

# Alandi Ashram

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*Serving Humanity through Spiritual Practices & Ayurveda*



## Alandi Ayurvedic Gurukula Program Descriptions: Prospectus of classes

### A. Ayurved Vaidya Visharad Two-year Experiential Program

#### Two year program prerequisites:

1. Fundamentals of Ayurveda by Alakananda Ma, audio course with quizzes, to be completed before entry.
- 2 .Pre/co-requisite: eight credits anatomy and physiology. Must be completed before graduation.

*Year A is an academic year beginning with a even numbered year and year B is an academic year beginning with an odd numbered year.*

#### Classes

##### **Ayurvedic Astrology 1** with Renay Oshop

*Offered only in Year B. Spring Semester: Friday 10:00 A.M. - 1: 00 PM. Offered the last five weeks of the semester after the ethnopharmacology course.*

Students will be introduced to  *jyotish*  (“divinity of light”), the form of astrology that is part of Ayurveda. Succinct, medically relevant examples will light the way to amazing insight into the human condition as well as the health of the patient.

##### **Ayurvedic Diet, Nutrition and Culinary Arts** with Alakananda Ma

*Fall & Spring Semester: Every Wednesday and Friday, 1:00 PM-2:00 PM.*

In our unique culinary, dietetic and nutritional program, students experience and discuss 120 different Ayurvedic menus, receiving a recipe manual with a rich collection of dishes. Menus and dietary learning are tailored to each srotas in turn and the course is integrated with case-based studies in its sequence of topics. This class takes place during lunch and is a required course. Fees are \$7.00 per lunch. Gluten free and dairy free options routinely offered.

##### **Business Development** with Debra Fastow

*Offered annually for second year students. Last 5 weeks of Fall Semester, Friday at 2:30-5:30 PM.*

This course is designed to teach the “nuts and bolts” of organizing, running, developing and promoting a successful healing practice. It includes personal coaching, identification of goals and strengths and other experiential exercises.

**Case-based Studies with Alakananda Ma**

*Offered annually during both semesters, Wednesday from 2:30 PM-5:30 PM.*

In line with the new medical curriculum, this is a problem based, student directed approach designed to provide participants with the tools needed to garner and evaluate knowledge and information. Working with real life cases, students will research and study the features of anatomy, Ayurvedic physiology, classical pathology, Western pathophysiology, herbology, nutrition, recipes and therapeutics appropriate for the cases. Targeted lectures and tutorials help provide direction and conceptual framework for student-directed learning. Students at various levels of knowledge participate in the course together, enhancing opportunities for peer mentoring. The course is designed based on the sixteen major *srotansi*, with one module for each *srotas*.

**Clinical Clerkship with Alakananda Ma and her senior students**

*Offered annually during both semesters, Tuesdays and Thursdays 8:45 AM-5:30 PM.*

*Half the students must attend either on a Tuesday or a Thursday. Attendance on your assigned clinic day is mandatory.*

Students enter their clinical clerkship (internship) from the outset of the program, gradually developing their abilities in diagnostic skills, clinical interview and diet and lifestyle counseling. Students see the patients before Ma does, taking vital signs and filling out a prakruti questionnaire. They also take the opportunity to practice their diagnostic skills. From the second semester, students begin conducting supervised diet and lifestyle counseling sessions. First year and second year students are paired in the clinical clerkship to allow for peer mentoring. Students are gradually prepared for their final semester, in which they will conduct the entire diagnostic interview themselves, receiving supervision from Alakananda Ma and managing their own patients under her guidance.

**Clinic Roundtable with Alakananda Ma**

*Offered annually to second year students during Spring Semester, Friday at 2:30 PM-5:30 PM.*

During a weekly meeting, Ma and the senior students will discuss the clients seen that week and consider their treatment plans. Second, third and fourth year students participate together, creating a rich and diverse learning environment.

**Diagnostic Skills with Alakananda Ma**

*Offered in Year B only. 30 sessions during the Fall & Spring semester, Wednesday at 10:00 AM-11:30 AM.*

This course develops skills in *ashtavidha pariksha*, the eightfold examination. Students will learn to take a history and to assess prakruti and vikruti. They will examine the tongue, nails, eyes, lymph nodes, dhatus and srotansi: including abdominal and neurological examination as well as the delicate art of taking a sexual history. Each class is preceded by a meditation class designed to cultivate the mindfulness and compassion necessary for diagnosis and is followed by practice time.

**Environment and Health with Jane Bunin**

*Offered in Year A only. Spring semester, Friday at 10:00 AM-1:00 PM.*

This class will introduce students to critical thinking, problem solving and systems theory and will develop their ability to assess the health impacts of occupational and environmental challenges. We will study toxicology according to Sushruta Samhita and engage in case based studies.

**Ethnopharmacology with Dr Bharat Vaidya**

*Offered in Year B only. First five weeks of Spring semester, Friday at 10:00 AM- 1:00 PM.*



We will cover the ethnobotany of fifteen herbs used in the pre-Vedic era as well as ethnopharmacological herbs for respiratory tract, cardiovascular agents, hepatoprotective herbs, digestive herbs and *rasayana* drugs. Studies will be complimented by practical aspects of making *gutikas*, *vaticas*, *asavas*, *arishtas* and *avalehas*.

**History, Philosophy and Sutras of Ayurveda** with Dr Bharat Vaidya

*Offered annually for second year students. Fall semester, Friday at 10:00 AM- 1:00 PM.*

We will engage together in some deep study of key *sutras* in the Major Triad (Charak, Shushruta, and Vaghbhat) as well as considering historical aspects such as: Beginning of Ayurved since pre-Vedic era, Vedic culture and the development of early Ayurvedic philosophy, contributions of Charak, Shushruta, and Vaghbhat, Medieval period, Ayurveda under the Moghul Empire and the British Raj and Ayurveda in modern times.

**Integrative Journal**

*Fall & Spring semesters, weekly entries.*

Students maintain an integrative journal of their studies, based on srotansi, as a practical and accessible way of organizing information and insights they receive through various modalities.

**Lifestyle Counseling Skills** videotaped lectures by Alakananda Ma, with faculty tutor

*Offered annually for first year students. Last 5 weeks of Fall semester, Friday at 2:30-5:30 PM.*

Introduces students to methods for getting care plan compliance from different *doshic* types, how to change habits, how to package information and create handouts and how to conduct a lifestyle counseling session. Each class includes videotaped lecture, classical readings and practice time involving role play.

**Marma Points**

*Offered during Year A only. Last 5 weeks of Spring semester, Friday at 10:00 AM-1:00 PM.*

An introduction to the vital energy points used in Ayurvedic diagnosis and treatment.

**Materia Medica** with Alakananda Ma

*Offered during Year B only. Fall & Spring semesters-30 weeks, Wednesday at 11:45 AM-1:00 PM.*

This class begins with the principles of *dravyaguna* as laid out in *Charak Samhita* and *Sharngadhara Samhita* and then proceeds to in-depth study of individual herbs according to *karma* or mode of action.

**Medicine Making** with Heidi Nordlund, home PK director and Kourtney Nelson, pharmacy director

*Offered annually for first year students. Fall semester, one weekend class.*

This practical class is rooted in the *Sharngadhara Samhita*. Students will learn how to prepare and use herbs within the traditional *pancha vidha kashaya*—the five methods of processing herbs—including *swarasa* (fresh juices), *kwatha* ( decoctions), *ushna kashaya* (hot infusions), *hima kashaya* ( cold infusions), *kalka* ( pastes/pulps), as well as *churna* (powders), *avaleha* (confections), medicated and *ghee* and oils, and herbal wine. They will also learn some traditional preparations—Gandharva Haritaki, Shatavari Kalpa and Ashwagandha Rasayana. After taking this course, students will gain in-depth experience by working in our educational pharmacy.

**Meditation** with Alakananda Ma and Sadananda

*Year A topic- meditation for pulse reading. Year B topic- developing loving-kindness and compassion. Fall & Spring semester, Wednesday at 9:30 AM-10:00 AM.*



This course introduces specific practices designed to enhance pulse reading skills and teaches the Four Foundations of Mindfulness and the art of self-enquiry. In the year B program we develop the four qualities Charak describes as essential for the Ayurvedic healer: loving-kindness, compassion, joy and equanimity.

### **Non -Violent Communications**

*Offered in Year B. Fall Semester, 10 weeks, Friday at 2:30 PM-5:30 PM.*

Practical course in communicating compassionately and non-judgementally with patients and colleagues.

### **Our Plant Allies** with Jane Bunin

*Offered in Year A. Fall semester, Friday at 2:30 PM-5:30 PM.*

We will first learn some fundamentals of plant morphology and physiology, which will complement our studies of the ecology of plants. Ecology, the study of the homes and relationships of living organisms and their environments, will include principles of landscape structure and function. This will complement our direct experiences, field trips and understandings of wildland plants and their human uses.

### **Pancha Karma Treatments, Basic and Advanced** with Ameya Duprey

*Two week-long intensives arranged on ad hoc basis. Additional tuition and material fees apply.*

This two week course is focused on diving deep into specialized techniques traditionally used in the purification process of *pancha karma*. First we will learn the fundamental treatments used in a *pancha karma* program, including: *snehan/abhyangha* (oil massage), *swedan* (full body steam therapy), *nasya* (nasal treatment), *shirodhara* (pouring oil/milk/yoghurt to third eye region) and Netra Basti. After these treatments have been absorbed we will move on to learn more specialized treatments not commonly taught in the West such as *nadi swedana* (localized steam), *patra/churna/shastika shali pinda swedana* (hot bolus massage), *sarvangadhara* (warm oil bath), *kadhi/griva basti* (lower back/neck treatment) and *udvartana* (dry powder massage). Through gaining knowledge of these treatments, one will be able offer the patient a complete *pancha karma* experience. This course is followed by a 150 hour onsite supervised internship in administering *pancha karma*.

All students are required to take the two intensives to gain basic knowledge of the treatments and the experience of receiving them; internship is optional and leads to additional certification as a *pancha karma* therapist. Please note that after graduation, to practice in the state of Colorado, you will be required to be a state registered massage therapist or esthetician.

### **Pulse Diagnosis and Therapeutics** with Alakananda Ma

*Offered in Year A. Fall and Spring semester for 30 weeks, Wednesday at 10:00 AM-1:00 PM.*

This in depth course develops skills in the ancient Ayurvedic art of pulse diagnosis, following the methodology developed by Dr Vasant Lad. Teachings on therapeutic approaches for the various pulse findings serve to make this class uniquely useful. Each class is preceded by a meditation class designed to cultivate the mindfulness and compassion necessary for pulse diagnosis and also includes practice time. During practice time students will have ample opportunity to develop their pulse reading skills with Ma's supervision.

### **Satsang** with Alakananda Ma

*Year A topic-Upanishads and Bhagavad Gita. Year B topic- Art and Ethics of Healing. Fall & Spring semester, Friday at 9:00 AM- 10:00 AM.*



Satsang with Ma is a unique opportunity to sit at the feet of a spiritual teacher and delve into the philosophy of the Upanishads and Bhagavad Gita, as well as to learn Ayurvedic ethics through the *yamas*, *niyamas* and *paramitas*.

**Self care** with *Alakananda Ma*

*Offered annually. Fall semester, weekend class for first year students only.*

This course presents the Alandi approach to self-care, a perspective which makes ancient classical techniques of self-nurturance accessible and relevant to contemporary American issues and lifestyles. Includes: Simple methods of self-assessment, overcoming obstacles to a healthy lifestyle, caring for our digestive fire, daily and seasonal routines, self-care for subtle energy, how to design a personal self-care plan and working with addictions.

**Sing the Sutras** with *Renay Oshop*

*Offered annually for first-year students only. Fall & Spring semester, 30 weeks on Friday, class alternates between mornings or afternoons.*

Sing, sing a song. Become a child again as we learn the major Ayurvedic *sutras* in the classic way. Light grammar and vocabulary, as well as analysis of Ayurvedic content, will be addressed. Memorization of these *sutras* in Sanskrit is required knowledge for more advanced study.



## **B. Bhishakgwara**

### **Four-year Advanced Experiential Program**

#### **Four year program prerequisites:**

1. Fundamentals of Ayurveda by Alakananda Ma, audio course with quizzes, to be completed before entry.
2. Pre/co-requisite: eight credits anatomy and physiology. Must be completed before entering the third year.

***Year A is an academic year beginning with a even numbered year and year B is an academic year beginning with an odd numbered year.***

#### **Ayurveda in the Community with Dr Bharat Vaidya**

*Offered in Year A for third and fourth year students. Spring semester, Wednesday, lecture from 12:00-1:00 PM and fieldwork 2:30 PM-5:30 PM.*

This full day class will include lecture/classroom work with Dr Vaidya in the mornings and student-directed fieldwork in the afternoons. Students will come to understand the principles of community medicine through conducting a needs assessment in a designated community, carrying out an Ayurvedic lifestyle intervention in the community surveyed and assessing the results of the intervention.

#### **Ayurvedic Astrology 1 with Renay Oshop**

*Offered in Year B for first and second year students. Spring semester, 10 weeks, Friday at 10:00 AM-1:00 PM. (Last 5 classes are offered at a different time following ethnopharmacology).*

Students will be introduced to  *jyotish*  (“divinity of light”), the form of astrology that is part of Ayurveda. Succinct, medically relevant examples will light the way to amazing insight into the human condition as well as the health of the patient.

#### **Ayurvedic Astrology 2 with Renay Oshop**

*Offered annually for fourth year students. Fall semester, Wednesday, 2:30 PM-5:30 PM.*

Teaches more complete approaches to understanding the varieties of the Self and its human expressions. This advanced class builds on the basics of part I and enters into more sophisticated regions that lead to a full Ayurvedic reading

#### **Ayurvedic Diet, Nutrition and Culinary Arts with Alakananda Ma**

*Offered annually. Fall & Spring semester. Every Wednesday and Friday, 1:00 PM-2:00 PM.*

In our unique culinary, dietetic and nutritional program, students experience and discuss 120 different Ayurvedic menus, receiving a recipe manual with a rich collection of dishes. Menus and dietary learning are tailored to each student in turn and the course is integrated with case-based studies in its sequence of topics. This class takes place during lunch and is a required course. Fees are \$7.00 per lunch. Gluten free and dairy free options routinely offered.

#### **Biomedical Tests**

*Offered in Year B for third and fourth year students. Spring semester, 10 weeks, Wednesday 2:30 PM- 5:30 PM.*

Students will learn how to understand and make use of laboratory tests, pathology reports and medical imaging.



**Business Development** with Debra Fastow

*Offered annually for second year students. Last 5 weeks of Fall semester, Friday at 2:30-5:30 PM.*  
This course is designed to teach the “nuts and bolts” of organizing, running, developing and promoting a successful healing practice. It includes personal coaching, identification of goals and strengths and other experiential exercises.

**Case-based Studies** with Alakananda Ma

*Offered annually for first and second year students. Fall & Spring semester, Wednesday 2:30 PM-5:30 PM.*

In line with the new medical curriculum, this is a problem based, student directed approach designed to provide participants with the tools needed to garner and evaluate knowledge and information. Working with real life cases, students will research and study the features of anatomy, Ayurvedic physiology, classical pathology, Western pathophysiology, herbology, nutrition, recipes and therapeutics appropriate for the cases. Targeted lectures and tutorials help provide direction and conceptual framework for student-directed learning. Students at various levels of knowledge participate in the course together, enhancing opportunities for peer mentoring. The course is designed based on the sixteen major *srotansi*, with one module for each *srotas*.

**Case Based Studies in Family Practice** with Alakananda Ma

*Offered annually for third & fourth year students. Both semesters, Friday at 9:00 AM-1:00 PM.*

In line with the new medical curriculum, this is a problem based, student directed approach designed to provide participants with the tools needed to garner and evaluate knowledge and information. Working with real life cases, students, with Alakananda Ma’s guidance, will research and study Ayurvedic approaches to the diagnosis and management of gynecological, pediatric, psychiatric and geriatric patients, thus equipping themselves for Ayurvedic family practice. Targeted lectures and tutorials help illumine the topic.

**Case Study Group**

*Offered annually for third & fourth year students. Both semesters, Wednesday at 9:00- 9:50 AM.*  
Students will share and discuss cases that were not covered in the round table session.

**Clinical Clerkship** with Alakananda Ma and her senior students

*Offered annually during both semesters, Tuesdays and Thursdays from 8:45 AM-5:30 PM.*

*Half the students must attend either on a Tuesday or a Thursday. Attendance on your assigned clinic day is mandatory.*

Students enter their clinical clerkship (internship) from the outset of the program, gradually developing their abilities in diagnostic skills, clinical interview and diet and lifestyle counseling. Students see the patients before Ma does, taking vital signs and filling out a prakruti questionnaire. They also take the opportunity to practice their diagnostic skills. From the second semester, students begin conducting supervised diet and lifestyle counseling sessions. First year and second year students are paired in the clinical clerkship to allow for peer mentoring. Students are gradually prepared for their fourth semester, in which they will conduct the entire diagnostic interview themselves, receiving supervision from Alakananda Ma and managing their own patients under her guidance.

Third and fourth year clinic will be focused on a). teaching differential diagnosis, employing special worksheets and pedagogy to this end.

b). building skill, confidence and experience beyond the two year level through continued patient exposure and peer mentoring. Advanced clinic activities will include students seeing their own patients with Alakananda Ma's supervision; sitting with Ma and assisting her, mentoring second year students and working up differential diagnoses.



**Clinic Roundtable with Alakananda Ma**

*Offered annually during the Spring semester for second, third, and fourth year students. Friday from 2:30 PM- 5:30 PM.*

During a weekly meeting, Ma and the senior students will discuss the clients seen that week and consider their treatment plans. Second, third and fourth year students participate together, creating a rich and diverse learning environment.

**Diagnostic Skills with Alakananda Ma**

*Offered in Year B for first and second year students. Both semesters, 30 week sessions, Wednesday from 10:00 AM-11:30 AM.*

This course develops skills in ashtavidha *pariksha*, the eightfold examination. Students will learn to take a history and to assess prakruti and vikruti. They will examine the tongue, nails, eyes, lymph nodes, dhatus and srotansi: including abdominal and neurological examination as well as the delicate art of taking a sexual history. Each class is preceded by a meditation class designed to cultivate the mindfulness and compassion necessary for diagnosis and is followed by practice time.

**Environment and Health with Jane Bunin**

*Offered in Year A for first and second year students. Spring semester, Friday 10:00 AM-1:00 PM.*

This class will introduce students to critical thinking, problem solving and systems theory and will develop their ability to assess the health impacts of occupational and environmental challenges. We will study toxicology according to Sushruta Samhita and engage in case based studies.

**Ethnopharmacology with Dr Bharat Vaidya**

*Offered in Year B for first and second year students. First 5 weeks of Spring semester, 10:00 AM-1:00 PM.*

We will cover the ethnobotany of fifteen herbs used in the pre-Vedic era as well as ethnopharmacological herbs for respiratory tract, cardiovascular agents, hepatoprotective herbs, digestive herbs and *rasayana* drugs. Studies will be complimented by practical aspects of making *gutikas*, *vatikas*, *asavas*, *arishtas* and *avalehas*.

**Evidence based Medicine**

*Offered annually for third year students only. Fall semester, Wednesday at 2:30- 5:30 PM.*

In support of their development in differential diagnosis students will learn to support diagnostic leading hypothesis via evidence based medicine. They will come to understand the different types of study, be able to critique a study to determine if it provides valid evidence and in general be an informed consumer of medical literature.

**Grand Finale—putting it all together with Alakananda Ma and Sadananda**

*Offered annually for fourth year students only. Two weeks fieldwork following Spring semester.*

Two week field trip to Wind River Reservation to make Ayurvedic health interventions and combine all the skills learnt in the program in a challenging and stimulating environment.

**History, Philosophy and Sutras of Ayurveda with Dr Bharat Vaidya**

*Offered annually for second year students only. Fall semester, Friday at 10:00 AM-1:00 PM.*

We will engage together in some deep study of key *sutras* in the Major Triad (Charak, Shushruta, and Vaghbhat) as well as considering historical aspects such as: Beginning of Ayurved since pre-Vedic era, Vedic culture and the development of early Ayurvedic philosophy, contributions of Charak, Shushruta, and Vaghbhat, Medieval period, Ayurveda under the Moghul Empire and the British Raj and Ayurveda in modern times.



## **Integrative Journal**

*Fall & Spring semesters, weekly entries.*

Students maintain an integrative journal of their studies, based on srotansi, as a practical and accessible way of organizing information and insights they receive through various modalities.

## **Lifestyle Counseling Skills** videotaped lectures by Alakananda Ma, with faculty tutor

*Offered annually for first year students. Last 5 weeks of Fall semester, 2:30 PM-5:30 PM.*

Introduces students to methods for getting care plan compliance from different *doshic* types, how to change habits, how to package information and create handouts and how to conduct a lifestyle counseling session. Each class includes videotaped lecture, classical readings and practice time involving role play.

## **Mudhava Nidhan** with Dr Viadya, BAMS, MD

*Offered in Year A for third and fourth year students. Fall semester: Wednesday 10:00 AM- 1:00 PM. Spring semester: 10:00 AM- 11:30 PM.*

Through textual study of Madhav Nidhan students will understand and be able to apply classical Ayurvedic differential diagnosis and be able to compare with current Western differential diagnoses for similar symptom pictures. This class will enable students to root their differential diagnosis in classical Ayurveda.

## **Marma Points**

*Offered in Year A. Last 5 weeks in Spring semester, Friday 10:00 AM-1:00 PM.*

An introduction to the vital energy points used in Ayurvedic diagnosis and treatment.

## **Materia Medica** with Alakananda Ma

*Offered in Year B for first and second year students. Both semesters, Wednesday 11:45- 1:00 PM.*

This class begins with the principles of *dravyaguna* as laid out in *Charak Samhita* and *Sharngadhara Samhita* and then proceeds to in-depth study of individual herbs according to *karma* or mode of action.

## **Medicine Making** with Heidi Nordlund, home PK director and Kourtney Nelson, pharmacy director

*Offered annually for first year students. Fall semester, one weekend class.*

This practical class is rooted in the *Sharngadhara Samhita*. Students will learn how to prepare and use herbs within the traditional *pancha vidha kashaya*—the five methods of processing herbs—including *swarasa* (fresh juices), *kwatha* ( decoctions), *ushna kashaya* (hot infusions), *hima kashaya* ( cold infusions), *kalka* ( pastes/pulps), as well as *churna* (powders), *avaleha* (confections), medicated and *ghee* and oils, and herbal wine. They will also learn some traditional preparations—Gandharva Haritaki, Shatavari Kalpa and Ashwagandha Rasayana. After taking this course, students will gain in-depth experience by working in our educational pharmacy.

## **Meditation** with Alakananda Ma and Sadananda

*Year A topic: medication for pulse reading. Year B topic: developing loving-kindness and compassion. Wednesday 9:30 AM-10:00 AM. First and second year students.*

This course introduces specific practices designed to enhance pulse reading skills and teaches the Four Foundations of Mindfulness and the art of self-enquiry. In the year B program we develop the four qualities Charak describes as essential for the Ayurvedic healer: loving-kindness, compassion, joy and equanimity.



### **Musculoskeletal complaints**

*Offered in Year B for third and fourth year students only. Five weeks in Spring semester, Wednesday at 2:30 PM-5:30 PM.*

Students will learn differential diagnosis of complaints of musculoskeletal pain and will be able to make an informed referral to a yoga therapist, massage therapist or pancha karma therapist.

### **Nighantu, pharmacology and phytochemistry with Dr Bharat Vaidya**

*Offered in Year B for third and fourth year students only. Both semesters, 30 weeklong course, Wednesday, 10:00 AM-1:00 PM.*

Through detailed study of nighantu texts with Dr Vaidya, students will know how to use the *nighantu* texts and become familiar with *nighantu* descriptions of seventy commonly prescribed Ayurvedic herbs. They will become skilled users of medicinal herbs, able to understand basic principles of pharmacology including therapeutic index, toxicity, safety and efficacy, appreciate the mechanisms of herb administration, absorption, transport, metabolism and excretion, and understand the issues of herb drug interactions.

### **Non -Violent Communications**

*Offered in Year B. Ten weeklong session, Fall semester, Friday at 2:30 PM-5:30 PM.*

A practical course in communicating compassionately and non-judgementally with patients and colleagues.

### **Our Plant Allies with Jane Bunin**

*Offered in Year A for first and second year students. Fall semester, Friday 2:30 PM-5:30 PM.*

We will first learn some fundamentals of plant morphology and physiology, which will complement our studies of the ecology of plants. Ecology, the study of the homes and relationships of living organisms and their environments, will include principles of landscape structure and function. This will complement our direct experiences, field trips and understandings of wildland plants and their human uses.

### **Pancha Karma Treatments, Basic and Advanced with Ameya Duprey**

*Offered annually for first and second year students. Two week-long intensives arranged on ad hoc basis. Additional tuition and material fees apply.*

This two week course is focused on diving deep into specialized techniques traditionally used in the purification process of *pancha karma*. First we will learn the fundamental treatments used in a *pancha karma* program, including: *snehan/abhyangha* (oil massage), *swedan* (full body steam therapy), *nasya* (nasal treatment), *shirodhara* (pouring oil/milk/yoghurt to third eye region) and Netra Basti. After these treatments have been absorbed we will move on to learn more specialized treatments not commonly taught in the West such as *nadi swedana* (localized steam), *patra/churna/shastika shali pinda swedana* (hot bolus massage), *sarvangadhara* (warm oil bath), *kadhi/griva basti* (lower back/neck treatment and *udvartana* (dry powder massage). Through gaining knowledge of these treatments, one will be able offer the patient a complete *pancha karma* experience. This course is followed by a 150 hour onsite supervised internship in administering *pancha karma*.

All students are required to take the two intensives to gain basic knowledge of the treatments and the experience of receiving them; internship is optional and leads to additional certification as a *pancha karma* therapist. Please note that after graduation, to practice in the state of Colorado, you will be required to be a state registered massage therapist or esthetician.

### **Pulse Diagnosis and Therapeutics with Alakananda Ma**



*Offered in Year A for first and second year students. Fall and Spring semester for 30 weeks, Wednesday at 10:00 AM-1:00 PM.*

This in depth course develops skills in the ancient Ayurvedic art of pulse diagnosis, following the methodology developed by Dr Vasant Lad. Teachings on therapeutic approaches for the various pulse findings serve to make this class uniquely useful. Each class is preceded by a meditation class designed to cultivate the mindfulness and compassion necessary for pulse diagnosis and also includes practice time. During practice time students will have ample opportunity to develop their pulse reading skills with Ma's supervision.

### **Satsang with Alakananda Ma**

*Offered for first and second year students. Year A topic-Upanishads and Bhagavad Gita. Year B topic- Art and Ethics of Healing. Fall & Spring semester, Friday at 9:00 AM- 10:00 AM.*

Satsang with Ma is a unique opportunity to sit at the feet of a spiritual teacher and delve into the philosophy of the Upanishads and Bhagavad Gita, as well as to learn Ayurvedic ethics through the *yamas, niyamas* and *paramitas*.

### **Self care with Alakananda Ma**

*Offered annually for first year students. One weekend class in Fall semester.*

This course presents the Alandi approach to self-care, a perspective with makes ancient classical techniques of self-nurturance accessible and relevant to contemporary American issues and lifestyles. Includes: Simple methods of self-assessment, overcoming obstacles to a healthy lifestyle, caring for our digestive fire, daily and seasonal routines, self-care for subtle energy, how to design a personal self-care plan and working with addictions.

### **Sing the Sutras with Renay Oshop**

*Offered annually for first-year students only. Fall & Spring semester, 30 weeks on Friday, class alternates between mornings or afternoons.*

Sing, sing a song. Become a child again as we learn the major Ayurvedic *sutras* in the classic way. Light grammar and vocabulary, as well as analysis of Ayurvedic content, will be addressed. Memorization of these *sutras* in Sanskrit is required knowledge for more advanced study.

### **Spiritual Resilience Training Elective with Alakananda Ma and Sadananda.**

*This course is optional. Offered in Year B for third and fourth year students only. Spring semester, 16 weeklong sessions, Wednesday from 7:00 PM- 8:30 PM.*

Students will learn how to put on a course of resilience training for those suffering from depression, trauma and chronic illness, incorporating yoga, pranayama and meditation.

This specialized training requires: Alandi's 30 hour meditation course

Alakananda Ma's 60 hour satsang programme

Approved individual 10 day personal retreat.



## C. Post-graduate program

### Two year postgraduate experiential program

#### Prerequisites:

1. Graduate of 1200 hour program
2. Eight credits anatomy and physiology or equivalent
3. Jyotish: Arsh Vidya Gurukulum's "Jyotisha Basics I through III" or their special once a year intensives, "Introduction to Vedic Astrology" and "Advanced Vedic Astrology" -- the latter set is far more recommended at <http://www.arshavidya.org> or Vedic Vidya Institute's First Level Jyotish I and II classes at <http://vedicvidya.org/jyotisha.htm>

**Year A is an academic year beginning with a even numbered year and year B is an academic year beginning with an odd numbered year.**

#### **Ayurveda in the Community** with Dr Bharat Vaidya

*Offered in Year A. Spring semester, Wednesday, lecture from 12:00-1:00 PM and fieldwork at 2:30 PM-5:30 PM.*

This full day class will include lecture/classroom work with Dr Vaidya in the mornings and student-directed fieldwork in the afternoons. Students will come to understand the principles of community medicine through conducting a needs assessment in a designated community, carrying out an Ayurvedic lifestyle intervention in the community surveyed and assessing the results of the intervention.

#### **Ayurvedic Astrology 2** with Renay Oshop

*Offered annually for second year postgrad students. Fall semester, Wednesday, 2:30 PM-5:30 PM.*

Teaches more complete approaches to understanding the varieties of the Self and its human expressions. This advanced class builds on the basics of part I and enters into more sophisticated regions that lead to a full Ayurvedic reading

#### **Ayurvedic Diet, Nutrition and Culinary Arts** with Alakananda Ma

*Offered annually. Fall & Spring semester. Every Wednesday and Friday, 1:00 PM-2:00 PM.*

In our unique culinary, dietetic and nutritional program, students experience and discuss 120 different Ayurvedic menus, receiving a recipe manual with a rich collection of dishes. Menus and dietary learning are tailored to each srotas in turn and the course is integrated with case-based studies in its sequence of topics. This class takes place during lunch and is a required course. Fees are \$7.00 per lunch. Gluten free and dairy free options routinely offered.

#### **Biomedical Tests**

*Offered in Year B. Spring semester, 10 weeks, Wednesday 2:30 PM- 5:30 PM.*

Students will learn how to understand and make use of laboratory tests, pathology reports and medical imaging

#### **Case Based Studies in Family Practice** with Alakananda Ma

*Offered annually. Fall & Spring semesters, Wednesday at 9:00- 9:50 AM.*

In line with the new medical curriculum, this is a problem based, student directed approach designed to provide participants with the tools needed to garner and evaluate knowledge and information. Working with real life cases, students, with Alakananda Ma's guidance, will research and study Ayurvedic approaches to the diagnosis and management of gynecological, pediatric, psychiatric and geriatric patients, thus equipping themselves for Ayurvedic family practice. Targeted lectures and tutorials help illumine the topic.



### **Case Study Group**

*Offered annually. Fall & Spring semesters, Wednesday at 9:00- 9:50 AM.*

Students will share and discuss cases that were not covered in round table.

### **Clinical Clerkship** with Alakananda Ma and her senior students

*Offered annually during both semesters, Tuesdays and Thursdays from 8:45 AM-5:30 PM.*

*Half the students must attend either on a Tuesday or a Thursday. Attendance on your assigned clinic day is mandatory*

Postgraduate clinical clerkship will be focused on a) teaching differential diagnosis, employing special worksheets and pedagogy to this end.

b) building skill, confidence and experience beyond the two year level through continued patient exposure and peer mentoring. Activities will include students seeing their own patients with Alakananda Ma's supervision; sitting with Ma and assisting her, mentoring second year students and working up differential diagnoses.

### **Clinic Roundtable** with Alakananda Ma

*Offered annually during the Spring semester, Friday from 2:30 PM- 5:30 PM.*

During a weekly meeting, Ma and the senior students will discuss the clients seen that week and consider their treatment plans. Second, third and fourth year students participate together, creating a rich and diverse learning environment.

### **Evidence based Medicine**

*Offered annually, first year postgrad students only. Fall semester, Wednesday at 2:30- 5:30 PM.*

In support of their development in differential diagnosis students will learn to support diagnostic leading hypothesis via evidence based medicine. They will come to understand the different types of study, be able to critique a study to determine if it provides valid evidence and in general be an informed consumer of medical literature.

### **Grand Finale—putting it all together** with Alakananda Ma and Sadananda

*Offered annually to students in final year. Two weeks fieldwork following Spring semester.*

Two week field trip to Wind River Reservation to make Ayurvedic health interventions and combine all the skills learnt in the program in a challenging and stimulating environment.

### **Madhava Nidhan** with Dr Vaidya, BAMS, MD.

*Offered in Year A. Fall semester: Wednesday 10:00 AM-1:00 PM. Spring semester: Wednesday 10:00 AM-11:30 AM.*

Through textual study of Madhav Nidhan students will understand and be able to apply classical Ayurvedic differential diagnosis and be able to compare with current Western differential diagnoses for similar symptom pictures. This class will enable students to root their differential diagnosis in classical Ayurveda.

### **Musculoskeletal complaints**

*Offered in Year B. Five weeks in Spring semester, Wednesday at 2:30 PM-5:30 PM.*

Students will learn differential diagnosis of complaints of musculoskeletal pain and will be able to make an informed referral to yoga therapist, massage therapist or pancha karma therapist.

### **Nighantu, pharmacology and phytochemistry** with Dr Bharat Vaidya

*Offered in Year B. Fall & Spring semesters, 30 weeklong course, Wednesday, 10:00 AM-1:00 PM.*



Through detailed study of nighantu texts with Dr Vaidya, students will know how to use the *nighantu* texts and become familiar with *nighantu* descriptions of seventy commonly prescribed Ayurvedic herbs. They will become skilled users of medicinal herbs, able to understand basic principles of pharmacology including therapeutic index, toxicity, safety and efficacy, appreciate the mechanisms of herb administration, absorption, transport, metabolism and excretion, and understand the issues of herb drug interactions.

**Spiritual Resilience Training Elective** with *Alakananda Ma and Sadananda*.

*This course is optional. Offered in Year B for third and fourth year students only. Spring semester, 16 weeklong sessions, Wednesday from 7:00 PM- 8:30 PM.*

Students will learn how to put on a course of resilience training for those suffering from depression, trauma and chronic illness, incorporating yoga, pranayama and meditation.

This specialized training requires: Alandi's 30 hour meditation course

Alakananda Ma's 60 hour satsang programme

Approved individual 10 day personal retreat.

## FACULTY

The Faculty members at Alandi are chosen to help provide students with an excellent quality Ayurvedic education. The majority of our teachers hold degrees in both Ayurveda and a western medical subject such as Doctor of Medicine, Herbalism, Plant Ecology, etc. They also must hold to



the traditional “Gurukula” style of education and be committed to encouraging and supporting the “transformation of consciousness” which Ayurveda can so readily provide.

**Dr. Alakananda Devi (Alakananda Ma), MB, BS**

Alakananda Ma has practiced Ayurveda and Flower Essence Therapy since 1988 in Boulder, Colorado. Her extensive medical background and training at one of the world’s best medical schools combined with years of study of Ayurveda in India and the US serve to make her an outstanding Ayurvedic Practitioner and Ayurvedic Pulse Reader. She is also the first physician since Dr. Edward Bach to research and make her own flower essences out of Rocky Mountain wild flowers. One of the first Western physicians to practice Ayurveda in the US, her unique, unadorned style provides a simple, powerful healing environment for her clients

**Jane Bunin, PhD, Ayurvedic Educator**

Jane earned a BA in genetics and MA in biochemistry before she turned to more holistic scientific interests and a PhD in plant ecology. She is a graduate of Alandi Ayurveda Gurukula as an Ayurvedic Educator, is involved in Andean Shamanism, and teaches in Environmental Studies and Wilderness Therapy at Naropa University. She is a former faculty member of the Rocky Mountain Center for Botanical studies, where she taught ethnobotany.

**Ameya Duprey, NCMT, CPKT**

Ameya has been working with Ayurveda for the last ten years. Her love for Ayurveda blossomed when she met her teacher Alakananda Ma in Boulder in the year 2000, while attending Naropa University. The following year she moved into Alandi Ashram and dove deep into studying ayurveda and spiritual evolution. She graduated from Alandi School of Ayurveda in 2004 as a Pancha Karma therapist and has had her own practice since then, focusing on working with Alakananda Ma’s patients. She has gained knowledge in specialized PK techniques by studying in India as well as with Dr Lad and other teachers from the Ayurvedic Institute. She is a Nationally Certified Massage Therapist. She is dedicated to uphold the name of Ayurveda in the West and to preserve the practice of traditional Ayurveda.

**Kourtney Nelson, Student Faculty**

Kourtney holds a BA in Biology and Anthropology, and an MA in Science Education from the University of Colorado at Boulder. Kourtney also completed a 200hr RYT, and 250hr CYT from the Rocky Mountain Institute of Yoga and Ayurveda. Currently, she works as the Registration Coordinator for *Yoga Journal*. Kourtney has completed the Ayurved Vaidya Visharad two-year experiential program at Alandi Ayurvedic Gurukula and will continue onto the Bhishakgwara four-year Advanced Experiential Program. She currently teaches medicine making to first year students.

**Heidi Nordlund, Student Faculty**

Heidi’s Ayurvedic studies began in 1998 during a yoga teacher training in Pokhara, Nepal. After meeting a local Ayurvedic doctor and experiencing the benefits of Ayurvedic medicine, Heidi developed a deep respect and passion for Ayurveda. Heidi holds a BA in Contemplative Psychology with focus on Health & Healing from Naropa University. She practices Ayurvedic Lifestyle Counseling, Yoga Therapy, Tibetan Cranial Therapy and is trained in Ayurvedic postpartum care. She has completed the Ayurved Vaidya Visharad two-year experiential program at Alandi Ayurvedic Gurukula and will continue onto the Bhishakgwara four-year Advanced Experiential Program. In addition to her training with Alakananda Ma, Heidi has learned the traditional art of Ayurvedic medicine making and other Ayurvedic practices from: Dr. Vasant Lad, Dr. Sarita Shrestha, Dr. Bharat Vaidya, Ysha Oakes, and Donna Diamond. She currently teaches medicine making to first year students.



### **Renay Oshop**

Renay left the University of Colorado Health Sciences Center after five years of being a geneticist in order to study Ayurveda with Dr. Lad at the Ayurvedic Institute during 2000-2002. She has taught at CU, Metro State, RMIYA, and the Boulder Valley School District and now specializes in Ayurvedic Astrology. Teaches Sing the Sutras and Ayurvedic Astrology.

### **Sadananda**

Sadananda was born and raised in a mixed Catholic and Baptist family in a Mexican neighborhood of Denver. A series of mystical experiences during his teens and twenties led him to study with the masters of the East who were arriving in America during the late 1960's and early 70's. After studying at the Naropa Institute and Insight Meditation Society, Sadananda travelled to India to follow in the footsteps of the Buddha. For seven years he lived the life of a traditional *sadhu*, meditating in temples, ashrams and cremation grounds and he became a beloved disciple of his *sadguru*, Raghudas Maharaj. Currently, Sadananda continues his advanced study of Vipassana under Joseph Goldstein and has made several long retreats.

Sadananda has always been a musician. In the 70's, as a singer and songwriter, he studied and performed at the Denver Folklore Center. In India he imbibed *kirtan* at the feet of the true *kirtan* masters of Maharashtra. Today Sadananda is a soulful *kirtan* leader and inspiring meditation instructor. Teaches Meditation.

### **Dr. Bharat Vaidya, B.A.M.S., M.D.**

Dr. Vaidya is a skilled Ayurvedic physician who received his basic Ayurvedic medical training in Mumbai and then obtained a medical degree in the Netherlands. He comes from an Ayurvedic family who was instrumental in the establishment of modern Ayurvedic universities in India. He has practiced medicine in India, in Europe, and in the U.S., and specializes in history of Ayurveda, pharmacology, gerontology, rejuvenation, vajikarana, and other branches of Ayurveda. Teaches History, Philosophy and Sutras of Ayurveda, Ethnopharmacology, Madhav Nidhan, Ayurveda in the Community and Nighantu and Pharmacology.

