 every other month. The first payment is due by the first day of classes.
- Monthly Payments - Pay \$500 every month. The first payment is due by the first day of classes.

SUPPLIES FEE

- \$50 fee covers the cost of food, oils, and herbs used during the weekend workshops.

REQUIRED TEXTBOOKS

Students are required to purchase the following texts at a book vendor of their choice before the first day of classes.

- Textbook of Ayurveda: Fundamental Principles, Volume 1 by Vasant Lad
- Textbook of Ayurveda: A Complete Guide to Clinical Assessment, Volume 2 by Vasant Lad
- Textbook of Ayurveda: General Principles of Management and Treatment, Volume 3 by Vasant Lad
- Ayurvedic Herbology East & West: A practical Guide to Ayurvedic Herbal Medicine by Vishnu Dass
- Vishnu's Kitchen: A Practical Guide to Ayurvedic Cooking by Vishnu Dass

SUGGESTED TEXTBOOKS

- Prakriti, Your Ayurvedic Constitution by Dr. Robert Svaboda
- Yoga for Your Type: An Ayurvedic Approach to Your Yoga Practice by Dr. David Frawley
- Non-violent Communication by Marshall Rosenberg

SUMMARY OF TUITION AND FEES

Application fee (non-refundable).....	\$50
Enrollment fee (non-refundable).....	\$500
Tuition.....	\$5,500 (discounts or payment plan fees may apply)
Supplies fee.....	\$50
Required texts.....	\$176 (approximate cost)
4 Private Ayurvedic consultations with faculty.....	approximately \$50-200 each

REFUND POLICY

- Application fees, enrollment fees, financing fees, and supplies fees are nonrefundable.
- Students who withdraw up to 72 hours after signing the enrollment agreement are entitled to a full refund of all money paid toward tuition.
- Students who withdraw thereafter are entitled to refunds based on the percentage of the program actually completed.
- Tuition refunds may be granted for those withdrawing within the first quarter of the program and will be calculated from the last date of attendance.
- Students who withdraw after the first quarter (25% of the program) are not entitled to a refund.

SCHOLARSHIPS

These scholarships may not be combined with any other discount or scholarship. To apply, students must write a letter stating their desire to be considered for the scholarship.

WORK-STUDY SCHOLARSHIP

The school offers a few \$1,000 work-study scholarships per class. The students selected will be required to clean and organize the school premises at the end of each day of the weekend workshops. The work includes odd jobs such as straightening and cleaning the school premises, restocking supplies, and watering the plants.

In addition to cleaning the school, the work study students will be required to help out with light office duties or promotional events 2-4 hours per month while they are in the program. Office work shifts will be scheduled up to a month in advance, and we will do our best to accommodate student's schedules.

ACADEMIC SCHOLARSHIP

We also offer a maximum of five \$450 academic scholarships per program to students with a GPA of 3.5 or higher (based on their most recent GPA). In order to be selected for these scholarships, student must be accepted into the program and pay the enrollment fee. To be considered for this scholarship, students must request an official transcript to be sent to ASMY.

ON THE PATH SCHOLARSHIP

As a recognition of previous study in the field of yoga or massage, we will award a maximum of four \$750 On the Path scholarships per program to students who have completed a 200-hour Yoga Alliance approved teacher training program or who are currently licensed in massage therapy.



APPLICATION FOR ADMISSION

600-Hour Ayurveda Wellness Counselor Program
To apply online visit www.ashevillmassagechool.org

APPLICANT INFORMATION

Last Name _____ First Name _____ Middle Initial _____

Address _____

Phone _____ E-mail _____

Date of Birth _____ Birth City and State _____

Current Occupation _____ Employer _____

US Citizen: Current state of residence _____

Non-US Citizen/Permanent status: Non-US Citizen Visa issued by: _____

Where did you hear about the Asheville School of Massage & Yoga?

Word of mouth Internet Search Mountain XPress Other: _____

PREVIOUS EDUCATION (High School Diploma or GED required to apply)

High School Diploma or GED Certificate:

School/State _____

College or Other Professional School:

School/State _____ Years Completed _____

Degree/Certificate _____

EMERGENCY CONTACT INFORMATION

Name _____ Phone _____

Relation (mother, husband, etc.) _____

REFERENCES

Please list a personal and professional reference who can speak to your ability to complete this program.

Personal Reference:

Name _____ Phone _____

Your Relationship (boss, church member, colleague, etc.) _____

Address: _____

Professional Reference:

Name _____ Phone _____

Professional Title _____ License # _____

INFORMATION ABOUT YOUR EXPERIENCE

On a separate sheet of paper, please write a short paragraph for each of the following:

1. How did you hear about the Asheville School of Massage & Yoga?
2. Do you have a regular yoga and/or meditation practice?
3. Do you agree to meet or speak on the phone to conduct a pre-admission interview? Please list available days and times.
4. Do you have the ability to finance your education? Which payment option are you interested in?
5. Have you ever been charged with or convicted of a crime? If yes, please explain.
6. Do you currently have health issues? If yes, please explain.
7. Please describe your interest in Ayurveda. What are your personal and professional goals as a student of Ayurveda?

APPLICATION CHECKLIST

In addition to your application, please submit to the school the following items:

- Proof of Age (copy of Driver's License, Passport, or Birth Certificate)
- Copy of your high school diploma, college diploma, or GED certificate or transcripts
- \$50 Application Fee (check written to Asheville School of Massage & Yoga or pay online at www.ashevillmessageschool.org)

Submit application by email or mail:

info@ashevillmessageschool.org

Asheville School of Massage & Yoga

707 Haywood Road, Suite 1

Asheville, NC 28806

Once the school has received your application and all of the items listed above, a school official will call you to arrange an interview to complete the admissions process. If you are accepted to the program, an official letter of acceptance will be sent to you after your interview.