



MOUNT MADONNA INSTITUTE

SCHOOL OF AYURVEDA

SCHOOL OF YOGA

SCHOOL OF COMMUNITY STUDIES

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MountMadonna.org

CATALOG – JANUARY 1, 2025 - DECEMBER 31, 2025

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THIS MOUNT MADONNA INSTITUTE CATALOG IS AVAILABLE
VIA THE INDIVIDUAL PROGRAM PAGES ON THE MOUNT
MADONNA WEBSITE

<https://mountmadonna.org/study/>

Interested parties may also call the Mount Madonna Institute Administrative
Office to request a hard copy be sent by USPS. | 408-846-4060

Revisions to the Academic Catalog

Mount Madonna Institute reserves the right to make any changes in the curriculum, procedures, policies, location, schedule, and tuition published in this edition of the Academic Catalog. All students, both those currently enrolled as well as those newly enrolled, will be subject to the curriculum requirements of the new catalog as well as any tuition increase. New laws and regulations are reflected in policies in annual catalog revisions.

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TABLE OF CONTENTS

MOUNT MADONNA INSTITUTE.....	5
MISSION STATEMENT.....	6
EDUCATIONAL PHILOSOPHY & GOALS.....	6
INSTITUTE OBJECTIVES.....	7
INSTITUTIONAL LEARNING OUTCOMES.....	7
JOB OPPORTUNITIES – POST PROGRAM.....	8
MOUNT MADONNA INSTITUTE ORGANIZATIONAL STRUCTURE.....	9
CODE OF ETHICS.....	11
INSTITUTE PROGRAM OFFERINGS.....	13
THE SCHOOL OF AYURVEDA.....	15
AYURVEDA EDUCATOR (AE).....	15
AYURVEDIC HEALTH COUNSELOR (AHC).....	22
AYURVEDIC PRACTITIONER PROGRAM (AP).....	31
THE SCHOOL OF YOGA.....	40
ASHTANGA YOGA TEACHER TRAINING – 200 HOUR LEVEL.....	40
ASHTANGA YOGA TEACHER TRAINING – 300 HOUR LEVEL.....	51
AYURVEDIC YOGA THERAPY (AYT).....	57
CHILDREN’S YOGA TEACHER TRAINING (CYTT).....	65
ASHTANGA YOGA PRENATAL TEACHER TRAINING.....	72
THE SCHOOL OF COMMUNITY STUDIES*.....	81
ADMISSIONS POLICY AND PROCEDURE.....	82
SCHOOL OF AYURVEDA.....	82
SCHOOL OF YOGA.....	83
SCHOOL OF COMMUNITY STUDIES.....	84
STUDENT CAMPUS & SERVICE FACILITIES.....	88
LIBRARY SERVICES.....	88
STUDENT ACADEMIC SERVICES.....	88
CAMPUS - MOUNT MADONNA CENTER.....	88
COMMUTING AND HOUSING OPTIONS DURING RESIDENTIAL SESSIONS.....	90
TUITION & FEES.....	92
SCHOOL OF AYURVEDA.....	93
SCHOOL OF YOGA.....	97
SCHOOL OF COMMUNITY STUDIES.....	99
STUDENT RIGHTS AND RESPONSIBILITIES.....	100
ATTENDANCE POLICY.....	100
GRADING POLICY.....	100

STUDENT DISCOUNT and SCHOLARSHIP POLICY.....	106
FACULTY RESPONSIBILITY.....	117
INSTITUTE FACULTY – ACADEMIC YEAR 2025-2026.....	118
PROFESSIONAL AFFILIATIONS.....	119

MOUNT MADONNA INSTITUTE

Mount Madonna Institute includes three Schools which offer stackable certificates:

The School of Ayurveda

- Ayurvedic Educator (AE) - Diploma
- Ayurvedic Health Counselor (AHC) Certificate
- Ayurvedic Practitioner (AP) Certificate

The School of Yoga - Certificates

- Ashtanga Yoga Teaching Training 200 Hour Level (Foundational Yoga Studies)
- Ashtanga Yoga Teaching Training 300 Hour Level (Advanced Yoga Studies)
- Ayurveda Yoga Therapy Training (AYT)
- Ashtanga Yoga Prenatal Teacher Training
- Children's Yoga Teacher Training

The School of Community Studies* - Service Learning Emphasis

- Community Studies – Part 1
- Community Studies – Part 2

**Interdisciplinary program between both schools.*

**The Community Studies Program is currently under redesign.*

The Institute is located at Mount Madonna Center on 380 mountaintop acres of redwood forest and grassland overlooking the Monterey Bay Area on the central coast of northern California. Mount Madonna Center, which since 1978 has been known for the excellence of its Yoga, Ayurveda, and other transformational programs, is home to a well-established intentional residential yoga community. It provides an atmosphere for relaxation, reflection, and transformational learning and practice.

The conference and retreat setting offers a wide variety and range of prices for residential housing accommodations, a dining room featuring excellent vegetarian meals, an Ayurvedic herbal dispensary, and a wellness center offering Ayurvedic consultations, massage, and other traditional body work therapies. The property also features a large organic garden, many hiking trails, and tennis, volleyball, and basketball courts.

Mount Madonna Institute onsite classes are held in this setting, at 445 Summit Road, Watsonville, CA 95076. Classrooms are located in the Seminar House, Orchard House, or Conference Center buildings at Mount Madonna Center, depending upon size of student body. Each classroom has a large white board, individual desks and chairs, audio visual equipment as requested, water and tea bar, and additional equipment such as clinical treatment tables and healthcare equipment as needed. There is a small library available to students, with wireless Internet available in the

classrooms and elsewhere on the campus. Institute administrative offices are located in the Orchard House.

MISSION STATEMENT

The Mount Madonna Institute is committed to wellness and positive transformation.

We offer trainings, certificates, and graduate degrees that integrate the traditional systems of Yoga, Ayurveda and Community with contemporary life and prepare graduates for a variety of careers in the integrative health professions.

EDUCATIONAL PHILOSOPHY & GOALS

Mount Madonna Institute is a non-profit educational institution providing high quality, professional and academic instruction, and training in the fields of Yoga, Ayurveda, and Community Studies. These programs integrate theoretical and experiential education and training, preparing graduates for professional careers, community service, and lifelong learning.

The goal of Mount Madonna Institute (MMI) is to educate contemporary learners in ancient teachings and practices of traditional natural healing systems that integrate mind, body, and spirit. MMI offers courses in the classical system of Ashtanga Yoga, both practice and philosophy; the 5,000-year-old science of Ayurveda, the world's oldest known system of natural medicine; and Community Studies, a program that emphasizes self- reflection, awareness, and transformational learning for self and the communities and environments within which we live and work. The Institute seeks to train highly qualified practitioners, teachers, and facilitators. The Institute offers its graduates Diplomas and Certificates..

ACCREDITATIONS & AFFILIATIONS

Please visit our website to learn more about our accreditation and affiliations:
<https://mountmadonna.org/study/accreditation-and-affiliations/>

NAMA

The National Ayurvedic Medical Association (NAMA) represents the Ayurvedic profession in the United States of America. Founded in 1998 and incorporated in 2000, the organization's purpose is to provide leadership within the Ayurvedic community and to promote a positive vision for Ayurveda and its holistic approach to health and wellness. (www.ayurvedanama.org)

MMI School of Ayurveda's programs are recognized by the National Ayurvedic Medicine Association and our graduates are eligible to sit for the Board Certification Exam leading to professional membership with NAMA.

THE AYURVEDIC ACCREDITATION COMMISSION (AAC)

The AAC is a programmatic accrediting agency for clinically focused Ayurvedic medical programs. As such, it serves to ensure the high quality of Ayurvedic medicine education in the United States through the granting of accreditation to

programs in Ayurvedic medicine that voluntarily seek AAC accreditation and meet AAC's standards. AAC's accreditation standards cover a range of educational and organizational aspects necessary to support the delivery of quality programs, including faculty, student services, information services, finances, and administration. Mount Madonna Institute is a candidate for accreditation for its Ayurvedic Health Counselor and Ayurvedic Practitioner programs.

YOGA ALLIANCE AND INTERNATIONAL YOGA THERAPY ASSOCIATION

MMI School of Yoga / YTT 200 and 300 programs are approved by Yoga Alliance, and the Ayurveda Yoga Therapy Program is accredited by IAYT and recognized by NAMA.

INSTITUTE OBJECTIVES

Mount Madonna Institute was established in 2006 to prepare qualified practitioners, educators, and researchers for integrative health careers. Today even more people are turning to Complementary and Alternative Medicine modalities, increasing the need for training and educating professionals in these fields.

Mount Madonna Institute School of Ayurveda programs meet all standards set by the National Ayurvedic Medical Association (NAMA), and cover a broad range of Ayurvedic theory, practice, and clinical practicums. Graduates of these programs must demonstrate not only mastery of the subject matter, but also the ability to counsel, practice and/or teach effectively. Classroom learning outcomes, which include scope of practice, counseling skills, professional ethics, and business management are advanced through supervised clinic practice.

INSTITUTIONAL LEARNING OUTCOMES

MMI's Institutional Learning Outcomes (ILOs) reflect the broader mission of the institution and as such are a hallmark of education at Mount Madonna. The ILOs represent an overarching set of learning outcomes at the completion of graduates' training, regardless of specific discipline studied.

ILO 1: Intellectual Inquiry

MMI graduates explore purpose and meaning through scholarly activity and demonstrate skill in critical thinking and effective communication.

ILO 2: Personal, Professional, and Social Responsibility

MMI graduates demonstrate ethical reasoning, intercultural awareness, leadership and collaboration, and commitment to service.

ILO 3: Integrative Knowledge

MMI graduates synthesize body-mind-spirit knowledge, experiences, skills and practices to promote optimal well-being in themselves and in their communities.

ILO 4: Specialized Knowledge

MMI graduates creatively apply knowledge, theories, methods and practices in their chosen field to contemporary life opportunities and challenges.

JOB OPPORTUNITIES – POST PROGRAM

California Health Freedom Act

Each state has unique legislation governing professional practices. Health care practitioners and healers in California are able to legally provide services under the CA Health Freedom Act.

Students are responsible for understanding the ability to practice in their state. This applies to all diplomas, certificates, and degrees offered by MMI.

Students who receive an Ayurvedic Educator (AE) Diploma are qualified to teach about Ayurveda independently or join the staff of yoga studios or spas, and/or join complementary healthcare practices as Ayurvedic educators.

Students who receive an Ayurvedic Health Counselor (AHC) Certificate are qualified to provide lifestyle counseling in various capacities, according to the professional standards and scope of practice defined by NAMA - from working in an integrative medical clinic, to assisting an Ayurvedic Practitioner, to establishing a private practice.

Students receiving the Ayurvedic Practitioner (AP) Certificate are qualified to provide Ayurvedic health consultations and recommendations to clients in a variety of settings from integrative medical clinics to private practices. Such graduates also are qualified to teach Ayurveda classes to the general public at an introductory level.

Students receiving the 200hr Yoga Teacher Training (YTT200) Certificate are qualified to teach beginning level yoga classes that include asana (postures), pranayama (breathing practices), mantra (prayers), and meditation. Graduates are qualified to receive the credential of Registered Yoga Teacher at the 200-hour level (RYT-200) through Yoga Alliance.

Students receiving the Advanced Yoga Studies (YTT300) Certificate are qualified to teach intermediate level yoga classes that include asana (postures), pranayama (breathing practices), mantra (prayers), and meditation as well as provide instruction in yoga theory and philosophy. Combined with a YTT200 certificate from a Yoga Alliance registered program, graduates are qualified to receive the credential of Registered Yoga Teacher at the 500-hour level (RYT-500) through Yoga Alliance.

Students receiving the Ayurvedic Yoga Therapy (AYT) Certificate are qualified to address the disease process and the management of symptoms through the various practices of Hatha Yoga, Ashtanga Yoga, and the Ayurvedic perspective of health and wellness. Graduates are qualified to receive the credential of Yoga

Therapist (C-IAYT) certified by the International Association of Yoga Therapists and for the NAMA Ayurvedic Yoga Therapy.

Students receiving the Prenatal Yoga Teacher Training (PYTT) Certificate are qualified to teach yoga classes that include asana (postures), pranayama (breathing practices), mantra (prayers), and meditation appropriate for mothers at all stages of pregnancy and postpartum. Combined with a YTT200 certificate from a Yoga Alliance registered program, graduates are qualified to receive the credential of Registered Prenatal Yoga Teacher (RPYT) through Yoga Alliance.

Students receiving the Children's Yoga Teacher Training (CYTT) Certificate are qualified to teach yoga and mindfulness classes that apply the practices of Hatha Yoga and the theory of classical Ashtanga Yoga to child development and bring the benefits of these practices to children of all ages. Combined with a YTT200 certificate from a Yoga Alliance registered program, graduates are qualified to receive the credential of Registered Children's Yoga Teacher (RCYT) through Yoga Alliance.

The US Department of Labor's Standard Occupational Classification Codes are as follows:

- 31-9099 Healthcare Support Workers, All Other – Ayurvedic Health Counselor or Practitioner
- 39-9031 Exercise Trainers and Group Fitness Instructors – Yoga Instructors

https://www.bls.gov/soc/2018/major_groups.htm

Please note: Mount Madonna Institute does not provide a placement service for graduates of its programs.

MOUNT MADONNA INSTITUTE ORGANIZATIONAL STRUCTURE

Legal Structure

Mount Madonna Institute (MMI) is a wholly owned subsidiary of Hanuman Fellowship (DBA Mount Madonna Center) which is called the "Related Entity" to MMI. It operates independently under a governing structure using a Board of Directors. The Board is responsible for directing the institution toward the achievement of its stated mission and pursuance of established institutional standards.

The Board of Directors exercises ultimate authority over all academic and institutional functions. While the Board of Directors is not responsible for the day-to-day decisions of the institution, it does decide all major policies and issues affecting the educational aspects of the institution. The Board of Directors is also responsible for the selection and evaluation of the Institution's President.

Mount Madonna Institute Board of Directors

Sarada Diffenbaugh, PhD, Chair
Jennifer Rand, MA - Ayur, RYT50, Secretary
Cathy Satya Hutton, MBA, RYT500
Clayton Ashoka Caroon, MA, RYT200
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Ryan Oliver, MA

HFS/MMC Executive Director

Prabha Pacey, BA

MMI President

Swarup Wood, PhD

Finance

Chief Financial Officer - Lila Ansell
Finance Team – Jaya Maxon, Anne Major

Academics

Chief Academic Officer - Kamalesh Ginger Hooven, MA C-IAYT, E-RYT 500
Ayurveda Chair - Rucha Kelkar BAMS, DPT, PT
Yoga Chair - Kamalesh Ginger Hooven, MA C-IAYT, E-RYT 500

Student Services

Admissions Coordinator -Lizzy Gamberdella
Registrar - Kamala Taft

Library Services

The library is located in the Orchard House building. Please contact the Program Coordinator for information on library policies.

Distance Learning

Any students electing to attend classes virtually must maintain attendance requirements and meet assignment deadlines. All grading and evaluation of student work will be completed per the trimester schedule.

CODE OF ETHICS

For Mount Madonna Institute students, teachers, and practitioners, formally adopted by the Hanuman Fellowship/Mount Madonna Center/Mount Madonna Institute/Pacific Cultural Center:

The Mount Madonna Institute (MMI) is dedicated to the highest principles and professional practices that will contribute to wellness and positive transformation in individuals and society through education in Yoga, Ayurveda, and Community Studies. To further this aspiration, MMI has developed a code of ethics for all teachers, practitioners, students, and staff associated with MMI. Please visit our [website](#) for more information.

Ethical Principles

To protect the student/client in this potentially vulnerable relationship, and to uphold the highest professional standards for all teachers and practitioners, each of us accept the following foundational principles:

1. To cultivate an attitude of humility in our teaching and in our healthcare practice and dedicate our work to something greater than ourselves.
2. To welcome all and proactively create an environment that respects and honors everyone regardless of race, gender, sexual orientation, religion, national origin, culture, ability, or age.
3. To examine and strive to address barriers to participation for individuals or communities that have been impacted by systemic racism and other forms of marginalization or oppression.
4. To commit to uncover and remedy our own implicit biases, acknowledging the impact they have on equity and inclusion.
5. To manage our personal lives in a healthful fashion and to seek assistance for our own personal problems or conflicts.
6. To seek and engage in collegial and professional relationships, recognizing that isolation can lead to a loss of perspective and judgment.
7. To engage in dialogue concerning professional and ethical issues with respected mentors.
8. To establish and maintain appropriate professional relationship boundaries.

9. To provide instruction and health recommendations only in those areas within the reasonable boundaries of our competence and within our defined professional scope of practice.
10. To stay abreast of new developments in the field of *our professional subjects and clinical practice and expertise* through educational activities and studies, and by continuing to deepen our study of source texts.

INSTITUTE PROGRAM OFFERINGS

Professional Licensure

No professional licenses are currently available nor required in the State of California, nor any other state in the United States for professionals working in the fields of Ayurveda and Yoga.

The School of Ayurveda offers the following cumulative certificates:

Ayurvedic Educator (AE) is an educational program, 6 months of online coursework that will provide you with the knowledge and tools to make informed diet and lifestyle choices that enhance your well-being and educate others.

Ayurvedic Health Counselor (AHC) Certificate is a National Ayurvedic Medical Association (NAMA) recognized educational program. A 12 month program consisting of nine extended monthly weekend modules followed by one seven-day in-person practicum with clinical experiences over the remaining three months. This program prepares the student for a professional career as an Ayurvedic Health Counselor, offering diet and lifestyle counseling as well as the use of kitchen herbs to support healthy individuals.

Ayurvedic Practitioner (AP) Certificate is a NAMA-approved educational course designed to be completed over 19 months. It includes fifteen weekend modules held monthly and an additional three months for completing supervised clinical consultations online. This advanced training goes beyond the Ayurvedic Health Counselor level, equipping students with expertise in pathology and disease management. Ayurvedic Practitioners focus on preventive healthcare and health promotion, utilizing diet, lifestyle recommendations, herbs, and treatments. The AP program thoroughly prepares students for a professional career as Ayurvedic Practitioners.

The School of Yoga offers year-round programs in the study and practice of yoga and includes Yoga Teacher Training programs, with additional retreats and weekend intensives. Our curriculum offers an integrative approach to the vast science of yoga, encouraging practice and self-reflection as well as scriptural and philosophical study. Most of our senior faculty members are long-term practitioners and teachers of Yoga at Mount Madonna Center under the guidance of Master Yogi Baba Hari Dass.

The School of Yoga offers the following Yoga Teacher Trainings:

- Certificate in Ashtanga Yoga Teacher Training- 200 Hour Level (Foundational Yoga Studies)
- Certificate in Ashtanga Yoga Teacher Training- 300 Hour Level (Advanced Yoga Studies)
- Ayurveda Yoga Therapy Training
- Ashtanga Yoga Prenatal Teacher Training (PYTT)

- Children's Yoga Teacher Training (For Educators)

The School of Community Studies*

The School of Community Studies is dedicated to the study and practice of positive transformation of ourselves and the communities in which we live and work. Students explore what it means to help sustain healthy, caring families, groups, communities, and organizations. While in residence at MMC, participants have an opportunity to serve within a successful intentional community that has been thriving for more than 40 years, learn Yoga and Ayurveda practices and tools, community history and philosophy, and reconsider their understanding of community interdependence and their sense of Self consciousness.

**The Community Studies Program is currently under review and redesign.*

THE SCHOOL OF AYURVEDA

Vision: We envision Mount Madonna School of Ayurveda as a premier Ayurveda academic institution offering clinical, scholarly and research education.

Mission: The mission of Mount Madonna School of Ayurveda is to educate and train future health professionals and empower them to use Ayurveda to transform individual health and community well-being.

Goals:

- Integrate traditional Ayurvedic knowledge with modern health sciences
- Preserve, protect, promote, and practice classical Ayurveda
- Develop authentic resources for education and research in the field of Ayurveda
- Serve the community by offering an Ayurvedic clinic and wellness center

Originating in the ancient Vedic scriptures of India, the wisdom and practical health training of Ayurveda is a holistic complement to Western medicine. The School of Ayurveda was formed to meet the increasing demand for trained practitioners of alternative and complementary healthcare in the U.S., specifically for Certified Ayurvedic Practitioners.

Our programs offer a blend of theoretical instruction and practical training across a wide range of subjects, including Ayurvedic and Western anatomy and physiology, philosophy, nutrition, herbology, psychology, Ayurvedic cooking, bodywork, subtle energy therapies, Sanskrit, Yoga, and clinical internships. Our esteemed faculty, either classically trained in India or possessing extensive clinical and teaching experience in the U.S., are dedicated to guiding students through a comprehensive learning journey. This process includes hands-on healing practices, enriched by classroom lectures, assignments, research projects, and clinical practice. We emphasize the integration of traditional Ayurvedic teachings, rooted in ancient texts, with modern approaches from allopathic Western medicine. These professional training programs have been built upon Ayurveda programs offered at Mount Madonna Center since 1978, and the Institute's programs since 2007.

AYURVEDA EDUCATOR (AE)

Total Program Hours: 307.5

- Synchronous Contact Hours Online: 187.5
- Asynchronous Non-Contact Hours: 120
- Additional 8-10 hours per week for completing course assignments (homework)
- Program length: 6 month synchronous online course

Prerequisites:

- High school graduation or equivalent
- Students must complete 6 college credits of Anatomy and Physiology. MMI accepts a college level transcript showing satisfactory completion of an A & P course of 6 credits or equivalent hours before entering the program.

Recommended:

- Attend at least one Open House.

Completion:

- Cumulative Final Exam: Yes
- Graduation Document: diploma

The MMI Ayurvedic Educator Program is a six-month program consisting of six extended monthly weekend modules plus weekly evening classes. During each extended weekend, students experience interactive lectures, asana classes, clinical observations, and integration sessions.

Purpose / Objective:

The Ayurveda Educator Program is designed to empower students with the knowledge to integrate Ayurveda into their own lives and support the well-being of others. As an Ayurveda Educator, you'll learn to explain the foundational principles of the Ayurvedic Health System and offer guidance on diet and lifestyle for health and wellness. The program provides a deep understanding of Ayurveda's core concepts, including its history, philosophy, and essential vocabulary.

Graduates of the AE Program will be well-equipped to incorporate Ayurvedic practices into their personal self-care routines and share this wisdom with others in their communities. This program is focused on self-care education and does not include a clinical component. It is not recognized by the National Ayurvedic Medical Association (NAMA) or the National Ayurvedic Medical Accreditation Council (NAMAC).

Attendance Requirements:

- All sessions must be punctually attended. An attendance record of at least 90% is required in all schools. The attendance policy applies to all online synchronous learning. Students must be on camera for the synchronous sessions in order to receive attendance credit. Recorded material is available for missed sessions in most courses. Students must fulfill all assignments in all courses, despite any absences.

Graduation Requirements:

- Students must maintain a minimum average of C (70%) in all courses.

- Students must achieve successful completion of all courses, associated assignments, required hours for each course, and pass the final exam. All work must be completed before a grade will be awarded for any course.
- All coursework must be completed by the interim and final due dates, determined by the program coordinator.
- Cumulative Final Exam: Passing with a minimum average of C (70%)
- Tuition and Fees: 100% Paid

Additional Fees:

- Additional fees may be charged to make-up missed or failed courses. The make-up fee is \$50.00 per hour paid in advance.

Note: Mount Madonna Institute does not provide a Placement Service for graduates of programs.

Course Format and Hours:

- Classes meet over one extended weekend per month, starting Thursday evening and ending Sunday evening. Each intensive includes faculty lectures, yoga classes, experiential practicum, and integration sessions. Weekly Tuesday evening classes and monthly Thursday evening Sanskrit classes take place online. Additionally, each course has asynchronous learning and associated homework.

GENERAL MONTHLY CONTENT	
Thursday – Sunday Intensive (once per month) Includes 2 courses + Yoga + Integration	27.5
Tuesday night Integration (once per week online)	8
Thursday evening Sanskrit (once per month online)	2
Asynchronous Work	30
Homework	36
TOTAL MONTHLY HOURS= 103.5	

Ayurveda Educator Program Course List with Hours

Course #	Course Titles	Synchronous Online Hours	Asynchronous Hours	TOTAL Program Hours
AY 100	Yoga and Meditation	22.50	20.00	42.50
AY 101	Introduction to Ayurveda	22.00	15.00	37.00
AY 102	Ayurvedic Anatomy and Physiology	12.00	10.00	22.00
AY 103	Ayurvedic Lifestyle Management	12.00	10.00	22.00
AY 104	Yoga and Ayurveda	8.00	10.00	18.00
AY 105	Ayurvedic Nutrition	16.00	10.00	26.00
AY 106	Ayurvedic Psychology	12.00	10.00	22.00
AY 107	Ayurvedic Herbology I	16.00	10.00	26.00
AY113	Women's Health: Pre/Postnatal, Pediatrics	12.00	10.00	22.00
AY 116	Subtle Therapies: Jyotish, Hasta, Vastu	8.00	10.00	18.00
AY 130	Sanskrit	10.00	5.00	15.00
AY 150	Ayurvedic Foundational Integration I	29.00		29.00
AY 159	Clinical Observations	8.00		8.00
	TOTALS	187.50	120.00	307.50

AYURVEDA EDUCATOR (AE) COURSE DESCRIPTIONS

YOGA & MEDITATION

Course No. AY 100 Prerequisites: None

This course introduces the practice of yoga. Students are required to learn and perform yoga postures, breathing practices, and meditation practices. This course is taken concurrently with AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 130, AY 150.

INTRODUCTION TO AYURVEDA COURSE

No. AY 101

Description: This course introduces students to the 5,000-year-old tradition of Ayurveda, its aims and objectives, basic principles, concepts of health and disease, methods of examining patients, and treatment methods. Students gain a solid foundation in the science, history, and philosophy of Ayurveda.

They are introduced to the concepts of individual nature and dosha imbalance as the basis for diagnosis of health and disease, as well as the five-element theory.

AYURVEDIC ANATOMY & PHYSIOLOGY

Course No. AY 102

Description: This course examines the disease process in Ayurvedic medicine, including Ayurvedic anatomy and physiology, the cause of disease, the stages of disease, formation of tissues, and classification of disease. Students learn the process of constitutional analysis.

AYURVEDIC LIFESTYLE MANAGEMENT

Course No. AY 103

Description: This course introduces the student to Ayurvedic recommendations for creating healthy lifestyles, daily and seasonal routines, yogic cleansing practices, and self-care. Students also learn therapies focusing on the five senses.

YOGA & AYURVEDA

Course No. AY 104

Description: This course teaches yoga philosophy and practice and its benefits in health and disease prevention. Students learn the Ayurvedic effects of different styles of yoga practice, yogic cleansing for disease prevention, and meditation and breathing practices to restore healthy balance to mind and body.

AYURVEDIC NUTRITION

Course No. AY 105

Description: This course introduces the principles of Ayurvedic nutrition and digestion. Students will learn the use of diet and nutrition programs in health and disease, individual guidelines for diet, and a balanced diet for the seasons, while exploring the Ayurvedic approach to the energetics of food.

AYURVEDIC PSYCHOLOGY (AYURVEDA & THE MIND)

Course No. AY 106

Description: This course introduces the student to the energetics of consciousness, the Ayurvedic description of the mind, and therapies to support the mind. Fundamental concepts of manas, prakruti and vikruti, the effects of sensory input on the mind, and approaches to managing mental health are explored.

AYURVEDIC HERBOLOGY I

Course No. AY 107

Description: This course continues to study nutrition and introduces the traditional use of herbs in Ayurvedic medicine. Students learn the therapeutic use of food and spices, using food as medicine. The course introduces Ayurvedic foods to balance the doshas and maintain health.

Students will study Ayurvedic herbal philosophy and practices, the Herbal Materia Medica, and the terminology of herbal actions. They begin to understand the use of Ayurvedic herbs to restore physical and psychological balance.

WOMEN'S HEALTH, PRE & POST NATAL, PEDIATRICS

Course No. AY 113

This course introduces students to the foundations of women's health including fertility, menstrual cycle, and menopause, offering recommendations to support imbalances. The course also covers Ayurvedic recommendations for supporting healthy conception, prenatal and postnatal care for expectant mothers, and care for young children.

SUBTLE THERAPIES: JYOTISH, HASTA, VASTU

Course No. AY 116

Description: Students are introduced to the subtle sister science of Ayurveda, Jyotish (Vedic astrology). Students learn the fundamental concepts of Jyotish, how it can complement client care, and when clients may be referred to an experienced Jyotish practitioner. Students are introduced to the Vedic practices of Hasta (palmistry) and Vastu (science of structures and their energetics), and how these practices can complement client and personal care.

SANSKRIT

Course No. AY 130

Description: This course introduces the student to the ancient Vedic language of Sanskrit. Students learn to read, write, and chant Sanskrit. This course is taken concurrently with AY 100, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 150.

AYURVEDIC FOUNDATIONAL INTEGRATION I

Course No. AY 150

Description: Students spend time integrating the content of the courses of the weekend while engaging in practical applications of the principles covered. This course is taken concurrently with AY 100, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 130

CLINICAL OBSERVATIONS

Course No. AY 159

Description: Students will have the opportunity to observe experienced Ayurvedic Practitioners in consultations in the classroom. This course runs concurrently with AY 100, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 130.

AYURVEDIC HEALTH COUNSELOR (AHC)

Recognized by the National Association of Ayurvedic Medicine (NAMA)

Total Program Hours: 645.5

- Synchronous Contact Hours: 430.5
 - Online: 365.5
 - In-person: 65
- Asynchronous Non-Contact Hours: 215

Plus an additional 8-10 hours per week for completing course assignments (homework).

Program length: 12 months

Prerequisites:

- High school graduation or equivalent
- 6 college credits in Anatomy & Physiology. MMI accepts a college level transcript showing satisfactory completion of an A & P course of 6 credits or equivalent hours before entering the program.

Recommended:

- Attend at least one Open House

Completion:

- Cumulative Final Exam: Yes
- Graduation Document: Certificate
- Eligible to sit for NAMAC AHC Board Exam

Program length: 12-month program: nine monthly online modules and coursework, one seven-day in-person student clinic/integration practicum and three months to complete the supervised clinical consultations online.

The Mount Madonna Institute's Ayurvedic Health Counselor (AHC) program is offered over a 12-month period and consists of successful completion of the six-month Ayurveda Educator (AE) curriculum – where you will experience interactive lectures, yoga (asana, pranayama & meditation) classes, clinical observations, and integration sessions – followed by an additional three-months of lectures, yoga, clinical observations and integration sessions, plus a 65 hours of in-person practicum.

The in-person practicum includes seven days of courses designed to give you supervised practical knowledge, where you will apply theory to practice through a variety of hands-on learning experiences in Ayurvedic Diagnosis, Applied Nutrition & Herbology, Ayurvedic Therapies, and Clinical Internship. After the in-person practicum, you will meet monthly for 3 months and complete your online client

consultations with ongoing supervision before coming back for a final online weekend to present case studies.

Purpose / Objective:

The Ayurvedic Health Counselor Program prepares the student for a career as an Ayurvedic Health Counselor. The Health Counselor is able to provide diet and lifestyle health and wellness support by integrating body/mind constitutional assessment, nutritional knowledge, basic herbology, healthy lifestyle management and introductory counseling skills. AHC graduates will have a strong understanding of all the foundational healthcare principles of Ayurveda, including history, philosophy, and basic Sanskrit vocabulary.

The NAMA AHC “Scope of Practice” encompasses a focus on preventive healthcare and health promotion with specific focus on dietary recommendations and lifestyle practices.

Graduates of the AHC Certificate Program may practice independently as Ayurvedic Health Counselors under the provisions and conditions of the California Health Freedom Act. They may join yoga studios, spas, health resorts, and complementary healthcare practices as Ayurvedic Health Counselors.

The program requires a minimum of 75 hours of client encounters which include observations and supervised client consultations. All students are fully engaged in all aspects of diagnosis and recommendations.

Upon successful completion, the graduate will qualify to sit for the National Ayurvedic Medical Accreditation Council (NAMAC) board certification exam. NAMA requires NAMAC board certification for professional membership as an Ayurvedic Health Counselor. See www.namacb.org for more details.

Attendance Requirements:

- All sessions must be punctually attended. An attendance record of at least 90% is required in all schools. The attendance policy applies to all synchronous learning, both in-seat and online. Students must be on camera for the synchronous sessions in order to receive attendance credit. Recorded material is available for missed sessions in most courses. Students must fulfill all assignments in all courses, despite any absences.

Graduation Requirements:

- Students in the AHC program must maintain a minimum average of C (70%) in all courses.
- Students must achieve successful completion of all courses, associated assignments, required hours for each course, and pass the final exam. All work must be completed before a grade will be awarded for any course.
- Students must complete a minimum of 75 hours of client encounters.
- All coursework must be completed by the interim and final due dates, determined by the program coordinator.

- Final Exam: Passing with a minimum average of C (70%)
- Tuition and Fees: 100% Paid

Additional Fees:

- Students who miss scheduled Internship consultations will be charged \$70.00 per hour to cover independent study for completion of those client encounters via independent practice.
- Additional fees may be charged to make-up missed or failed courses. The make-up fee is \$50.00 per hour paid in advance.

Note: Mount Madonna Institute does not provide a placement service for graduates.

GENERAL MONTHLY CONTENT	HOURS
Thursday – Sunday Module (once per month) Includes 2 courses + Yoga + Integration	27.5
Tuesday night Integration (once per week online)	8
Thursday evening Sanskrit (once per month online)	2
Asynchronous Work	30
Homework	36
TOTAL HOURS PER MONTH = 103.5	

Course Format and Hours:

- Classes meet over one extended weekend module per month, starting Thursday evening and ending Sunday evening.
- Each module includes faculty lectures, yoga classes, experiential practicum, and integration sessions.
- Online weekly Tuesday evening (5-7pm PT) integrations classes
- Monthly online Thursday evening (5-7pm PT) Sanskrit classes.
- Additionally, each course has asynchronous learning and associated homework.
- 7 day practicum dates: Sept.15-21, 2025. Content during both sessions includes Clinical Internship and applied learning experiences.

AYURVEDIC HEALTH COUNSELOR PROGRAM COURSE LIST WITH HOURS

Course Number	Course Title	In-person Synchronous	Online Synchronous	Asynchronous	Total Program Hours
AY 100	Yoga		22.5	20	42.5
AY 101	Intro to Ayurveda		22	15	37
AY 102	A&P		12	10	22
AY 103	Lifestyle		12	10	22
AY 105	Nutrition		16	10	26
AY 104	Yoga & Ayurveda		8	10	18
AY 107	Herbology		16	10	26
AY 116	Jyotish		8	10	18
AY 106	Ay Psych		12	10	22
AY 113	Women's Health		12	10	22
AY 130	Sanskrit		10	5	15
AY 150	Integration		29		29
AY 159	Clinical Observations		8		8
AY 109	Assessment		22	15	37
AY 112	Ay Therapies		16	10	26
	Sense Therapies		6	10	16
AY 115	PP/Ethics		12	10	22
AY 111	Western Medicine		12	15	37
AY 157	Sanskrit		10	5	15
AY 158	Integration II		24		24
AY 151	Applied Yoga		18	10	18
AY 161	Case Studies		20	20	40

AY 151	Applied A&Y	9			9
AY 152	Applied Nutrition & Herbology	4			4
AY 160	Observations	4			4
AY 155	Diagnostics Lab	7			7
AY 154	Ayurvedic Therapies & Self Care	3			3
AY 158	Integration	10.5			10.5
AY 160	Clinical Internship	27.5	38		65.5
Totals:		In-person synchronous hours: 65	Online synchronous hours: 365.5	Asynchronous hours: 215	Total Program hours: 645.5

AYURVEDIC HEALTH COUNSELOR (AHC) COURSE DESCRIPTIONS

YOGA & MEDITATION

Course No. AY 100. Prerequisites: None

This course introduces the practice of yoga. Students are required to learn and perform yoga postures, breathing practices, and meditation practices. This course is taken concurrently with AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 130, AY 150.

INTRODUCTION TO AYURVEDA COURSE

Course No. AY 101

Description: This course introduces students to the 5,000-year-old tradition of Ayurveda, its aims and objectives, basic principles, concepts of health and disease, methods of examining patients, and treatment methods.

Students gain a solid foundation in the science, history, and philosophy of Ayurveda. They are introduced to the concepts of individual nature and dosha imbalance as the basis for diagnosis of health and disease, as well as the five-element theory.

AYURVEDIC ANATOMY & PHYSIOLOGY

Course No. AY 102

Description: This course examines the disease process in Ayurvedic medicine, including Ayurvedic anatomy and physiology, the cause of disease, the stages of

disease, formation of tissues, and classification of disease. Students learn the process of constitutional analysis.

AYURVEDIC LIFESTYLE MANAGEMENT

Course No. AY 103

Description: This course introduces the student to Ayurvedic recommendations for creating healthy lifestyles, daily and seasonal routines, yogic cleansing practices, and self-care. Students also learn therapies focusing on the five senses.

YOGA & AYURVEDA

Course No. AY 104

Description: This course teaches yoga philosophy and practice and its benefits in health and disease prevention. Students learn the Ayurvedic effects of different styles of yoga practice, yogic cleansing for disease prevention, and meditation and breathing practices to restore healthy balance to mind and body.

AYURVEDIC NUTRITION

Course No. AY 105

Description: This course introduces the principles of Ayurvedic nutrition and digestion. Students will learn the use of diet and nutrition programs in health and disease, individual guidelines for diet, and a balanced diet for the seasons, while exploring the Ayurvedic approach to the energetics of food.

AYURVEDIC PSYCHOLOGY (AYURVEDA & THE MIND)

Course No. AY 106

Description: This course introduces the student to the energetics of consciousness, the Ayurvedic description of the mind, and therapies to support the mind. Fundamental concepts of manas, prakruti and vikruti, the effects of sensory input on the mind, and approaches to managing mental health are explored.

AYURVEDIC HERBOLOGY I

Course No. AY 107

Description: This course continues to study nutrition and introduces the traditional use of herbs in Ayurvedic medicine. Students learn the therapeutic use of food and spices, using food as medicine. The course introduces Ayurvedic foods to balance the doshas and maintain health.

Students will study Ayurvedic herbal philosophy and practices, the Herbal Materia Medica, and the terminology of herbal actions. They begin to understand the use of Ayurvedic herbs to restore physical and psychological balance.

AYURVEDIC ASSESSMENT

Course No. AY 109

Description: Students are introduced to modes of diagnosis including pulse reading, tongue diagnosis, face-analysis, assessing the mental state, and dhatus, malas and srotamsi. Students practice these modes during outside assignments, practicum and clinic.

WESTERN INTERFACE

Course No. AY 111

Description: This course offers the opportunity to explore the interface between Ayurveda and allopathic medicine, helps students understand healthy client practitioner relationships and boundaries, and clarifies scope of practice and the code of ethics for all Ayurvedic Health Counselors.

AYURVEDIC THERAPIES

Course No. AY 112

Description: The theory of Pancha Karma cleansing techniques and Five-Sense Therapy will be introduced. This course explores the Ayurvedic rejuvenation process called Rasayana. Students will learn strategies for Rasayana using herbs, diet, and nutritional support with the goal of slowing or reversing excessive aging, building immune strength, and preventing disease.

This course offers an introductory view of Ayurvedic anatomy of the ear, nose, throat, and neck. This cursory understanding of the head and neck region allows students to study and address common disorders of the head and neck through diet and bodywork recommendations.

WOMEN'S HEALTH, PRE & POST NATAL, PEDIATRICS

Course No. AY 113

This course introduces students to the foundations of women's health including fertility, menstrual cycle, and menopause, offering recommendations to support imbalances. The course also covers Ayurvedic recommendations for supporting healthy conception, prenatal and postnatal care for expectant mothers, and care for young children.

ETHICS AND PROFESSIONAL PRACTICES

Course No. AY 115

This course examines the Mount Madonna Code of Ethics as it applies to Ayurvedic Practitioners. Students are introduced to counseling practices as they pertain to client interactions and goal setting. Students explore the business skills involved in setting up and sustaining a professional practice. Topics include marketing, finance, and legal considerations.

SUBTLE THERAPIES: JYOTISH, HASTA, VASTU

Course No. AY 116

Description: Students are introduced to the subtle sister science of Ayurveda, Jyotish (Vedic astrology). Students learn the fundamental concepts of Jyotish, how it can complement client care, and when clients may be referred to an experienced Jyotish practitioner. Students are introduced to the Vedic practices of Hasta (palmistry) and Vastu (science of structures and their energetics), and how these practices can complement client and personal care.

SANSKRIT

Course No. AY 130

Description: This course introduces the student to the ancient Vedic language of Sanskrit. Students learn to read, write, and chant Sanskrit. This course is taken concurrently with AY 100, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 150.

AYURVEDIC FOUNDATIONAL INTEGRATION I

Course No. AY 150

Description: Students spend time integrating the content of the courses of the weekend while engaging in practical applications of the principles covered. This course is taken concurrently with AY 100, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 130

CLINICAL OBSERVATIONS

Course No. AY 159

Description: Students will have the opportunity to observe experienced Ayurvedic Practitioners in consultations in the classroom. This course runs concurrently with AY 100, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 109, AY 111, AY 112, AY 113, AY 115, AY 130.

APPLIED YOGA AND AYURVEDA

Course No. AY 151

This course applies yoga philosophy and practices through the lens of Ayurveda for disease prevention and to bring healthy balance to mind and body. This course runs concurrently with AY 109, AY 111, AY 112, AY 115, AY 152, AY 154, AY 155, AY 157, AY 158, AY 159, AY 160

APPLIED NUTRITION & HERBOLOGY

Course No. AY 152

This course applies the principles of Ayurvedic nutrition and the therapeutic use of food and herbs to balance the doshas and promote proper digestion to maintain health. Students explore Ayurvedic herbs and spices in preparing dosha-balanced meals and formulations. Seasonally appropriate ingredients will be used for meal preparation. This course takes place during the 7-day practicum.

AYURVEDIC THERAPIES & SELF CARE

Course No. AY 154

Students experience first-hand the practices and effects of sense therapies and Rasayana to support their personal health goals. Students gain knowledge of these practices through personal experience and application to enhance the support of clients. This course takes place during the 7-day practicum.

DIAGNOSTICS LAB

Course No. AY 155

Students build practical experience using modes of diagnosis including pulse reading, tongue diagnosis, face-analysis, assessing mental state, and dhatus, malas

and srotamsi. Students will learn to take vital signs. This course takes place during the 7-day practicum.

SANSKRIT II

Course No. AY 157

Description: Students continue to learn to read, write, and chant Sanskrit. Students practice chanting Sanskrit mantras for the benefit of health and overall wellbeing. This course is taken concurrently with AY 109, AY 111, AY 112, AY 115, AY 151

AYURVEDIC FOUNDATIONAL INTEGRATION II

Course No. AY 158

Description: Students spend time integrating the content of the courses of the weekend while engaging in practical applications of the principles covered. This course is taken concurrently with AY 151, AY 152, AY 153, AY 154, AY 155, AY 156, AY 157, AY 159, AY 160

CLINICAL INTERNSHIP

Course No. AY 160

Description: Students will have the opportunity to observe experienced Ayurvedic Practitioners in consultations in the classroom. Students begin to develop diagnostic skills under the supervision of skilled Ayurvedic Practitioners. In addition, students will work in groups to meet clients through Clinical Internship. This includes an initial intake with follow ups for each client, under supervision. Clinical Internship takes place during the 7-day practicum and runs concurrently with AY 151, AY 152, AY 154, AY 155, AY 157, AY 160.

CASE STUDIES

Course No. AY 161

Description: Students are introduced to Ayurvedic Case Study, the analysis and systematic description of a client to promote a detailed understanding of their circumstances and subsequent treatment plan. This course is taken concurrently with AY 151, AY 152, AY 153, AY 154, AY 155, AY 156, AY 157, AY 159.

AYURVEDIC PRACTITIONER PROGRAM (AP)

Recognized by the National Association of Ayurvedic Medicine (NAMA)

Total Program Hours: 904

- Synchronous hours: 725
 - In person: 134
 - Online: 225
 - Hybrid (optional to attend in-person or online): 366
- Asynchronous Hours: 179
- Plus an additional 15 hours of homework per week.

Program Length: 19 months

Prerequisites:

- High school graduation or equivalent required.**
- Successful completion of the Ayurvedic Health Counselor (AHC) program required. If the student completed their AHC elsewhere, they must successfully pass the National NAMACB AHC Exam or the MMI AHC final exam
- 6 College Credits of Anatomy and Physiology

Recommended:

- NAMA AHC Professional Membership
- Attend one Open House

Completion:

- Cumulative Final Exam: Yes
- Graduation Document: Certificate

Students enjoy a rich and stimulating educational environment while receiving in-depth academic instruction in disease management, herbal medicine, mother and child care, geriatric health, rejuvenative therapies, subtle healing modalities and counseling skills and research literacy. Yoga and Sanskrit study are integral components of the curriculum.

The program design allows the student to enjoy Mount Madonna's 380 acre mountaintop campus. However, a student may decide to attend up to eleven monthly modules remotely.

Purpose / Objective:

The Ayurvedic Practitioner is a professional trained to focus on disease management through traditional Ayurvedic medical science principles and practices with additional training in pathology diagnosis and treatment beyond that

of the Ayurvedic Health Counselor. The practitioner also practices preventive healthcare and health promotion, using diet and lifestyle recommendations.

The Ayurvedic Practitioner supports the health of their clients by integrating body/mind assessment, philosophy, Ayurvedic anatomy and physiology, pathophysiology, nutrition, herbal medicine, lifestyle counseling and yoga practices. Students study the Ayurvedic classical texts and contemporary health-science research protocols.

Successful graduates of the Ayurveda Practitioner Program may practice independently as Ayurvedic Practitioners under the California Health Freedom Act or join the staff of medical clinics or hospitals offering complementary modalities.

The Ayurveda Practitioner program includes supervised internships and clinical observations. A minimum of 150 clinical hours, over and above the 75 hours required at the AHC level.

Upon successful completion of the AP program, students are qualified to write the national exam of the National Ayurvedic Medical Association Certification Board (NAMACB) and with success, become a professional member of NAMA at the Ayurvedic Practitioner level. See ayurvedanama.org for details.

Attendance Requirements:

- All sessions must be punctually attended. An attendance record of at least 90% is required. The attendance policy applies to all synchronous learning, both in-seat and online. Students must be on camera for the synchronous sessions in order to receive attendance credit. If any session is missed, the student must make-up the session and complete the work. Recorded material is available for missed sessions in most courses. Students must fulfill all assignments in all courses, despite any absences.

Graduation Requirements:

- Students must complete a minimum of 75 hours of client encounters.
- All coursework must be completed by the end of each trimester. If coursework is not completed by the end of the trimester the student will not receive credit for the assignment.
- Students must maintain an average of C (2.0) in all courses where grades are awarded. If the student does not maintain a C average, they may retake the course/s to improve their grade and graduate. Courses must be retaken with the next year's program.
- *Final Exam*: Passing with a minimum average of C (70%).
- *Tuition and Fees*: 100% Paid

Additional Fees:

- Students who miss scheduled Internship consultations will be charged \$70.00 per hour to cover independent study for completion of those client encounters via independent practice.
- Additional fees may be charged to make-up missed or failed courses. The make-up fee is \$50.00 per hour paid in advance.

Mount Madonna Institute does not provide placement services for program graduates.

Monthly course format and hours:

GENERAL MONTHLY CONTENT	HOURS
Thursday – Sunday (one x per month) Includes 2 courses + yoga + integration	33.5
Wednesday night classes 6-9 pm (3 x per week online)	9
Friday morning Sanskrit 9-11 am (2 x per month online)	4
Asynchronous Work	15
Homework (15 hours per week)	60
TOTAL HOURS PER MONTH = 121.5	

Classes meet in person one 3.5-day weekend per month, starting Thursday afternoons at 2:00 pm and ending Sundays at 5:00 pm. Additionally, there are three required live-streaming webinars per month plus two online Sanskrit classes. Students average 10 hours per week in homework.

Course Format and Hours:

- Over 900 hours of academic excellence and clinical practicum delivered in 19 months
- 15 modules offered hybrid (4 required in-person & 11 optional to attend online or in-person)
- Each module is offered 1 time per month, Thursday 2 pm– Sunday 5 pm
- Three Wednesday nights per month, 6:00 – 9:00 pm PT, online
- Two Friday mornings per month, 9:00 – 11:00 am PT, online

Ayurvedic Practitioner Program Course List with Hours

Course Number	Course Title	Synchronous Hours	Asynchronous Hours	Total Hours
AYP 300	Yoga for Health and Disease Management	20.00	6.00	26.00
AYP 301	Sanskrit	16.00	3.00	19.00
AYP 302	Ayurveda Integration	30.00	6.00	36.00
AYP 303	Sthula Sharira - Ayurvedic Anatomy & Physiology	15.00	6.00	21.00
AYP 304	Rogi-Roga Pariksha - Diagnostic Methods	15.00	6.00	21.00
AYP 305	Vikṛti Vijñāna 1 - Pathophysiology 1	15.00	6.00	21.00
AYP 306	Manovaha Srotasa - Ayurvedic Psychology	15.00	6.00	21.00
AYP 307	Brhatrayi & Laghutrayi - Classical Texts, History & Philosophy 1	30.00	6.00	36.00
AYP 310a	Clinical Practicum 1a	24.00		24.00
AYP 400	Yoga for Health and Disease Management	20.00	6.00	26.00
AYP 401	Sanskrit	16.00		16.00
AYP 402	Ayurveda Integration	30.00	6.00	36.00
AYP 310b	Clinical Practicum 1b	20.00		20.00
AYP 403	Dravyaguna Vijñana - Herbology 2	15.00	6.00	21.00
AYP 404	Allopathy, Functional Medicine and Collaboration 1	15.00	6.00	21.00
AYP 405	Srotamsi 1: Mahavaha, Pranavaha, Rasavaha & Jwara	30.00	6.00	36.00
AYP 406	Srotamsi 2: Raktavaha (kustha), Shukravaha, Mutravaha & Shalakya Tantra	30.00	6.00	36.00
AYP 407	Brhatrayi & Laghutrayi - Classical Texts, History & Philosophy 2	15.00	6.00	21.00
AYP 410a	Clinical Practicum 2a	24.00		24.00
AYP 500	Yoga for Health and Disease Management	20.00	6.00	26.00
AYP 501	Sanskrit	16.00		16.00
AYP 502	Ayurveda Integration	30.00	6.00	36.00
AYP 410b	Clinical Practicum 2b	20.00		20.00
AYP 503	Allopathy, Functional Medicine and	15.00	6.00	21.00

	Collaboration 2			
AYP 504	Introduction to Scientific Research	15.00	6.00	21.00
AYP 505	Srotamsi 3: Majjia, Mamsa, Meda & Ashti Vaha	30.00	6.00	36.00
AYP 506	Srotamsi 4: Aartavavaha Srotasa - Stree Roga Prasuti & Kaumarabhritaya	30.00	6.00	36.00
AYP 510a	Clinical Practicum 3a	24.00		24.00
AYP 600	Yoga for Health and Disease Management	20.00	6.00	26.00
AYP 602	Ayurveda Integration	30.00	6.00	36.00
AYP 510b	Clinical Practicum 3b	20.00		20.00
AYP 603	Dravyaguna Vijñana - Herbology 3	15.00	6.00	21.00
AYP 604	Pancha Karma & Indriya Chikitsa - Ayurvedic Therapies & Sense Therapies	15.00	6.00	21.00
AYP 605	Jara & Rasayana - Aging & Rejuvenating Therapies	15.00	6.00	21.00
AYP 607	Clinical Case Study Presentations & Closing	15.00	26.00	41.00
Total Hours		725.00	179	904

AYURVEDIC PRACTITIONER (AP) COURSE DESCRIPTIONS

YOGA FOR HEALTH AND DISEASE MANAGEMENT

Course No. AYP 300, AYP 400, AYP 500, AYP 600

This course deepens the practice of yoga. Students perform yoga postures, breathing practices and meditation. Students explore the science of yoga within the context of the Shad Darshana. Using the Ashtanga Yoga, Hatha Yoga and Raja Yoga systems, the course investigates and applies the appropriate limb and practice of yoga to disease management. This course is studied throughout the 5 trimesters of the program.

MANOVAHA SROTASA - AYURVEDIC PSYCHOLOGY

Course No. AYP 306

This course investigates the knowledge of the Mind, its functions, causative factors for pathological change, stages of pathology and various diseases presenting with psychological and physical symptoms. It assesses various psychological disorders from an Ayurvedic perspective. Students explore the predominance of the three gunas (Sattwa, Rajas, Tamas) in specific conditions and learn which Ayurvedic therapies (diet, lifestyle, and herbal) can be recommended. Spiritual and subtle therapies of the sister sciences are considered as well.

BRHATTRAYI & LAGHUTRAYI - CLASSICAL TEXTS, HISTORY & PHILOSOPHY 1

Course No. AYP 307

This course more deeply examines the basic principles of Ayurvedic medicine and the eight branches of medicine through the classical texts. Students investigate the historical significance and philosophical foundations of Ayurvedic medicine, as they explore and expand their knowledge and use of these ancient texts in a modern clinical practice. The course focuses specifically on Ashtanga Hridayam and Charaka Samhita, however all major and minor texts will be included.

SANSKRIT

Course No. AYP301, AYP401, AYP501

This course continues the study of Sanskrit, the language of Ayurveda. Students learn to read, write, and chant Sanskrit slokas relating to health, wellness and each disease system studied. This course is studied throughout the 5 trimesters of the program.

AYURVEDIC FOUNDATIONAL INTEGRATION

Course No. AYP 302, AYP 402, AYP 502, AYP 602

This course provides the basic framework for integrating the Ayurvedic concepts of health, wellness, disease prevention and disease management as presented throughout the program. Students review the principles of each system presented and contextualize it with the methods of treatments being offered. Students integrate reading of classical texts with modern terminology and traditional approaches. Students create self-study (svadhyaya) goals and frame the discussion of becoming a practitioner through the Ayurvedic concept of self-healing. They explore a variety of counseling modalities appropriate to an Ayurvedic clinical practice. Students continue to explore ethical and legal issues in Ayurveda and are introduced to business management practices. This course is studied throughout the 5 trimesters of the program.

DRAVYAGUNA VIJÑANA - HERBOLOGY 2

Course No. APM 403

This course delves deeper into the Ayurvedic principles of herbology, focusing on the functions, indications, and contraindications of various medicinal herbs. It covers the use of single herbs, classical compounded formulas, and different methods of combining herbs to restore physical and mental equilibrium and manage various imbalances.

ALLOPATHY 1

Course No. AYP 404

This course includes medical research, terminology and common drug, herb, vitamin interactions. Diagnostic tools in allopathic medicine and medical approaches for cardiovascular, women's health, infectious disease and mental health including lab analysis, imaging, pharmaceuticals, and surgery. The course will also examine the relationship between Ayurveda and allopathy, exploring ways to work collaboratively.

SROTAMSI 1: MAHAHAHA, PRANAHAHA, RASAVAHA & JWARA

Course No. AYP 405

This course explores in detail the major systems via srotamsi (channels) as explained in the classical texts of Ayurvedic Medicine including various disorders, assessment, and treatment. Students learn the causes, signs and symptoms, and pathogenesis of the disorders, as well as treatments through diet, lifestyle, herbal formulas and other therapies. The srotamsi explored are: Mahavaha (GI tract) Pranavaha (respiratory), Rasavaha (cardiovascular) and Jwara (infectious disease).

SROTAMSI 2: RAKTAVAHA (KUSTHA), SHUKRAHAHA, MUTRAHAHA & SHALAKYA TANTRA

Course No. AYP 406

This course explores in detail the major systems via srotamsi (channels) as explained in the classical texts of Ayurvedic Medicine including various disorders, assessment and treatment. Students learn the causes, signs and symptoms, and pathogenesis of the disorders, as well as treatments through diet, lifestyle, herbal formulas, and other therapies. The srotamsi explored are: Raktavaha (blood disorders & skin), Shukravaha (men's health), Mutravaha (genito-urinary) and Shalakya Tantra (ENT/ head/ neck).

BRHATTRAYI & LAGHUTRAYI - CLASSICAL TEXTS, HISTORY & PHILOSOPHY 2

Course No. AYP 407

This advanced course offers an in-depth exploration of the classical texts of Ayurveda, focusing primarily on Charaka Samhita and Ashtanga Hridaya and their application in modern clinical practice. Students will examine detailed teachings on diagnosis, treatment, and healthcare and gain a profound understanding of the classical Ayurvedic texts and the ability to integrate the information into their clinical practice.

ALLOPATHY 2

Course No. AYP 503

This course includes current research and medical approaches for infectious disease, neurology, ENT, endocrine, and gastrointestinal diseases. Commonly used diagnostic tools in allopathic medicine including imaging, surgery, chemotherapy, anesthesia, and radiation. This course will also examine the relationship between Ayurveda and allopathy, exploring ways to work collaboratively.

INTRODUCTION TO SCIENTIFIC RESEARCH

Course No. AYP 504

This course provides the students a basic understanding of scientific research processes and an introduction to steps involved in scientific research models, methods, and analysis. Students will learn how to critically understand and evaluate scientific research presentations and literature and begin to critique scientific methodology.

SROTAMSI 3: MAJJIA, MAMSA, MEDA & ASHTI VAHA

Course No. AYP 505

This course explores in detail the major systems via srotamsi (channels) as explained in the classical texts of Ayurvedic Medicine including the disorders, assessment, and treatment. Students learn the causes, signs and symptoms, and pathogenesis, as well as diet, lifestyle, herbal formulas, and other therapies. Srotamsi explored are: Majjavaha/Mamsavaha (neuromuscular system), Medavaha (metabolic disorders) and Astivaha (bone).

SROTAMSI 4: AARTAVAVAHA SROTASA - STREE ROGA PRASUTI & KAUMARABHRITYA

Course No. AYP 506

This course explores in detail women's health in Ayurvedic Medicine including the Ayurvedic approach to promoting fertility, a healthy pregnancy, and the imbalances of menopause. Students learn the causes, signs and symptoms, and pathogenesis of the disorders, as well as diet, lifestyle, herbal formulas, and other therapies. Assessment and appropriate intervention for children is examined per different age groups from infants to adolescence. Diet and lifestyle to promote health as well as herbs suitable for children are presented. Students explore: Aartavavaha (women's health), Stree Roga Prasuti (pre & postnatal) and Kaumarabhritya (pediatrics).

CLINICAL PRACTICUM

Course No. AYP 310, AYP 410, AYP 510

This course immerses students in advanced consultation practices and protocols, allowing them to further refine their skills as Ayurvedic Practitioners. Under the guidance of experienced Ayurvedic Doctors, students engage in consultations and

participate in clinical discussions. They are required to prepare case papers for each client, with the course spanning 5 trimesters and covering over 75 client encounter hours.

DRAVYAGUNA VIJÑANA - HERBOLOGY 3

Course No. AYP 603

This course explores in detail the Ayurvedic principles of Herbology, functions, indications and contraindications of various medicinal herbs recommended in the classical texts. Along with single herbs and herbal formulations, students will study ghritams, asavas, aristhas and avaleham. This course covers management of various imbalances through the use of herbs. Students will learn how to create individual formulas, and recommend herbal interventions based on Ayurvedic principles.

PANCHA KARMA- AYURVEDIC THERAPIES

Course No. AYP 604

This course offers a hands-on, experiential introduction to various Ayurvedic bodywork techniques, including abhyanga, shirodhara, basti, marma point therapy, snehana, udvartana, pizhichil, pichu, and swedana. Students will learn and practice these techniques in the classroom. As this is a survey course providing an overview rather than in-depth training, students will primarily use this knowledge to refer clients to qualified practitioners for these specialized therapies.

JARA & RASAYANA - AGING & REJUVENATION

Course No. AYP 605

Students will explore health issues that are especially relevant to the aging population, such as gastrointestinal health, mental health, heart disease, respiratory disorders, musculoskeletal imbalances, and eye conditions. The course delves deeply into the Ayurvedic concept of rasayana, or rejuvenation. Students will learn about dietary practices, herbal formulations, external therapies, and daily routines designed to rejuvenate, nourish, and strengthen the immune system, while also enhancing overall vitality and resilience.

CLINICAL CASE STUDY PRESENTATIONS & FINAL

Course No. AYP 607

Prerequisite: 300-605

This seminar offers a platform for students to present their cases and engage in in-depth discussions on case management with a faculty member. Students are required to write and deliver at least two case studies through visual presentations, which will be enriched by peer review and class discussion.

THE SCHOOL OF YOGA

The School of Yoga at Mount Madonna Institute offers signature Yoga Teacher Training (YTT) Certificates: Foundational Yoga Studies (YTT 200 Hours), Advanced Yoga Studies (YTT 300 Hours), Prenatal Specialty (PYT) (85 Hours), Teaching Children's Yoga for Parents and Educators (CYT 95 Hours) as well as a Certificate in Ayurvedic Yoga Therapy (AYT) (1084 Hours).

MMI's YTT programs are approved by Yoga Alliance, the national yoga registry. These programs include a broad range of yoga theory, philosophy, and *hatha* yoga practices, with particular emphasis on the traditional Eight-limbed (*ashtanga*) Yoga system as described in Patanjali's *Yoga Sutras*. In addition, the programs draw from other classical yogic texts including the *Vedas*, *Upanishads*, *Bhagavad Gita*, *Gheranda Samhita*, *Hatha Yoga Pradipika*, and the published and unpublished writings of Master Yogi Baba Hari Dass, who is the inspiration for the school.

The AYT program is accredited with the International Association of Yoga Therapists (IAYT) and recognized by the National Ayurvedic Medical Association (NAMA).

At MMI, students have the opportunity to study with instructors who are deeply committed to the practice of yogic principles on a daily basis. Many instructors live in the residential community. Senior faculty members have been practicing, studying, and teaching yoga at Mount Madonna for over 40 years.

ASHTANGA YOGA TEACHER TRAINING – 200 HOUR LEVEL

Total Program Hours: 200

- Cumulative Final Exam: No
- Graduation Document: Certificate Grading: Pass or Fail
- Pass: Successful completion of the course
- Fail: Unsuccessful completion of the course
- 90% attendance
- Program Length: Modular – 6 months, Intensive – 1 month

Purpose / Objective:

The School of Yoga teaches a comprehensive system of yoga that has endured for over 5000 years. Through the teachings of Baba Hari Dass, the study of *ashtanga* (eight-limbed) yoga and the practices of *hatha* yoga have been preserved as expounded by the sages of old, with all their vital relevance to contemporary daily

life. This program is for those who are or wish to be yoga teachers, as well as for any conscientious student who wishes to expand and deepen their knowledge, experience, and practice of yoga. The course includes in-depth instruction in the theory and methods of *shat karma* (bodily purifications), *pranayama* (breathing practices), *mudra* (positions to seal and direct energy), *asana* (postures), *dharana* (concentration) and *dhyana* (meditation).

Topics include *Yoga Sutras*, Ayurveda, Anatomy and Physiology, Neuroscience, Subtle (energy) Body Theory and Yoga Philosophy. The program includes a substantial student teaching practicum. This training is designed to present the teachings and methods that form the foundation both for one's personal practice and as essentials for teaching yoga. This program is registered with Yoga Alliance and qualifies anyone who completes it to become a Registered Yoga Teacher at the 200-hour (RYT 200) level with Yoga Alliance should they so choose.

Admissions Requirements

Prerequisite: High school graduation or equivalent

Graduation Requirements Attendance:

- All sessions must be punctually attended. An attendance record of at least 90% in the program is required in all schools.
- Students must fulfill all assignments in all courses, despite any absences. Additional fees may be charged to make-up the missed course. The make-up fee is \$50.00 per hour paid in advance.

Academic Requirements:

- Students in the YTT 200 program must maintain a passing grade in all courses where grades are awarded.
- Students must achieve successful completion of all courses, outside assignments, and required program hours for each course. All work must be completed before a grade will be awarded for any course.
- All coursework must be completed by the end of each trimester

Tuition and Fees: 100% Paid

Mount Madonna Institute does not provide a Placement Service for graduates of its programs.

Course Outline/Description:

Educational Categories	Hours
Yoga Humanities (YH)	30.00
Techniques, Training and Practice (TTP)	90.00
Anatomy & Physiology (AP)	30.00
Professional Essentials (PE)	50.00
Total:	200.00

YTT 200 Modular: This program is delivered over 6 months in an online format. It consists of six 3-day online modules, 6 pre-module 2-hour classes, five 2-hour mid-month check-ins, and 31 hours of asynchronous learning (modular only).

Online modules are held starting Thursdays from 6-8pm, continue from 6:30am-5:00pm on Fridays and Saturdays, and 6:30-5:30pm on Sundays. Each module includes lecture, guided practice, experiential practicum, and integration.

YTT 200 Intensive: This program is delivered over 28 days in an immersive in-person format. The entire program takes place at Mount Madonna Center and classes continue from 5:30am-8:00pm Mondays-Saturdays, and 5:30am-8:30am on Sundays with the rest of the day free.

Meals & Lodging must be reserved ahead of time and require an additional cost. Daily classes include instructor lecture, guided practice, experiential practicum, and facilitated integration.

ASHTANGA YOGA TEACHER TRAINING – 200 HR LEVEL COURSE DESCRIPTIONS

Introduction to Our Program

Yoga Humanities (YH) Hours: 1.5

Description: An introduction to Mount Madonna Institute's 200hr Yoga Teacher Training including an overview of the program and the resources available to students throughout.

Learning Objectives: Students will understand the structure and requirements of the program and become familiar with the numerous resources available to them.

Introduction to Ashtanga Yoga

Yoga Humanities (YH) Hours: 1.5

Description: Lecture of the eight limbs of *Ashtanga* yoga, discussing each limb and its importance to a yogic lifestyle. Learning Objectives: Students will learn the eight limbs of *Ashtanga* Yoga, how to practice them in daily life, and their relevance to the ultimate aim of yoga.

Tattwas: Introduction to Samkhya

Yoga Humanities (YH) Hours: 1.5

Description: An overview of the *Shad Darshans* (six philosophical systems) with an introduction to the *tattvas* of Samkhya philosophy.

Learning Objectives: Students will become familiar with this philosophical system and begin to understand how its principles inform Yoga and Ayurveda practices and theory. Students will learn what the *tattvas* are, how they evolve, and how they can be used to explain the relationship between consciousness and matter.

Introduction Patanjali's Yoga Sutras

Yoga Humanities (YH) Hours: 1.5

Description: An introduction to Book I, Sutras 1-4 of Patanjali's Yoga Sutras, setting the foundation for the study of Classical Ashtanga Yoga. Students will chant and discuss each *sutra*.

Learning Objectives: Students will become familiar with the key concepts of classical yoga and understand the relevance of its philosophy and the practices.

Yoga Sutras II: *Samskara & Klesha*

Yoga Humanities (YH) Hours: 1.5

Description: This course introduces students to the cycle of mental patterns (*samskara*) and the obstacles to Yoga practice (*klesha*).

Learning Objectives: Students will understand that the obstacles to practice are universal and part of the human condition. Increased patience and compassion will develop as a result of this understanding in their own practice and in sharing this knowledge with others.

Yoga Sutras III: *Kriya* Yoga Yoga Humanities (YH) Hours: 1.5

Description: An introduction to the methods of *Kriya* yoga, as explained in Patanjali's Yoga Sutras, and exploration of how these methods can be applied in daily life.

Learning Objectives:

Students will become aware of and be able to define the methods of *Kriya* yoga, *karma*, latent impressions (*samskara*), and obstacles (*pancha klesha*).

Yoga Sutras IV: The Internal Limbs

Yoga Humanities (YH)

Hours: 1.5

Description: A look at the internal limbs of Patanjali's *Ashtanga* yoga system: *dharana*, *dhyana*, and *samadhi*.

Learning Objectives: Students will gain a deeper understanding of concentration, meditation, and liberation as described in Patanjali's Yoga Sutras.

Ayurveda I - Introduction Yoga Humanities (YH) Hours: 1.5

Description: An introduction to the 5,000-year-old tradition of Ayurveda, its aims and objectives, basic principles, and concepts of health and wellness, including the concepts of *panchamahabhuta* (the five great elements) and *tridosha* (individual constitution).

Learning Objectives: Students will gain a contextual understanding of Ayurveda and its relevance to yoga practice. They will be able to identify and define the five elements and three *doshas*, as well as describe their qualities.

Ethics I: MMI's Code of Ethics

Yoga Humanities (YH) Hours: 1.5

Description: An introduction, review, and in-depth discussion of Mount Madonna Institute's Code of Ethics for Yoga Teachers.

Learning Objectives: Students will understand the importance of MMI's Code of Ethics and gain enough familiarity with it to agree to begin practicing in accordance with it.

Ethics II: *Yama & Niyama* Yoga Humanities (YH) Hours: 1.5

Description: A deeper exploration of the first two limbs of Ashtanga Yoga. A lecture and discussion of how these observances and restraints can be practiced in daily life.

Learning Objectives: Students will be able to define and identify the five *yama* (observances) and five *niyama* (restraints) and explain how they are foundational in yoga and can be incorporated into daily life.

Mantra & Sacred Sound Yoga Humanities (YH) Hours: 1.5

Description: Students will learn the practical and philosophical value of Sanskrit mantras and how they are used in yoga. Learning Objectives: Students will have a better understanding of Sanskrit and the role of sacred sound in yoga practice. They will have the opportunity to experience this knowledge in chanting Vedic prayers and *mantras*.

History of Yoga

Yoga Humanities (YH) Hours: 1.5

Description: An overview of the origins, history, and evolution of the system of Yoga.

Learning Objectives: Students will learn about the Shad Darshan, yogic scriptures, various yogic systems, and how yoga has evolved into what we know it as today.

Values in Yogic Thought Yoga Humanities (YH) Hours: 1.5

Description: Small group work on the practical application of Yoga to life.

Learning Objectives: Students become aware of Yoga as a lifestyle discipline and daily practice.

Temple & Ritual Yoga Humanities (YH) Hours: 1.5

Description: This class utilizes the *Sankat Mochan* Hanuman Temple as a laboratory to experience the vitality of the symbolism of yoga in *yantra* and ritual.

Learning Objectives: Students will understand the role of symbolism in yoga practice and learn some methods of accessing the depth of yogic wisdom through traditional Vedic rituals.

Integration and Review Yoga Humanities (YH) Hours: 9

Description: Numerous opportunities to review and integrate course materials during which students can ask questions on the topic of yogic philosophy and practices.

Learning Objectives: Students will solidify their understanding of yogic philosophy and practices through discussion with peers and faculty.

Intro to *Asana*

Techniques, Training and Practice (TTP) Hours:1.5

Description: Introduction and overview of *asana* as part of the *Ashtanga* and *Hatha* Yoga systems.

Learning Objectives: Students will be able to place *asana* in a classical context and learn how *asana* affects body, breath, and mind. Students will also differentiate between personal practice and the teaching of *asana*.

Hand *Mudras*

Techniques, Training and Practice (TTP) Hours:1.5

Description: Students will learn a series of hand *mudras* to use before and after meditation as a form of *pratyahara*, withdrawing the mind from the senses.

Learning Objectives: Students will be able to incorporate hand *mudras* in their personal practice as a preparation for meditation and prepare to be able to teach them to others if they choose.

Sanskrit Pronunciation

Techniques, Training and Practice (TTP) Hours:1.5

Description: Students will learn the basics in Sanskrit and practice chanting some traditional Vedic prayers. Learning Objectives: Students will learn key concepts to help them properly pronounce Sanskrit words. They will begin to understand the importance of Sanskrit to the practices they are learning and will teach, and as an aid to learning the Sanskrit names of various practices.

Failure to Meditate

Techniques, Training and Practice (TTP) Hours:1.5

Description: This class delves into the obstacles to daily practice as described in the Yoga Sutras of Patanjali.

Learning Objectives: Students will understand what the obstacles to practice are and have an opportunity to consider what obstacles they face in their own personal practice.

Shat Karma

Techniques, Training and Practice (TTP) Hours: 12.5

Description: An introduction and overview of ancient cleansing practices with demonstration, instruction, practice of several of the methods described in the Hatha Yoga texts.

Learning Objectives: Students will learn about and be able to practice a number of the cleansing techniques as they wish. The students can choose to incorporate any that fit for them into their personal practice.

Sadhana (Pranayama & Meditation) Techniques, Training and Practice (TTP) Hours: 28

Description: During daily classes, the student will learn beginning *sadhana* practices and have an opportunity to teach the techniques in a small group setting.

Learning Objectives: Students will be able to teach beginning practices to a beginning yoga class; they are encouraged to incorporate the practices into a daily *sadhana*.

Asana Practice

Techniques, Training and Practice (TTP) Hours: 21

Description: Morning *asana* classes that model the arch progression, focusing on the core poses. Students are exposed to a variety of teaching styles as well as different approaches to *asana* (gentle, therapeutic, strong, and vigorous, etc.).

Learning Objectives: Students experience a well- balanced *asana* class, preparing them to create their own classes. Students have a physical release during the day from so much sitting.

Core Asana Training

Techniques, Training and Practice (TTP) Hours: 15

Description: A mix of theory and experiential teachings explaining the 9 groups of postures, the arch progression theory and 30 core poses.

Learning Objectives: Students will learn 30 core postures, understand their benefits and contraindications, and be able to identify common misalignments and appropriate modifications.

Prenatal Theory & Practice Techniques, Training and Practice (TTP) Hours: 3

Description: A general introduction of Prenatal Theory in Yoga practice with an overview of some of the changes women go through during pregnancy.

Learning Objectives: Students will understand the general guidelines for adapting yoga practices during pregnancy, including which practices to avoid and which practices are beneficial.

Restorative Yoga Theory

Techniques, Training and Practice (TTP) Hours: 1.5

Description: Based on the science of rejuvenative practices, students will learn how to teach basic poses that open the body and calm the mind.

Learning Objectives: Students will be able to create a restorative class that accommodates all levels.

Kid's Yoga

Techniques, Training and Practice (TTP) Hours: 3

Description: This class provides techniques and tools for teaching yoga to kids of all ages, through both theory and experience.

Learning Objectives: Students will learn ways to teach yoga to children, including incorporating fun *asana* games, visualizations, song/sound, and awareness of breath, they will then have some knowledge of how to design a class for children if they choose.

The Anatomy of the Breath Anatomy & Physiology (AP) Hours: 1.5

Description: This class looks at the basics of *pranayama*

from an anatomical and physiological standpoint. Learning Objectives: Students learn how the body/brain reacts in *pranayama* practices.

Language of Anatomy and Types of Movement

Anatomy & Physiology (AP) Hours: 1.5

Description: An introduction to the language of anatomy, the planes of movement and types of movement.

Learning Objectives: Students will be able to define the main planes and types of movement using the language of anatomy and begin to understand how these can be applied to individual asanas.

Anatomy of the Subtle Body Anatomy & Physiology (AP) Hours: 1.5

Description: An introduction to the energetic principles according to the Hatha and Tantra systems.

Learning Objectives: To familiarize students with subtle body anatomy: *shariras*, *chakras*, *vayus*, *koshas*, *kundalini* and *nadis*.

Anatomy I

Anatomy & Physiology (AP) Hours: 1.5

Description: This course is an introduction to human anatomy that provides students with a basic understanding of anatomical structure.

Learning Objectives: Students will identify the value of understanding anatomy and the main anatomical systems of the human body.

Anatomy II

Anatomy & Physiology (AP) Hours: 1.5

Description: A closer look at the locomotive system (bones, muscles and joints), the 14 segments of movement, and the main muscles that move the bones.

Learning Objectives: Students will be able to describe how the locomotive system functions and begin to identify major muscles and muscle groups involved in asanas.

Anatomy III

Anatomy & Physiology (AP) Hours: 1.5

Description: Practical application of previously studied concepts as well as an introduction to the concepts of skeletability, flexibility and maintaining overall health of the internal organs through asana.

Learning Objectives: Students will learn to apply alignment principles to specific yoga postures and explain how variations in bone shape and flexibility result in differences between students within asanas.

Ayurveda II – Anatomy & Physiology of Digestion

Anatomy & Physiology (AP) Hours: 1.5

Description: This course explores Ayurvedic anatomy and physiology and introduces the concepts of the seven *dhatu*s (tissues), the three *malas* (waste products), *ojas*, *agni*, and *ama*. It explains the essential role of digestion in Ayurveda, the concept of the six tastes, and how they affect the doshas. Students will understand the various levels of digestion (physical, mental, emotional).

Learning Objectives: Students will be able to identify and define the following concepts: *dhatu*s, *malas*, *ojas*, *agni*, and *ama*.

Ayurveda III – The Physiology of Disease

Yoga Humanities (YH) Hours: 1.5

Description: This course continues the exploration of Ayurvedic anatomy and physiology of the formation of tissues, and the concept of disease. It includes a review of the three *malas* (waste products) and the levels of digestion (physical, mental, emotional) as well as how diseases occur in the individual.

Learning Objectives: Students will learn the Ayurvedic perspective on the process of disease, how the *gunas* and *doshas* can be used to understand the maintenance of health and the process of healing through diet, lifestyle and yogic practice.

Ayurvedic Anatomy & Physiology of Asana

Anatomy & Physiology (AP)

Hours: 3

Description: Students will learn how to incorporate Ayurvedic principles into an asana practice and the effects on asana on the functions of the body. Students will learn the principles that can be incorporated into the teaching of asana.

Learning Objectives: Students will be able to create an *asana* practice that tailors to the season, time of day, and individual constitution.

Anatomy & Physiology of *Shat Karma*

Anatomy & Physiology (AP) Hours: 1.5

Description: An explanation of the anatomy and physiology of the *shat karma* we teach.

Learning Objectives: Students will understand the effects of *shat karma* practices on the subtle and gross level body.

Anatomy & Physiology of Core *Asanas*

Anatomy & Physiology (AP) Hours: 12

Description: An anatomical and physiological perspective on 32 core *asana* poses

Learning Objectives: Students will understand how the nine groups of postures, the arch progression theory, the 32 core poses relate to anatomy and physiology.

Introduction to Neuroscience Anatomy & Physiology (AP) Hours: 1.5

Description: This class explores the effects of yoga practice on brain function via modern neuroanatomy.

Learning Objectives: Students will learn many of the neurobiological benefits that can result from practicing yogic techniques.

Teaching & Learning Professional Essentials (PE) Hours: 1.5

Description: An introduction to the different styles of learning and how a teacher can adapt his or her methods accordingly.

Learning Objectives: Students will learn to identify basic learning styles so that they can design their classes to reach students effectively e.g., in an *asana* class, learning how verbal cues, visual demonstration, and gentle touch with permission can be effective methods.

Teaching Yoga *Sadhana* Professional Essentials (PE) Hours: 1.5

Description: Explanation of the process, planning, and teaching methodology involved in leading *pranayama* and meditation practices.

Learning Objectives: Students will understand the process of designing and teaching a yoga class that includes *pranayama* and meditation.

Teaching Meditation Professional Essentials (PE) Hours: 1.5

Description: A presentation, discussion, and experiential practice in the teaching methodology of leading effective meditations.

Learning Objectives: Students will learn to identify and implement tools to lead effective meditations for beginning level practitioners.

Next Steps: Professional Development and Ethics

Professional Essentials (PE) Hours: 1.5

Description: This class addresses the practical and ethical considerations pertaining to the transition from student to teacher out in the world.

Learning Objectives: Students will be able to make an informed decision regarding their next steps after graduation including the credentialing process, professional organizations, continuing education, and the relevant legal and ethical issues of teaching yoga as a career.

Core *Asana* Teaching Methodology

Professional Essentials (PE) Hours: 6

Description: A detailed exploration and practice of the teaching methodology required to instruct students through 30 core poses.

Learning Objectives: Students will learn effective teaching methodology and cueing to correct common misalignments and provide appropriate modifications for 30 core poses.

Asana Sequencing Methodology Professional Essentials (PE) Hours: 6.5

Description: A series of classes focused on sequencing, pace, environment, cuing, and class management designed to prepare students to teach a well-rounded Beginning Level *asana* class.

Learning Objectives: Students will learn how to structure and sequence a class, how to teach to different kinds of learners, and how to cue for modifications and corrections.

Asana Student Teaching Professional Essentials (PE) Hours: 18

Description: Students teach each other a 90-minute *asana* class over three separate occasions, divided into Opening, Apex, and Closing sections and engage in feedback and discussion about the classes taught.

Learning Objectives: Students will gain experience in teaching an effective beginning level *asana* class to different kinds of students and refine their skills through reflection, observation, and discussion.

Sadhana Student Teaching

Professional Essentials (PE) Hours: 12

Description: Students teach each other 1-hour *pranayama* and meditation classes and 30-minutes of *pranayama* workshop over two separate occasions and engage in feedback and discussion about each class.

Learning Objectives: Students will gain experience in teaching an effective beginning level *pranayama* and meditation class to different kinds of students and refine their skills through reflection, observation, and discussion.

ASHTANGA YOGA TEACHER TRAINING

– 300 HOUR LEVEL

(Advanced Yoga Studies)

Total Program Hours: 300 Cumulative

- Final Exam: No
- Graduation Document: Certificate
- Grading: Pass or Fail
- Pass: Successful completion of the course
- Fail: Unsuccessful completion of the course
- 90% attendance
- Program Length: 8 Months

Purpose / Objective:

Mount Madonna Institute teaches a comprehensive system of yoga that has endured for over 5000 years. Through the teachings of Baba Hari Dass, the ancient practices of *ashtanga* (eight-limbed) and *hatha* yoga are preserved and disseminated for daily life today. This program is for those who are or wish to be yoga teachers, as well as for any conscientious student who wishes to expand and deepen his or her knowledge, experience, and practice of yoga. The courses includes in-depth instruction in the theory and methods of Ashtanga and Hatha Yoga, including *shat karma* (bodily purifications), *pranayama* (breathing practices), *mudra* (positions to seal and direct energy), *asana* (postures), *dharana* (concentration) and *dhyana* (meditation).

Course topics include Yoga Philosophy, *Yoga Sutras*, Ayurveda, Neuroscience, *Bhagavad Gita*, Biomechanics, Subtle (energy) Body Theory, Yoga Psychology and Teaching Methodology, as a foundation for one's personal practice and for teaching Yoga. The curriculum includes a substantial student teaching practicum of *asana*, *pranayama*, meditation, and yoga theory. This program is registered with Yoga Alliance. Graduates can register as a Registered Yoga Teacher at the 300-hour level with Yoga Alliance.

This program is an integral part of the Ayurveda Yoga Therapy Training program (see page 49) which is accredited with the International Association of Yoga Therapists (IAYT) and meets all of the educational standards of the National Ayurvedic Medical Association (NAMA) (accreditation pending).

Admissions Requirement:

Prerequisite: High school graduation or equivalent and YTT 200-hour level certificate from a Yoga Alliance approved school.

Recommended: Attend at least one Open House.

Graduation Requirements:

Attendance:

- All sessions must be punctually attended. An attendance record of at least 90% in the program is required in all schools.
- Students must fulfill all assignments in all courses, despite any absences.
- Additional fees may be charged to make-up the missed course. The make-up fee is \$50.00 per hour paid in advance.

Academic Requirements:

- Students in the YTT 300 program must maintain a minimum average of C (70%) in all courses.
- Students must achieve successful completion of all courses, outside assignments, and required program hours for each course. All work must be completed before a grade will be awarded for any course.
- All coursework must be completed by the end of the program.
- Tuition & Fees: 100% paid

Note: Mount Madonna Institute does not provide a Placement Service for graduates of its programs.

Course Outline/Description:

Educational Categories	Hours
Techniques, Training and Practice (TTP)	122.00
Teaching Methodology (TM)	9.50
Anatomy & Physiology (AP)	23.00
Yoga Philosophy/Lifestyle Ethics (YPLE)	99.50
Practicum	46.00
Total:	300.00

The program is delivered over 8 months, beginning with a 5-day intensive on campus, 6:30 am - 8:00 pm daily with meal breaks. This is followed by monthly extended online weekends over 6 months, starting Thursday evening at 5pm and ending Sunday at 5:30 pm. The program ends with another 5-day intensive on campus, 6:30 am - 8:00 pm daily with meal breaks.

ASHTANGA YOGA TEACHER TRAINING – 300 HR LEVEL COURSE DESCRIPTIONS

Sadhana: Intermediate *Pranayama* and Meditation

Techniques, Training and Practice (TTP) Course Number: YTT 300/AYT 300 Contact Hours: 36

Description: Students will delve deeper into the beginning *pranayama* taught in YTT 200. Students will learn and practice intermediate *pranayama* that use breath retention. Students learn and practice various meditation techniques as described in classical texts: *Yoga Sutras*, *Hatha Yoga Pradipika*, *Tantra*, *Upanishads*, *Vedas*, etc.

Yoga Theory and Philosophy

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 301/AYT 301 Contact Hours: 23

Description: This course includes an overview of Classical *Ashtanga* Yoga as taught by Baba Hari Dass. Sets the stage of *Ashtanga* in the context of the main systems of Yoga including *Bhakti*, *Karma*, and *Jñana* Yoga. It provides an introduction to the program and an overall integration of material presented.

Subtle Body (Energetic) Anatomy

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 302/AYT 302 Contact Hours: 7

Description: *Prana* theory will be explored in the context of Samkhya philosophy, the *Yoga Sutras* and the *Hatha Yoga Pradipika*.

Ethics of Yoga

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 303/AYT 303 Contact Hours: 7.5

Description: A review of Mount Madonna's ethical guidelines and small group discussions. Students will integrate the *yama* and *niyama* into the teaching of yoga and the overall student-teacher relationship.

Ayurveda & *Sadhana* Practice

Techniques, Training and Practice (TTP)

Anatomy & Physiology (AP)

Course Number: YTT 304/AYT 304

Contact Hours: 7.5

Description: This course covers *pranayama* and meditation for your *dosha* and talks about the specifics of choosing a meditation that is specific to *dosha*. It speaks to which breath practices can balance *doshic* imbalances.

Yoga and Neuroscience

Techniques, Training and Practice (TTP) Course Number: YTT 305/AYT 305 Contact Hours: 11

Description: This course is based on the Yoga Sutras of Patanjali with translation and commentary by Baba Hari Dass. Writings and recent research in the fields of neurobiology, psychology, and contemplative practices will be used for integration.

Sanskrit as Sacred Sound

Yoga Philosophy/Lifestyle Ethics (YPLE)

Course Number: YTT 306/AYT 306

Contact Hours: 6

Description: A continuing exploration of aspects of the Sanskrit language and *mantra* practices, and how they are related to the philosophy of Yoga.

Meditation: Theory and How to Teach Techniques, Training and Practice (TTP)

Course Number: YTT 307/AYT 307 Contact Hours: 4.5

Description: This class will cover the obstacles people may encounter while trying to meditate and techniques that may be useful in overcoming obstacles.

Yoga Sutra Study

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 308/AYT 308

Contact Hours: 29

Description: An overview of Patanjali's Yoga Sutras as they are applied to Samkhya philosophy. Includes Sanskrit chanting, lecture, self-reflective exercises, and discussion.

Bhagavad Gita

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 309/AYT 309 Contact Hours: 8

Description: Gives an overview of this important ancient scripture as well as its symbolism and hidden meaning as it relates to the inner journey of the seeker through practices consistent with a yogic lifestyle.

Tantra

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 310/AYT 310 Contact Hours: 9

Description: This class is a broad sketch of the Tantra tradition exploring its historical roots and evolution into its modern-day presentation.

Asana Sequencing

Techniques, Training and Practice (TTP) Course Number: YTT 311/AYT 311 Contact Hours: 9

Description: The class will go over the science of sequencing: how poses can best be linked and ordered to form a well-rounded class which will focus on the spine in the gross body and the *prana vayus* in the subtle body.

Mentoring Groups with Senior Teachers Techniques, Training and Practice (TTP)

Course Number: YTT 312/AYT 312 Contact Hours: 16.5

Description: This course is designed to allow students time with a mentor to communicate any areas of material that may need more clarification. Students will also use this time to communicate with peers on work projects.

Yoga Psychology

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 313/AYT 313

Contact Hours: 7.5

Description: This course explains the different aspects of the mind and makes a distinction between the self and the SELF and the different ways to merge the two selves.

Asana Biomechanics

Anatomy & Physiology (AP) Course Number: YTT 314/AYT 314 Contact Hours: 12

Description: Survey of the major joints of the body (bones, muscles, tendons, ligaments, connective tissue) to assess movement and range of motion; view which asanas work in specific areas to increase strength and flexibility. This class is highly participatory with an Experiential Anatomy Clinic.

Student Assessment

Techniques, Training and Practice (TTP) Course Number: YTT 315/AYT 315 Contact Hours: 7.5

Description: Assessing to facilitate learning for both teacher and student in terms of breath, stability, strength and individuality.

Student Teaching Methodology Techniques, Training and Practice (TTP) Course Number: YTT 316/AYT 316 Contact Hours: 3.5

Description: This course will prepare students to use information covered to design and implement a theory class.

Svadyaya (Self Study)

Yoga Philosophy/Lifestyle Ethics (YPLE) Course Number: YTT 317/AYT 317 Contact Hours: 14

Description: This course is designed to allow students time to reflect on why self-study is an important part of a spiritual journey and how it can be a useful tool.

Student Teaching of Asana Practicum

Course Number: YTT 318 /AYT 318

Contact Hours: 21

Description: The student will teach a 75-minute *asana* class to their group of peers with supervision, evaluation and 15 min. feedback. When not teaching, the student will be observing and/or taking the class for providing feedback.

Student Teaching of Pranayama & Meditation
Practicum

Course Number: YTT 319/AYT 319 Contact Hours: 28

Description: Each student will teach an intermediate *sadhana* class to a small group with supervised evaluation and feedback. When not presenting, the student will observe other student teachers.

Student Teaching of Yoga Theory
Practicum

Course Number: YTT 320 /AYT 320

Contact Hours: 17.5

Description: The student will teach a 10 and 45-minute presentation in yoga philosophy or theory to a larger group. There will be supervised evaluation and feedback. When not presenting the students will observe other student teachers.

Asana Biomechanics Clinic Techniques, Training and Practice (TTP) Course Number:
YTT 321/AYT 321 Contact Hours: 15

Description: This asana practice will work specifically with the biomechanics covered in the previous day's theory class. Students will learn how to structure a class with safety as a priority.

AYURVEDIC YOGA THERAPY (AYT)

The MMI Ayurveda Yoga Therapy Training Program combines the MMI Ayurvedic Health Counselor (AHC) Program and the MMI Ashtanga Yoga Teacher Training 300 Hour Level, with an additional Ayurvedic Yoga Therapy Integration component. Refer to page 13 in the catalog for AHC course listings and information and to page 43 in the catalog for Advanced Yoga Studies - YTT 300 course listings and information.

Total Program Hours: 1081

- The Ayurvedic Health Counselor (AHC) program, 359 hours
- The MMI Advanced Yoga Studies (YTT 300) – Yoga Teacher Training, 300 hours
- The Ayurvedic Yoga Therapy (AYT) Integration 425 hours

Admission Requirements:

- High-school graduation or equivalent
- YTT-200 certification from a Yoga Alliance approved school
- Two-years personal yoga practice
- Minimum one-year yoga teaching experience
- Completed Application
- Application Fee

Co-requirement:

- 4 college credits Anatomy & Physiology (prerequisite for the AHC program)

Purpose/Objective:

The Ayurveda Yoga Therapy program at MMI has as its foundation the understanding that self-development, therapy, healing, and transformation of the individual and community is possible through the disciplined study, practice and contemporary application of the ancient wisdom of yoga and Ayurveda.

Two of our well-established programs: the Ayurvedic Health Counselor (AHC) program and the Advanced Yoga Studies (YTT 300) program, form the foundational components of the Ayurvedic Yoga Therapy program. These two components are then further integrated with a new offering called the Ayurveda Yoga Therapy Integration.

While the Advanced Yoga Studies yields a YTT 300 certificate recognized by the Yoga Alliance, it extends well beyond what is required in scope and dimension. Using Patanjali's Yoga Sutras as the backbone, the Advanced Yoga Studies program sets out the building blocks for a deeper understanding of therapeutics. The approach is multidimensional, viewing the human being as *sharira*, *manas*, *indriyas*

and *atma*. While *asana*, kinesiology and biomechanics are there to support the *sharira*, the other limbs of yoga are more deeply explored to fully address the other pillars. Study of the Bhagavad Gita, the Vedas, the Upanishads and Yogic Psychology provides a greater depth of understanding of the power of yoga. The students teach not only *asana*, *pranayama*, and meditation, but they also teach yoga theory, philosophy or a sister discipline of yoga. They explore the relationship of neuroscience and yoga and spend time in *svadhyaya*.

The Ayurvedic Health Counselor (AHC) program prepares the student for a career in the healthcare field. The AHC graduate is able to provide diet (*ahara*), lifestyle (*vihara*) and wellness support by integrating constitutional assessment, nutritional knowledge, basic herbology (primarily cooking herbs), healthy lifestyle management, introductory counseling skills, basic yoga for health management; introductory Ayurvedic psychology, bodywork therapies and subtle therapies (Jyotish, Hasta & Vastu). The AHC program has a clinical component (Internship & Externship) wherein the student may practice his/her skills with ongoing supervision.

Ayurvedic Yoga Therapy (AYT) Integration program further unites the sister sciences as students begin to look at disease management. Here students view pathology through the lens of Ayurveda and offer therapeutics from any of the limbs of yoga (ashtanga and hatha). The student integrates what was learned about health and wellness into management of disease and symptoms. Students use the principles of yoga and Ayurveda to empower an individual to heal themselves. Additional biomedical and assessment skills are layered on at this level. Through clinical practicum (Internship and Externship) students have an opportunity to apply their knowledge and design therapeutic practices for both individuals and groups.

Graduation Requirements:

Attendance:

All sessions must be punctually attended. An attendance record of at least 90% is required in all Schools. If any session is missed, the student must complete a make-up session with the instructor. Additional fees are charged for the make-up. Make-up fee is \$50.00 per hour.

Academic Requirements:

A standard of 2.5 (75%) or better is required for all students, for all graded assessments, including the aggregate of all assignments, quizzes, homework, case studies and special projects. The student must pass all Pass/Fail classes.

Timely submission of all assignments is required. Demonstrated comprehension of the material and capacity to communicate it are required. All work must be completed before a grade will be awarded for any course. An Incomplete grade is

given at an instructor's discretion to a student who has demonstrated satisfactory attendance and assignments throughout the majority of a course but cannot finish the remainder of his/her required assignments before the end of the course. An Incomplete must be completed within one year or grade of 'F' will be assigned.

Final Exam: Required to pass with a minimum average of C (70%)

Tuition and Fees: 100% Paid

AYT Integration ONLY:

Total Program Hours: 425

Program Length: Coursework is delivered over 2 trimesters (8 months) plus 4 trimesters (16 months) to complete the clinical practicum.

Homework/Assignments: 6-10 hours per week.

Cumulative Final Exam: Yes

Graduation Document: Certificate

Ayurvedic Yoga Therapy (AYT) Integration Course List

COURSE	TITLE	Hours
AYT 199	Western Anatomy & Physiology (transfer credit)	60
AYT 200	Integration of Yoga Practices with Diagnosis & Pathophysiology	45
AYT 203	Pathophysiology - the Pathway of Disease	12
AYT 251	Yoga, Ayurveda, and The Mind	12
AYT 252	Principles of Yoga Therapy	35
AYT 253	Professional Practices: Legal, Regulatory, Business	9
AYT 255	Western Interface, Labs & Markers	9
AYT 256	Complementary Medicine	18

AYT 260	Ayurvedic Yoga Therapy Internship	24
AYT 261	Ayurvedic Yoga Therapy Externship	129
AYT 262	Ayurvedic Yoga Therapy Group Class Externship	45
AYT 409	Ayurvedic Diagnostics	12
AYT 410	Ayurvedic A&P for Diagnosis	12
AYT 411	AYT for Common Structural Issues (injuries, accidents & repetitive strain)	9
AYT 412	AYT for Common System Issues: Respiratory, Digestive, Cardiovascular	9
AYT 413	AYT for Common Reproductive Issues & Men's Health	6
AYT 420	Case Study Seminar	6
		452

AYURVEDIC YOGA THERAPY (AYT) INTEGRATION COURSE DESCRIPTIONS

Western Anatomy & Physiology**

Course No. AYT 199

Contact Hours: 60 (4 College Credits)

Description: A survey course of the integration of structure and function of the human body.

**This course is required for the AHC portion of the program.

Integration of Yoga Practices with Diagnosis & Pathophysiology

Course No. AYT 200

Contact Hours: 45

Description: This course dives deeper into the limbs of yoga and the theory of applied Ayurveda. Specific yoga practices are given for specific conditions. Case Studies are assessed.

Pathophysiology – The Pathway of Disease

Course No. AYT 203

Contact Hours: 12

Description: This course explores the development of disease, the causes, the pathway of disease, the six stages, and how disease is interpreted through the Anatomy & Physiology and Physics of Ayurveda: *dhatu*s, *malas*, *srotamsi*, *ama* & *agni*; and the complex of the mind.

Yoga, Ayurveda, and the Mind

Course No. AYT 251

Contact Hours: 12

Description: This course investigates the energetics of consciousness. It analyzes various strategies in Yogic and Ayurvedic psychology and explores a variety of therapies for the mind.

Principles of Yoga Therapy

Course No. AYT 252

Contact Hours: 35

Description: This course integrates the previous components of the Ayurveda Health Counselor with Advanced Yoga Studies and provides a venue for further linking of the sister sciences through critical thinking and discrimination. The student will reframe their knowledge acquired and construct a system of client assessment that is individualized according to the needs of the client. This course also focuses on sustaining oneself as a practitioner through self-study (*svadhyaya*), peer relationships and education.

Professional Practices: Legal, Regulatory, Business

Course No. AYT 253

Contact Hours: 9

Description: This course examines the Scope of Practice through the eyes of regulatory bodies. Students discuss healthcare's Codes of Conduct in light of the *yama* and *niyama*. General business practices are discussed, and the required paperwork and documentation are reviewed.

Western Interface, Labs & Markers

Course No. AYT 255

Contact Hours: 9

Description: This course introduces the biology and chemistry of blood and how to competently interpret basic lab reports and integrate that reference into their clinical practice, as well as identify frequently used Western drugs and herb drug interactions.

Complementary Medicine

Course No. AY 256

Contact Hours: 18

Description: This course exposes students to the various complementary practices their clients may receive. Students understand the major principles of the practices, how they benefit clients, and how best to collaborate with practitioners of these complementary modalities in order to best serve the client.

Ayurvedic Yoga Therapy Internship

Course No. AY 260

Contact Hours: 24

Description: Delivery is performed in a clinical setting. The student sees 10 clients for a total of 30 client encounters (initial intake of 90 minutes plus two 60-minute follow-ups plus two 15-min follow-ups post-supervision) (24 hours of practicum delivery).

Ayurvedic Yoga Therapy Externship (Individual Component)

Course No. AY 261

Contact Hours: 129

Description: Delivery is performed one-on-one after having completed AY 260. The student sees 20 clients for a total of 60 client encounters (initial intake of 90 minutes plus two 60-minute follow-ups plus two 15-min follow-ups post-supervision) (129 hours of practicum delivery).

Ayurvedic Yoga Therapy Externship (Group Component)

Course No. AY 262

Contact Hours: 45

Description: Class delivery is performed by one student to a group of no more than 6 clients. (30 hours of practicum delivery).

Ayurvedic Diagnostics

Course No. AYT 409

Contact Hours: 12

Description: This course gives the student an opportunity to apply what they have learned and design the morning class as a group Ayurvedic Yoga Therapy Class and practice it on their peers with feedback. Students create a class outline with learning objectives, deliver it and receive feedback from peers and mentors. Students also observe the classes of their peers, fill out a peer evaluation and give feedback.

Ayurvedic Anatomy & Physiology for Diagnosis

Course No. AYT 410

Contact Hours: 12

Description: This course explores Anatomy & Physiology through an Ayurvedic lens, focusing on how *sukshma sharira* informs *sthula sharira* and how to use the qualities of the *pancha maha bhutas* (the ten pairs of opposites) as diagnostic and treatment tools. Embryology is studied and the effect of nutrition on the *sapta dhatus*, *upadhatu*, *malas*, *ojas*, *tejas* and *prana* for diagnostic measures is explored. Women's anatomy versus men's anatomy is explored along with common issues that arise.

Ayurvedic Yoga Therapy for Common Structural Issues: Injuries, Accidents, Repetitive Strain

Course No. AYT 411

Contact Hours: 9

Description: This course takes a look at common structural issues. Students are exposed to the basics of somatics and kinesiology. Injuries, accidents, and repetitive strain are viewed through the lens of Ayurveda.

Ayurvedic Yoga Therapy for Common Systemic Issues: Respiratory, Digestive, Cardiovascular

Course No. AYT 412

Contact Hours: 9

Description: This course looks at the major *srotamsi* in Ayurveda and determines what types of yogic and Ayurvedic therapies might be most effective for *pranavahasrotas*, *annavahasrotas* and *rasavahasrotas*.

Ayurvedic Anatomy & Physiology for Common Reproductive Issues & Men's Health
Course No. AYT 413

Contact Hours: 6

Description: This course explores reproduction through an Ayurvedic lens, focusing on women's anatomy versus men's anatomy. Also explored are common issues that arise in reproduction and reproductive organs. Embryology is studied and the effect of nutrition on the *sapta dhatus*, *upadhatu*s, *malas*, *ojas*, *tejas* and *prana* for diagnostic measures is covered.

Case Study Seminar

Course No. AYT 420

Contact Hours: 16

Description: This course gives students an opportunity to present client Case Studies to a faculty panel and to their peers, and to observe other Case Studies, contribute to the discussion of each and complete an observation/evaluation rubrics.

CHILDREN'S YOGA TEACHER TRAINING (CYTT)

Yoga and Mindfulness for Educators

- Total Program Hours: 95 Cumulative
- Final Exam: No
- Graduation Document: Certificate
- Grading: Pass or Fail
- Pass: Successful completion of the course
- Fail: Unsuccessful completion of the course
- 90% attendance
- Program Length: 9 days

Purpose / Objective:

Mount Madonna Institute and Mount Madonna School are proud to jointly offer CYTT: Yoga and Mindfulness for Educators. In this program, adults, educators, and those who spend time with children will learn to create and teach engaging yoga classes for children. Apply the practices of Hatha Yoga and the theory of classical Ashtanga Yoga to child development. This comprehensive training will inspire you to bring the benefits of asana, breathing, and self-reflection to your young students and their families. This course is also designed to deepen your personal practice.

Topics cover Yoga Sutras, Ayurveda, Anatomy and Physiology, Neuroscience, Subtle (energy) Body Theory, and Yoga Psychology and Philosophy, child development and yoga learning theory. The program includes a substantial student teaching practicum. Our purpose is to present the teachings and methods that form the foundation both for one's personal practice and for teaching yoga to children. This program is in the process of being registered with Yoga Alliance, and the training will qualify anyone who completes and who is already registered as Registered Yoga Teacher at the 200-hour (RYT 200) level to become CYTT registered with Yoga Alliance.

Admissions Requirements:

Prerequisite: None. For those applying to YA Certificate, YTT 200 Certificate is required

Graduation Requirements:

Attendance:

- All sessions must be punctually attended. An attendance record of at least 90% in the program is required in all schools.
- Students must fulfill all assignments in all courses, despite any absences.
- Additional fees may be charged to make-up the missed course. The make-up fee is \$50.00 per hour paid in advance.

Academic Requirements:

- Students in the CYTT program must maintain a passing grade in all courses where grades are awarded.
- Students must achieve successful completion of all courses, outside assignments, and required program hours for each course. All work must be completed before a grade will be awarded for any course.
- All coursework must be completed by the end of each trimester

Tuition and Fees: 100% Paid

Course Format:

This program is delivered over 9 days in an immersive in-person format. The entire program takes place at Mount Madonna Center and classes run from 6:30am-8:30pm. Meals & Lodging must be reserved ahead of time and require an additional cost. Daily classes include lecture, guided practice, experiential practicum, and integration.

Mount Madonna Institute does not provide a Placement Service for graduates of its programs.

CHILDREN'S YOGA TEACHER TRAINING (CYTT) COURSE DESCRIPTIONS

Educational Categories:

Techniques, Training, and Practice (TTP) Hours: 23.5

Teaching Methodology (TM) Hours: 15

Anatomy & Physiology (AP) Hours: 10

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 24.5

Practicum (P) Hours: 18

Electives: 4

Total Program Hours: 95.00

History of Yoga

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1.5

A history of the development of the various schools and practices of yoga as well history of yoga in contemporary America.

Neuroscience

Anatomy & Physiology (AP) Hours: 2

Groundbreaking scientific discoveries regarding the neuroscience behind the effectiveness of yoga and meditation techniques for Pre-K, Elementary, Middle, and High School.

Introduction to Ayurveda: Energy and Nutrition

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

This introduction to Ayurvedic nutritional and energetic principles lays the foundation for looking at child development and education through the lens of elements and ayurvedic principles.

Introduction to Ayurveda: Child Development Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Ayurvedic child development: 3-10yrs, 11-13 yrs, 14-18 yrs. Male and female developmental differences; learning and behavioral issues; doshas, sleep and mental functions; strengthening digestion and mental functions.

Mindfulness and Yoga: *Antakarana*

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Mindfulness as described in the Yoga Sutras with emphasis on mental development.

Child Development and Learning Theory Techniques, Training, Practice and Practicum (TTP&P) Hours: 1.5

After self-reflection on personal learning styles and development, formal review of learning theory of Piaget, Kohlberg, Maslow, Bloom, Erickson, Kohl and learning styles.

Issues in Applying Yoga to Children Techniques, Training, Practice and Practicum (TTP&P)

Hours: 1.5

Students will reflect on their challenges and issues in teaching and discuss possible solutions and resources. Summarize learning to date.

Deepening Concentration

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Concentration in the yoga sutras-- chanted, translated, commentaries, and contemporary application in the classroom.

Yoga of Sound

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Chanting Sanskrit Prayers from the Vedas, listening to mantra, creation of personal mantra expressed through song.

Kids Yoga Class Methodology

Techniques, Training, Practice and Practicum (TTP&P) Hours: 6

After observing the lead teacher conduct a Kids Yoga class, students dissect the class, asking the questions: What worked? What didn't work? What were the methods employed in the class to engage the students? What could I see working for my students?

Pranayama Instruction Methodology

Techniques, Training, Practice and Practicum (TTP&P) Hours: 2

Pranayama practices according to age group, including contraindication considerations. Students will develop classroom techniques and methodology for teaching pranayama to children to any age group.

Writing and Yoga

Techniques, Training, Practice and Practicum (TTP&P) Hours: 1.5

Three writing exercises to stimulate creativity, connect concepts, and personalize learning.

Movement for Children

Techniques, Training, Practice and Practicum (TTP&P) Hours: 1.5

Fun games and movement activities for various age groups. Students will physically synthesize and explore a large number age appropriate and varied types of movement and spatial awareness and their benefits.

Yoga Games and Partner Yoga

Techniques, Training, Practice and Practicum (TTP&P) Hours: 2

Fun games, partner poses, and activities. Students will plan lessons to teach these group activities to a variety of age groups.

Asana for Kids

Techniques, Training, Practice and Practicum (TTP&P) Hours: 2

Review of basic asanas for kids. Students will identify and create lessons with poses appropriate for children and practice giving appropriate cues appropriate for various age levels.

Kids Yoga Classes- Observation/Participation

Practicum (P) Hours: 6

Students participate and observe several different kid's yoga classes for different ages. Students will identify elements of a well-organized and thoughtfully led children's yoga class.

Kid's Yoga Class- Practice Teaching

Practicum (P) Hours: 6

Students prepare asana and other yoga inspired/related activities and lead a group in the activities.

Pranayama Practice Teaching

Practicum (P) Hours: 6

Students design various lengths of pranayama practices for various age groups and practice teaching them.

Introduction to Yoga Sutras 1

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1.5

Chanting and explanation of the first 4 sutras of Book 1 Samadhi Pad. Students will recognize and discuss the foundational underpinnings of Yoga philosophy.

Introduction to Yoga Sutras 2

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1.5

Chanting and explanation of the first 4 sutras of Book 2 Sadhana Pad. Students will recognize and discuss the foundational underpinnings of Yoga philosophy.

Yoga's Ethical Code and Classroom Applications

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Students will recognize, reflect, and discuss the moral precepts of yoga as they relate to child development.

Introduction to Samkhya Yoga

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1.5

Samkhya philosophy of consciousness and nature explained in relationship to subtle body anatomy.

Introduction to Yoga Philosophy

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Introduction to the vast subject of Yoga and how it applies to children's education. Includes time for self- reflection and journaling.

Ethics and Philosophy 2

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1.5

Review of Yoga Philosophy 1 and Ethical Code for Children's Yoga Teachers. Small group discussion. Addresses state and local legal requirements.

Yoga and Ayurveda Sister Sciences

Anatomy & Physiology (AP) Hours: 1.5

Outline, comparing, and contrasting of each system with an emphasis on application to children.

Anatomy- Subtle Body Anatomy & Physiology (AP) Hours: 1.5

Overview of subtle body theory according to yoga philosophy. Students will identify and describe the different components of subtle body anatomy and discuss application to yoga for children.

Systems of the Body- Physiology Anatomy & Physiology (AP) Hours: 3

Overview of all the physiological systems of the human body with attention to child development.

Anatomy- Muscles and Bones

Anatomy & Physiology (AP) Hours: 3

Overview of all the anatomical structures of the human body with attention to child development.

Developmental Anatomy Anatomy & Physiology (AP) Hours: 1

Overview of important physiological transitions that occur during pre-adult human development.

Mindfulness for the Classroom Techniques, Training, Practice (TTP) Hours: 5

Introduction of various meditation techniques from mindfulness traditions. Walking Meditation, Mindful eating, Mindful breathing, and other practices.

Restorative Workshop

Techniques, Training, Practice (TTP) Hours: 4

Theory and practice of restorative yoga for high school students.

Asana

Techniques, Training, Practice (TTP) Hours: 9

Classical Ashtanga Yoga Sadhana: asana. Emphasis on personal practice and application to various age levels of children's yoga classes.

Pranayama

Techniques, Training, Practice (TTP) Hours: 3

Classical Ashtanga Yoga Sadhana: pranayama and pratyahara. Emphasis on personal practice and application to various age levels of children's yoga classes.

Meditation

Techniques, Training, Practice (TTP) Hours: 2.5

Classical Ashtanga Yoga Sadhana: meditation. Emphasis on personal practice and application to various age levels of children's yoga classes.

Elective

Hours: 4

Teaching Methodology; Techniques, Training and Practice; Philosophy and Ethics: Reading and reflecting on Cook-Cottone Mindfulness and Yoga in Schools.

Chapters 1-9.

ASHTANGA YOGA PRENATAL TEACHER TRAINING

- Total Program Hours: 85
- Grading: Pass or Fail
- Pass: Successful completion of the program
- Fail: Unsuccessful completion of the program
- Cumulative Final Exam: No
- Graduation Document: Certificate

Program Length: 2 months total (Level 1 is a five-day module and Level 2 is a four-day module. They are usually offered 1 month apart.

Purpose / Objective:

This comprehensive prenatal training includes in-depth instruction on prenatal *asana*, *pranayama*, meditation, Ayurveda, mindfulness techniques for labor, anatomy and physiology of pregnancy, common discomforts in pregnancy, and how to support mothers through every stage of pregnancy and postpartum. It is offered over two separate four-day sessions.

Level 1 includes instruction on prenatal *asana*, *pranayama*, meditation, Ayurveda, mindfulness techniques for labor, anatomy and physiology of pregnancy, common discomforts in pregnancy, and how to support mothers through every stage of pregnancy and postpartum.

Level 2 is about finding your voice and further cultivating your skills as a Prenatal Yoga Teacher while more deeply exploring post-natal theory and practices to support new mothers.

Admissions Requirements:

Prerequisite:

- High school graduation or equivalent
- While a YTT certificate is not required to take the course, it is required to register with the Yoga Alliance as a PYT (Prenatal Yoga Teacher).

Graduation Requirements:

Attendance:

- All sessions must be punctually attended. An attendance record of at least 90% in the program is required in all schools.
- Students must fulfill all assignments in all courses, despite any absences.
- Additional fees may be charged to make-up the missed course. The make-up fee is \$50.00 per hour paid in advance.

Academic Requirements:

- Students in the PYTT program must maintain a passing grade in all courses where grades are awarded.
- Students must achieve successful completion of all courses, outside assignments, and required program hours for each course. All work must be completed before a grade will be awarded for any course.
- All coursework must be completed by the end of each trimester.

Tuition and Fees: 100% Paid

Mount Madonna Institute does not provide a Placement Service for graduates of its programs.

Course Outline/Description:

Educational Categories	Hours
Techniques, Training and Practice (TTP)	28.00
Teaching Methodology (TM)	10.50
Anatomy & Physiology (AP)	10.00
Yoga Philosophy/Lifestyle Ethics (YPLE)	6.00
Practicum	20.00
Prenatal	10.00
Total:	85.00

Classes run from 7:00am-8:30pm. Meals & Lodging must be reserved ahead of time and require an additional cost. Daily classes include lecture, guided practice, experiential practicum, and integration.

ASHTANGA YOGA PRENATAL TEACHER TRAINING COURSE DESCRIPTIONS

Opening Circle and Introduction to Prenatal Yoga Teacher Training

Prenatal Hours: 2

Description: Opening circle, introduction to prenatal yoga and overview of session one.

Learning Objectives: To set the tone for a fruitful learning experience throughout the week (Session 1 of 2). To gain a general understanding of the goals and components of this first half of the Prenatal YTT.

Postnatal Yoga Class Observation

Practicum Hours: 1.5

Description: Observation of an ongoing postnatal class that is dedicated to and designed for moms and babies (6 weeks to crawling).

Learning Objectives: To have an overview of what an actual postnatal (mama and baby) class looks like. To experience the following: the atmosphere of the class, the

approach of the experienced teacher, the modifications and support given, and the adaptability of the students and the instructor to the uniqueness of having babies in the class.

Prenatal Yoga Class Observation

Practicum Hours: 1.5

Description: Observation of ongoing prenatal yoga class.

Learning Objectives: To have an overview of what an actual prenatal class looks like. To experience the following: the approach of the teacher in setting the tone for the class; her ability to give a variety of modifications; the way she links poses, breathing techniques and time for sharing together to create a well- rounded yoga class experience; the response of the students.

Asana Practice & Training (Session 1) Techniques, Training and Practice (TTP) Hours: 11

Description: In these classes, we will practice asana that is appropriate and helpful for the pre and postnatal period. We will also discuss how and why we do certain poses and avoid others, as well as learn creative ways for our students to have a safe, healthy, satisfying asana practice.

Learning Objectives: To gain an experiential understanding of well-rounded prenatal and postnatal classes. To learn how to approach designing these types of classes and facilitating transformative education.

Sadhana Practice & Training (Session 1) Techniques, Training and Practice (TTP)

Hours: 5

Description: These classes begin with pranayama and meditation practice as a group. During the second half of each class, we will learn new pranayama methods appropriate for pre and postnatal mamas.

Learning Objectives: To learn and practice pranayama and meditation techniques that students will be able to teach to their pregnant and postpartum mamas. Students will get thorough explanations of each practice taught and will have time to ask questions to fully understand the methods and their benefits.

Prenatal Anatomy & Birth Culture 101

Anatomy & Physiology (AP) Hours: 2

Description: Anatomy lecture and presentation on the female body during the various stages of pregnancy. Learning Objectives: This class is designed to educate students on the physical and potential psychological experience in relation to giving birth in today's society.

Postnatal Yoga

Techniques, Training and Practice (TTP) Hours: 1.5

Description: This class addresses the fundamentals of teaching a postnatal yoga class through both discussion and practice. Learning Objectives: To understand the key elements of designing a class that is supportive for mothers with their small babies (postnatal/mama & baby class).

Supporting a New Mother's Emotional Journey into Parenthood

Prenatal Hours: 2

Description: This class sheds light on the challenges so often faced by new mothers and informs students of ways they can offer support.

Learning Objectives: To inform students of common struggles of new mamas and empower them with knowledge of how they can empathize and be of service.

Subtle Energy & Ayurveda Anatomy & Physiology (AP) Hours: 2

Description: Introduces the subtle anatomy of Yoga and Ayurveda (nadis, chakras, pranas, kundalini, etc.)

Learning Objectives: To gain a basic understanding of the subtle body system as part of the whole person. This knowledge will inform students in their own practice and in their teaching of pre and postnatal yoga.

Prenatal Restorative Yoga Techniques, Training and Practice (TTP) Hours: 2

Description: In this class, students are led through a restorative asana class that is appropriate for pregnancy. Learning Objectives: To experience restorative yoga (as intended for pregnant women), and to understand the benefits of this type of practice.

Common Issues & Discomforts

Prenatal Hours: 1.5

Description: This class presents the most common issues and discomforts faced in pregnant and postpartum women. We will discuss how to provide support for women with these discomforts in our yoga classes.

Learning Objectives: To understand the cause of discomforts or other physically limiting issues that our pregnant and postpartum students are experiencing. To learn ways to help them find relief from certain discomforts and practice safely when these issues are present.

Teaching Postnatal Yoga Teaching Methodology (TM) Hours: 1.5

Description: We will discuss the theory and methods of designing a well-rounded, safe postnatal yoga class.

Learning Objectives: To understand how to design, modify and teach postnatal yoga classes (including some pranayama, meditation, and time of sharing for each mother, as well as asana).

Compassion, Sensitivity & Empowerment

Prenatal Hours: 2

Description: This class is for sharing wisdom amongst the group - experiences of/related to pregnancy, birth, postpartum.

Learning Objectives: To deepen our own sensitivity and sense of compassion around pregnancy, birth and postpartum so we can empower mamas through all of these stages.

Birth Movie Night

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 2.5

Description: We will watch and discuss selected films showing the birth process including labor and postpartum.

Learning Objectives: To gain understanding of the experience of birth so that we can be in touch with what mamas need in the way of support (pre and postnatal).

Core Awareness for the Childbearing Year.

Anatomy & Physiology (AP)

Hours: 1.5

Description: In this class, students will learn, in great detail, about the various abdominal muscles and how they adapt throughout the stages of pregnancy and after giving birth. Students will also learn how to incorporate this information into their teaching.

Learning Objectives: To understand how to safely guide women through yoga postures and transitions with special consideration given to the abdominal muscles. To be able to help prenatal mamas avoid diastasis recti, and to help postnatal mamas heal diastasis recti if they are experiencing it.

Sadhana Theory for Pre and Postnatal

Teaching Methodology (TM) Hours: 1.5

Description: This class takes a deeper look into the theory and practice of sadhana (specifically pranayama and meditation) for pre and postnatal classes. We will build on what we have been learning in the morning sadhana classes and have a chance to get additional questions answered.

Learning Objectives: To gain further understanding of how and why pranayama and meditation are beneficial, particularly during and after pregnancy. To know how to modify pranayama methods for pre- and postnatal women.

Postnatal Yoga Class Observation

Practicum Hours: 1.5

Description: Observation of an ongoing postnatal class that is dedicated to and designed for moms and babies (6 weeks to crawling).

Learning Objectives: To have an overview of what an actual postnatal (mama and baby) class looks like. To experience the following: the atmosphere of the class, the approach of the experienced teacher, the modifications and support given, and the adaptability of the students and the instructor to the uniqueness of having babies in the class.

Prenatal Yoga Class Observation

Practicum Hours: 1.5

Description: Observation of ongoing prenatal class.

Learning Objectives: To have an overview of what an actual prenatal class looks like. To experience the following: the approach of the teacher in setting the tone for the class; her ability to give a variety of modification; the way she links poses, breathing techniques and time for sharing together to create a well- rounded yoga class experience; and the response of the students

Postnatal Yoga

Techniques, Training and Practice (TTP) Hours: 1.5

Description: This class addresses the fundamentals of teaching a postnatal yoga class through both discussion and practice.

Learning Objectives: To understand the key elements of designing a class that is supportive for mothers with their small babies (postnatal/mama & baby class).

Moving Forward as a Prenatal Yoga Teacher

Prenatal Hours: 1

Description: This class addresses how to use all of the knowledge gained in this session (Session 1 of 2) as students return to their everyday lives and teaching opportunities.

Learning Objectives: To feel confident in applying what they have learned in their own teaching of pre and postnatal classes.

Group Asana Practicum Hours: 1

Description: This class is led by students. Each student will teach a small section of the class, picking up seamlessly where the previous person left off, resulting in a well-rounded prenatal class.

Learning Objectives: To apply the concepts we have learned about teaching prenatal asana. To think on our feet about what the most appropriate next pose(s) should be given what was offered immediately before. To gain skills and confidence with sequencing a prenatal asana class.

Closing Circle

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Description: This is a chance to bring closure to the time spent in study and practice. We will reflect upon what we have learned.

Learning Objectives: To integrate the experience of learning over the past five days through reflection within the group.

Opening Circle & Introduction to Part 2 of the Training

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1.5

Description: We will set the intention for this second part of the training, becoming clear of our teaching and learning goals.

Learning Objectives: To set the tone for a fruitful learning experience throughout this final week of YTT. To gain clarity about what this week's courses offer, and why they are important for our teaching of pre and postnatal yoga.

Postnatal Yoga Class Observation (Session 2)

Practicum Hours: 1.5

Description: Observation of an ongoing postnatal class that is dedicated to and designed for moms and babies, 6 weeks to crawling.

Learning Objectives: To have an overview of what an actual postnatal (mama and baby) class looks like. To experience the following: the atmosphere of the class, the approach of the experienced teacher, the modifications and support given, and the

adaptability of the students and the instructor to the uniqueness of having babies in the class.

Prenatal Yoga Class Observation (Session 2)

Practicum Hours: 1.5

Description: Observation of ongoing prenatal class. Learning Objectives: To have an overview of what an actual prenatal class looks like. To experience the following: the teacher in setting the tone for the class; her ability to give a variety of modifications; the way she links poses, breathing techniques, and time for sharing to create a well-rounded yoga class experience

Observation Q & A (for each Session)

Teaching Methodology (TM) Hours: 1

Description: This is an opportunity to ask questions about the pre or postnatal class that was just observed. Learning Objectives: To understand why the teacher taught the material she did, and how she approached modifications and offering of support.

Asana Practice - Student Led (Session 2)

Practicum Hours: 2

Description: This class is taught by the students - each student teaches a portion of a prenatal-style class.

Learning Objectives: To become comfortable leading others through poses as one would for pregnant women - offering modifications and additional support where needed.

Sadhana Practice & Training (Session 2)

Techniques, Training and Practice (TTP) Hours: 5

Description: Each class begins with group practice of pranayama and meditation (suitable for pre and postnatal classes). During the second half of each class, we will continue learning new pranayama methods appropriate for pre and postnatal mamas.

Learning Objectives: To continue to learn and practice pranayama and meditation techniques that students will be able to teach to their pregnant and postpartum mamas. Students will get thorough explanations of each practice taught and will have time to ask questions to fully understand the methods and their benefits.

Sound as Support for Mamas Techniques, Training and Practice (TTP) Hours: 2

Description: Students participate in an ongoing offering that is part of a doula salon. The focus is on using sound and music to support and nurture women during pregnancy.

Learning Objectives: To witness the profound effect of the use of music and other sound in supporting/nurturing mamas-to-be (for ex.: observing the relaxing effect on their nervous systems and psyches).

Asana Theory

Teaching Methodology (TM) Hours: 1.5

Description: This class presents asana theory as related to teaching prenatal and postnatal classes.

Learning Objectives: To deepen understanding of asana teaching principles and learn specific effects of poses during and after pregnancy.

Midwifery Wisdom/Anatomy 2 Anatomy & Physiology (AP) Hours: 3

Description: This class outlines, in detail, the development of new human life from zygote to newborn, as well as the corresponding anatomical changes in the mother's body.

Learning Objectives: To gain a thorough understanding of the phases of pregnancy for both mother and babe. To learn how pregnancy (and even the period prior to pregnancy) can be supported to increase the health of mom and babe, and to reduce the need for interventions at birth.

Prenatal Restorative Yoga 2

Practicum Hours: 2

Description: Building upon the elements learned in Session 1 about Restorative Yoga for pre and postnatal moms, students will lead each other through these poses.

Learning Objectives: To gain experience and confidence in teaching/modifying restorative postures specifically for pregnant and postpartum moms.

Your Role Supporting Mamas & Babes

Prenatal Hours: 1.5

Description: This class addresses how trainees can use all of the information and practice from this training as they support pregnant and new mothers in their own prenatal and postnatal (as well as regular) yoga classes. Learning Objectives: To maximize understanding of all of the ways trainees can use the tools and skills they have acquired to support women during the childbearing year and beyond.

Closing Circle

Yoga Philosophy/Lifestyle Ethics (YPLE) Hours: 1

Description: We will bring closure to the time spent in study and practice, reflecting upon what we have learned and experienced throughout the whole training.

Learning Objectives: To integrate our learning experiences through group reflection and empower each other to share the wisdom we have gained.

Student Teaching Preparation Teaching Methodology (TM) Hours: 2

Description: Students begin planning their own 1.5-hour prenatal class. The lead instructor is available should they like to consult with her during their planning process.

Learning Objectives: To be able to design a well-rounded, safe class for pregnant women. This class will be taught to their fellow-students.

Observations Continued

Practicum Hours: 4

Description: Students are required to observe at least 4 additional hours of either prenatal or postnatal yoga classes taught by experienced teachers in their community.

Learning Objectives: To continue to learn how to design and teach pre and postnatal yoga classes, and how to support their own students by observing these ongoing classes.

THE SCHOOL OF COMMUNITY STUDIES*

The School of Community Studies is dedicated to the study and practice of positive transformation of ourselves and the communities in which we live and work. Students explore what it means to help sustain healthy, caring families, groups, communities, and organizations. While in residence at MMC, participants have an opportunity to serve within a successful intentional community that has been thriving for more than 40 years, learn Yoga and Ayurveda practices and tools, community history and philosophy, and reconsider their understanding of community interdependence and their sense of Self consciousness.

*The Community Studies Program is currently being reimagined and redesigned; it is currently on pause.

ADMISSIONS POLICY AND PROCEDURE

ADMISSIONS POLICIES PER PROGRAM

SCHOOL OF AYURVEDA

Ayurvedic Educator and Ayurvedic Health Counselor Admissions Requirements

Prerequisites:

- High school diploma or equivalent
- 6 college level credits of Anatomy and Physiology

Recommended:

- Attend at least one Open House

Application Checklist Complete Signed Application:

- Application Fee (\$150)
- Life Experience Resume
- Education Resume
- Statement of Goals
- Submit Letters of Recommendation
- Attend orientation with Program Coordinator

Ayurvedic Practitioner Admissions Requirements

Prerequisites:

- High school graduation or equivalent required.
- Successful completion of the Ayurvedic Health Counselor (AHC) program required.
- MMI AHC graduates from 2019 or earlier must pass the current MMI AHC exam or the NAMACB AHC exam.
- If the AHC was completed elsewhere, students must pass the NAMACB AHC National exam or the MMI AHC exam.
- 6 college level credits of college level Anatomy & Physiology

Recommended:

- Attend at least one Open House
- NAMA AHC Professional Membership

Application Checklist Complete Signed Application:

- Application Fee (\$150, or \$50 continuing students)
- Life Experience Resume
- Education Resume
- Statement of Goals

- Submit Letters of Recommendation
- Attend orientation with Program Coordinator

SCHOOL OF YOGA

Certificate in Ashtanga Yoga Teacher Training – 200 Level, Ashtanga Yoga Prenatal Teacher Training, Children's Yoga Teacher Training:

Admissions Requirements:

- High school diploma or equivalent
- Completed Application
- Application Fee \$25.00

Recommended:

- Attend at least one Open House

Certificate in Ashtanga Yoga Teacher Training – 300 Level:

Admissions Requirements Prerequisite:

- High school diploma or equivalent
- 200-hour Yoga Teacher Training from a Yoga Alliance approved school*
- *Graduates of a 200-hour Yoga Teacher Training from any school other than Mount Madonna Institute are required to attend the Yoga & Ayurveda Essentials Workshop, which introduces Mount Madonna's unique style of training teachers.
- Information about that program can be found online or by emailing yoga@mountmadonna.org.
- Completed Application
- Application Fee \$25.00

Recommended:

- Attend at least one Open House

Certificate in Ayurvedic Yoga Therapy:

Admissions Requirements Prerequisite:

- High school diploma or equivalent
- 200-hour Yoga Teacher Training from a Yoga Alliance approved school*
- *Graduates of a 200-hour Yoga Teacher Training from any school other than Mount Madonna Institute are required to attend the Yoga & Ayurveda Essentials Workshop, which introduces Mount Madonna's unique style of training teachers.
- Information about that program can be found online or by emailing yoga@mountmadonna.org.

- Anatomy & Physiology 4 college credits (which are part of the AHC program requirements)
- Minimum two-year personal yoga practice
- Minimum one-year yoga teaching experience
- Completed Application
- Application Fee

Recommended:

- Attend at least one Open House

SCHOOL OF COMMUNITY STUDIES

**The Community Studies Program is currently being reimagined and redesigned, with an aim to begin again soon. Check the MMI website calendar for more details. Sign up for our email list to receive updates.*

For All Certificate and Diploma programs and programs requiring a High School Diploma

Mount Madonna Institute will accept a bachelor's degree diploma as evidence of completion of high school. MMI also recognizes other secondary education completion equivalents, including a General Educational Development Test (GED), passing results of the California High School Proficiency Exam, a DD214 that indicates high school equivalency, a degree issued to the student that indicates the high school graduation, or equivalent.

Recruitment

Mount Madonna Institute does not offer any form of Recruitment Incentive Compensation, Commissions, Bonus Payments, or Merit Salary Adjustments based on enrolling students.

Articulation Agreements

Mount Madonna Institute has not entered into transfer or articulation agreements for any of its programs with any other college, university or educational institution.

INTERNATIONAL STUDENTS

Generally, a citizen of a foreign country who wishes to enter the United States must first obtain a visa, either a nonimmigrant visa for temporary stay, or an immigrant visa for permanent residence. A student visa is necessary to study in the United States. Mount Madonna Institute does not offer visa services to prospective students from other countries.

At this time, Mount Madonna Institute is not a SEVP-approved school certified and authorized by the Department of Homeland Security (DHS) to accept and enroll F

visa international students. It does not accept international students into Certificate and 'For Credit' Programs.

Not-For-Credit Programs

A visitor (B) visa permits enrollment in a short 'recreational course of study', which is not for credit toward a degree or academic certificate. Mount Madonna Institute allows international students to enroll in these short term, "not for credit" recreational programs that include short workshops and "programs of general interest" offered through Mount Madonna Institute.

English as a Second Language

Applicants for whom English is not their primary language must demonstrate proficiency in English through satisfactory completion of the Test of English as a Foreign Language (TOEFL). These applicants are required to take an English proficiency examination and meet minimum scores set by MMI in order to be considered for admission. The Test of English as a Foreign Language (TOEFL) can be used to meet this requirement. Decisions regarding English proficiency are at the discretion of the Office of Graduate Admissions and the Academic Department. All instruction at the Institute is in the English language.

Listed below are the minimum scores necessary for admission:

TOEFL Score Minimums

IBT: 71 points; CBT: 197 points; PBT: 527 points

All English proficiency scores are valid for two years from the test date. Official test scores must be provided directly from the testing agency.

Test of English as a Foreign Language (TOEFL):

www.ets.org/toefl

Admissions Procedure

Admission procedures include meeting with an Admissions representative to review goals, programs offered, school policies and procedures, school performance fact sheet, and graduation requirements. Students interested in joining any Ayurveda programs are requested to attend a virtual Open House. Each prospective student must:

1. Provide documentation of prior education as outlined in the Admission Policy for the program of interest.
2. Complete an application.
3. If applicable, show a TOEFL score.

Applicant assessment determines capacity to successfully meet course requirements, including principles and practices. Special achievements and related life experience will be considered in admissions decisions. Character prerequisites include maturity, self-responsibility, good judgment, sincerity, dedication, and respect.

Acceptance notification is issued to the student with relevant program orientation information at least 30 days prior to program commencement or no more than two weeks after receipt of application if received less than 45 days before commencement of the program.

International Students and English Language Services

Mount Madonna Institute does not offer English as a Second Language instruction. All instruction is delivered in English. English language proficiency is documented by:

1. Admissions interview.
2. Receipt of prior education documentation as stated in the admission policy.
3. If applicable, TOEFL score.

Foreign Transcript Evaluation

All foreign transcripts and degrees must be evaluated and translated to meet U.S. equivalency.

The following is a sample of foreign transcript evaluators. Mount Madonna Institute does not endorse any evaluators.

- Foreign Consultants: <http://www.foreignconsultants.com/>
- Educational Credential Evaluators: <http://www.ece.org/>
- Educational Perspectives: <http://www.educational-perspectives.org>
- International Consultants of Delaware: <http://www.icdel.com/>
- International Research Foundation, Inc.: <http://www.ierf.org/>
- World Education Services: <http://www.wes.org/>

Ability-To-Benefit

Mount Madonna Institute does not admit ability-to-benefit students.

TRANSFER OF COURSE CREDIT

Ayurvedic Health Counselor & Ayurveda Practitioner Programs

Mount Madonna Institute evaluates transfer course credit from hours earned at institutions accredited by the Ayurvedic Accreditation Association (AAC).

Transfer students must complete at least 1/3 of the Program's hours at MMI in order to confer a certificate of completion from MMI. All transfer of credit is based upon the determination of equivalency. Students requesting credit shall make the request in writing and provide an official institutional transcript. A grade of "B" or better is required to be considered for transferability. Additional documentation or testing may be requested to support the coursework completed.

Course hours for prior experiential learning is granted only if the prior learning is equivalent to the course theory and practice.

The transferability of hours a student earns at Mount Madonna Institute is at the complete discretion of an institution to which the student may seek to transfer. Acceptance of the diploma or certificate a student earns at MMI is at the complete discretion of the institution to which a student may seek to transfer. If the diploma, or certificate earned at MMI is not accepted at the institution to which the student seeks to transfer, the student may be required to repeat some or all of the coursework at that institution.

Articulation Agreements

Mount Madonna Institute has not entered into transfer or articulation agreements with any other college or university.

STUDENT CAMPUS & SERVICE FACILITIES

LIBRARY SERVICES

Mount Madonna Institute maintains a print book collection in the Orchard House and an instructional digital collection in the Wisdom Library. These resources further knowledge about and inquiry into the classical systems of Yoga and Ayurveda.

STUDENT ACADEMIC SERVICES

Mount Madonna Institute Core Faculty and Course Instructors and assistants maintain ongoing contact with the student throughout the course of study and are available to support the student. The Institute provides learning resources through the library facilities described and career information as part of the curriculum.

Clinical student supervision is provided by experienced Institute clinical faculty, which includes Ayurveda BAMS and MA Ayurveda level clinicians.

Mount Madonna Institute provides career information as part of the curriculum. However, MMI does not provide employment placement. Mount Madonna Institute cannot and does not guarantee employment or salary.

CAMPUS - MOUNT MADONNA CENTER

Mount Madonna Institute has full use of the Mount Madonna Center's 380 redwood-forested campus overlooking the Monterey Bay. MMI offices are housed in the Orchard Building, which also includes a small library. Classrooms are located in the Seminar House, Orchard House, and other Center meeting spaces, depending upon the size of the class. Student housing is located according to availability, and may include the Seminar House, Oaks Cabins, Conference Center (when available), and abundant camping spaces. Student dining is in the Community Building. The campus includes redwood forested hiking trails, a pond, meditation and yoga room, Vedic Temple, and Mount Madonna's Children's school (PK-12th) campus, including classrooms, playing fields, playgrounds, and library.

The Institute has sufficient facilities, ample space, and all necessary equipment to support the achievement of the educational objectives and all courses and educational programs in which students are enrolled. These facilities include student desks, projectors for faculty presentations, electrical outlets, wifi, restrooms, and water and tea. Handouts and assignments are made available either in class or via the LMS for students to access electronically. When yoga classes are in session, the institute provides mats and props as needed. For hands-on activities, oils, herbs, and preparation materials are provided.

The Institute is located on the campus that includes a multi-generational residential community. Students benefit greatly from interacting with the community and sharing extra and co-curricular experiences with them such as holiday celebrations,

performances, sports competitions and entertainment. The community forms the basis of the Community Studies program, which has at its core, service to the greater society.

The Yoga School offers myriad opportunities for yoga practice consisting of meditative and contemplative arts, physical exercises, and philosophical study. Ashtanga yoga teaches practices for self-development based on service, community and right action. These offerings also compliment the Ayurveda focus on wellness of mind, body and spirit.

The Sankat Mochan Hanuman Temple on the property is dedicated to Hanuman, the energy of devoted service and healing. Many find the peaceful atmosphere conducive to introspection and self-study.

Mount Madonna School, a private CAIS Accredited PreK-12th children's school, also shares the 380 acre redwood campus. The children have access to the entire campus and their energy and enthusiasm for learning is inspiring. There are also MMS sponsored shared learning opportunities such as Summit for the Planet, Cultural Awareness Assembly, and Science Fair.

The natural beauty of the campus, its flora and fauna, contributes to the learning environment experience and naturally fosters environmental stewardship sensitivities.

WELLNESS CENTER

For more than 35 years, Kaya Kalpa and Ayurveda World have been providing a variety of health and wellness services to students, staff, and guests at Mount Madonna Center. They share a nourishing environment in the redwoods in support of relaxation, and the restoration and rejuvenation of the body, mind, and spirit.

KAYA KALPA WELLNESS CENTER

Kaya Kalpa (translation: *body immortal*) is a system developed in India by early practitioners of Yoga to balance the nervous system, tone and maintain the life force energy, and enhance longevity.

In the comfortable, nurturing environment of Kaya Kalpa's wellness facility, an expert staff of professional practitioners provide a range of therapeutic bodywork, including ancient Ayurvedic treatments applied for thousands of years, western style massage therapy, and individualized yoga sessions and Ayurvedic consultations (by appointment).

AYURVEDA WORLD

For over 35 years, Ayurveda World has served as Mount Madonna Center's Ayurvedic herbal products laboratory and store. Based on traditional Ayurvedic principles and processes, Ayurveda World produces individualized herbal formulations for practitioners and students. Ayurveda uses synergistic blends of herbs and medicinal

substances to support the efficient functioning of the body and to address underlying imbalances. Students may volunteer in the Ayurveda World herbal laboratory to expand their knowledge experientially.

COMMUTING AND HOUSING OPTIONS DURING RESIDENTIAL SESSIONS

Mount Madonna Center (MMC) is available to provide on-site housing and all meals for Institute students in an environment highly supportive of learning the Institute's disciplines.

Overnight housing is not required to attend MMI programs. However, students have a choice from a wide range of housing options at Mount Madonna Center should they prefer to stay onsite. Students are welcome to stay off site and pay only the commuting rate of \$69.00 per day. This commuting fee covers all meals and full use of the property during all on-site sessions.

Rooms at MMC are in hotel-style buildings (no phones or TVs in rooms). Some rooms include a private bathroom with a shower. Others have access to nearby shared (but private while in use) bathrooms and showers. Cabins are located in a forest grove, and include electricity and heat, but not indoor plumbing. A separate shower house (with private shower and dressing rooms, and clean, well-ventilated privies) is nearby. Campgrounds are located in secluded redwood groves and have running water, tents provided by the Institute, and tent sites for your own tent. These options, and their respective costs per person per day, including vegetarian meals and use of all other facilities, are listed below.

No refund or adjustment of the meals-lodging fees can be made unless notice of cancellation, housing change, or missed time is received a minimum of 14 days prior to the arrival date.

Mount Madonna County Park, located two miles away from the MMI campus, offers overnight camping sites at a rate of \$34/night per site. Students may find a variety of options online at [airbnb.com](https://www.airbnb.com), and [hotels.com](https://www.hotels.com) for the surrounding area. Hotel rates in Watsonville range from \$65-\$145 per night for standard accommodations. Local monthly rental rates on sites such as [airbnb](https://www.airbnb.com) near our institution are \$2500-\$3,000 per month.

2025 Daily Commute/Meals & Optional Lodging Fees

The following *per person / per day* rates include all meals, lodging, and use of all other facilities.

All MMI students are required to pay the daily commute rate unless they have arranged for onsite overnight accommodations with MMC and will therefore pay that corresponding rate.

Housing options listed below are subject to availability. There is no guarantee that all housing options will be available each weekend of programming as Mount Madonna often hosts multiple groups concurrently. Fee includes all meals. Students not wishing to stay on campus pay meals & facilities use; minimum required during on site programming.

August 1, 2025 - FEES per night Includes Accommodations & Meals	
Commuting	\$ 69.00
Camping - Own Tent or Van	\$ 89.00
Room - Dorm (4-7pp) *based on availability	\$ 129.00
Room - Triple Occupancy, shared bath	\$ 136.00
Cabin - Shared (2 pp), shared bath	\$ 159.00
Room - Shared (2 pp), shared bath	\$ 169.00
Cottage - Shared, shared bath	\$ 169.00
Yurt - Shared (2 pp, 2 Q beds), shared bath	\$ 179.00
Cabin - Private, with shared bath	\$ 199.00
Room - Double, with ensuite bath	\$ 209.00
Room - Private, with shared bath	\$ 229.00
Room - Private, with ensuite bath	\$ 279.00
Yurt - Private (Q bed), shared bath	\$ 289.00
Cottage - Private, shared bath	\$ 249.00

TUITION & FEES

2025 (January - December)

School of Ayurveda

Tuition and Fees School of Ayurveda	Ayurveda Educator(AE)	Ayurvedic Health Counselor (AHC)	Ayurvedic Practitioner (AP)
Total Program Tuition*	\$3,850	\$9,000*	\$18,000.00*
Application Fee** Non-refundable	\$150	\$150.00	\$150.00 New \$50.00 Continuing
Estimated Textbooks Student-responsibility	\$500	\$500.00	\$500.00
Estimated Total Charges per Program	\$4,500	\$9,650.00	\$18,650
On-Site Meals & Lodging	N/A	Based on a triple rate of \$139 per day. See full list of additional housing options above. Housing options subject to availability.	
Estimated Total Charges per Program with Room & Board	N/A	\$10,901.00 based on triple rate x 9 nights	\$24,905.00 based on triple rate x 45 nights

See Tuition Discounts and Optional Payment Plans on the following page.
Additional information regarding fees:

- The total charge is INCLUSIVE of tuition, materials, graduation fee, clinical practicum, an estimated meals/ and Lodging charge. There are no hidden charges.
- Tuition and fees subject to change. Program tuition is final once enrollment is signed.
- *\$1,000.00 initial tuition payment required at the time of enrollment. This is included in the total tuition cost.
- **The application fee charged for each year or program cannot be transferred to another year or program.

SCHOOL OF AYURVEDA

2025-2026 PAYMENT DISCOUNTS AND PAYMENT PLAN OPTIONS

Early Bird Tuition Discount

- Amounts TBD per program when they are next offered
- To qualify for Early Bird discount, application, signed enrollment agreement and initial tuition payment. Must be submitted by the Early Bird (EB) deadlines.
- Tuition discounts are prorated. In case of withdrawal from the program, the discount will be prorated to the % of program completion.

MMI offers the following tuition payment options for students*

- Pay in Full -- Full program payment due on the 1st of the month in which the program starts.
- Pay by Trimester -- Full trimester payment due on the 1st of the month at the start of each trimester.
- Pay by Split Trimester -- Split trimester payment due on the 1st of the month, at trimester month 1 and 3.
- Pay by Month -- Payment due on 1st of each month.

Payment Plans	AE 6 months	AHC 12 months	AP 16 months
Paid in full	\$3,850.00	\$9,000.00	\$18,000.00
Pay by Trimester Payment Plan	\$4,000.00	\$9,150.00	\$18,200.00
Trimester Split Payment Plan	\$4,150.00	\$9,300.00	\$18,400.00
Monthly Payment Plan	\$4,450.00	\$9,600.00	\$18,800.00
Paid in full	\$3,850.00	\$9,000.00	\$18,000.00
Pay by Trimester Payment Plan	\$4,000.00	\$9,150.00	\$18,200.00
Trimester Split Payment Plan	\$4,150.00	\$9,300.00	\$18,400.00
Monthly Payment Plan	\$4,450.00	\$9,600.00	\$18,800.00

*Meals and Lodging are paid separately to Mount Madonna Center

AYURVEDIC EDUCATOR

All students are required to pay a Tuition Deposit of \$1,000, which is due upon enrollment. Tuition Deposit will be deducted from tuition total.

Tuition Total = \$3,850

Payment Options:	AE-6 month TOTAL COST	Initial Deposit \$1,000	Payment Amount
Paid in full	\$3,850.00	\$1,000.00	\$3,850.00
Pay by Trimester: 2 payments	\$3,950.00	\$1,000.00	\$1,475.00
Trimester Split: 3 payments	\$4,000.00	\$1,000.00	\$1,000.00
Monthly Payment Plan: 6 payments	\$4,150.00	\$1,000.00	\$525.00
Paid in full	\$3,850.00	\$1,000.00	\$3,850.00
Pay by Trimester: 2 payments	\$3,950.00	\$1,000.00	\$1,475.00
Trimester Split: 3 payments	\$4,000.00	\$1,000.00	\$1,000.00
Monthly Payment Plan: 6 payments	\$4,150.00	\$1,000.00	\$525.00

*Tuition total includes: tuition, materials, and graduation fees.

AYURVEDIC HEALTH COUNSELOR

All students are required to pay a \$1,000.00 Tuition Deposit, which is due upon enrollment. Tuition Deposit will be deducted from tuition total.

Tuition Total = \$9,000*

*Tuition total includes: tuition, materials, graduation fees and clinic.

Payment Options:	AHC-12 month TOTAL COST	Initial Deposit \$1000	Payment Amount
Paid in full	\$9,000.00	\$1,000.00	\$9,000.00
Pay by Trimester: 3 payments	\$9,150.00	\$1,000.00	\$2,716.67
Trimester Split: 6 payments	\$9,300.00	\$1,000.00	\$1,445.00
Monthly: 12 payments	\$9,600.00	\$1,000.00	\$722.50
Paid in full	\$9,000.00	\$1,000.00	\$9,000.00
Pay by Trimester: 3 payments	\$9,150.00	\$1,000.00	\$2,716.67
Trimester Split: 6 payments	\$9,300.00	\$1,000.00	\$1,445.00
Monthly: 12 payments	\$9,600.00	\$1,000.00	\$722.50

AYURVEDIC PRACTITIONER

All students are required to pay a \$1,000.00 Tuition Deposit, which is due upon enrollment. Tuition Deposit will be deducted from tuition total.

Tuition total = \$18,000*

*Tuition total includes: tuition, materials, graduation fees and clinic

Payment Options:	AP-16 month TOTAL COST	Initial Deposit \$1000	Payment Amount
Paid in full	\$18,000.00	\$1000.00	\$18,000.00
Pay by Trimester: 4 Payments	\$18,200.00	\$1000.00	\$4,300.00
Trimester Split: 8 Payments	\$18,400.00	\$1000.00	\$2,175.00
Monthly: 16 payments	\$18,800.00	\$1000.00	\$1,112.50
Paid in full	\$18,00.00	\$1,000.00	\$18,000.00
Pay by Trimester: 4 Payments	\$18,200.00	\$1,000.00	\$4,300.00
Trimester Split: 8 Payments	\$18,400.00	\$1,000.00	\$2,175.00
Monthly: 16 payments	\$18,800.00	\$1,000.00	\$1,112.50

SCHOOL OF YOGA

Tuition and Fees School of Yoga	Ashtanga Yoga Teacher Training 200 Level Certificate	Ashtanga Yoga Teacher Training 300 Level Certificate	Ayurveda Yoga Therapy Training	Children's Yoga Teacher Training	Prenatal Yoga Teacher Training
Total Program Tuition	\$2,500.00	\$4,200.00	\$7,200.00*	N/A	N/A
Application Fee** Non-refundable	\$75.00	\$75.00	\$150.00	N/A	N/A
Estimated Total Charges per Program	\$2,575.00	\$4,275.00	\$7,350.00		
On-Site Room & Board	Based on the triple rate of \$139 per day at MMC See full list of additional housing options pg. 87. Housing options subject to availability.				
Estimated Total Charges per Program with Room & Board	TBD please see web for most up to date info	\$5,387.00 based on triple rate x 8 nights	\$9435.00 based on triple rate x 15 nights		

See Tuition Discounts and Optional Payment Plans on the following page.

Additional information regarding fees:

Tuition and fees subject to change. Program tuition is final once enrollment is signed.

^Ayurveda Yoga Therapy Training Program tuition is for the Integration component and does not include AHC or YTT 300 tuition.

*\$1,000.00 initial tuition payment required at the time of enrollment in AYT. This is included in the total tuition cost.

**The application fee charged for each year or program cannot be transferred to another year or program.

SCHOOL OF YOGA

2025-2026 PAYMENT PLAN OPTIONS

ASHTANGA YOGA TEACHER TRAINING 200 LEVEL

All students are required to pay a minimum of \$400.00 Initial Tuition Payment due upon enrollment. Deposit will be deducted from tuition total.

Tuition Payment Options			
Paid in Full for Program	Paid in Full by Trimester	Trimester Split	Pay by Month
Full program payment due on the 1st of the month in which the program starts.	Full trimester payment due on the 1 st of the month at the start of each trimester.	Split trimester payment due on the 1 st of the month, at trimester month 1 and 3.	Payment due on 1st of each month. The \$400 initial tuition payment will cover the final payment.

ASHTANGA YOGA TEACHER TRAINING - 300 LEVEL (Advanced Yoga Studies)

All students are required to pay a minimum of \$500.00 Initial Tuition Payment due upon enrollment. Deposit will be deducted from tuition total.

Tuition Payment Options			
Paid in Full for Program	Paid in Full by Trimester	Trimester Split	Pay by Month
Full program payment due on the 1st of the month in which the program starts.	Full trimester payment due on the 1 st of the month at the start of each trimester.	Split trimester payment due on the 1 st of the month, at trimester month 1 and 3.	Payment due on 1st of each month. The \$500 initial tuition payment will cover the final payment.

AYURVEDIC YOGA THERAPY TRAINING PROGRAM

All students are required to pay a minimum of \$1,000.00 Initial Tuition Payment due upon enrollment. Deposit will be deducted from tuition total.

\$7,200.00– \$1,000.00 Initial Tuition Payment = Tuition Total

Tuition Payment Options			
Paid in Full for Program	Paid in Full by Trimester	Trimester Split	Pay by Month
	No payment discounts or fees	\$25.00 fee per payment	\$25.00 fee per payment
		\$375.00 total in fees	\$275.00 total in fees
Full program payment due on the 1st of the month in which the program starts.	Full trimester payment due on the 1 st of the month at the start of each trimester.	Split trimester payment due on the 1 st of the month, at trimester month 1 and 3.	Payment due on 1st of each month. The \$1,000 initial tuition payment will cover the final payment.

School of Yoga Program Scholarships:

School of Yoga prospective students may complete a scholarship application for the 200-hour and 300-hour Yoga Teacher Training programs. Scholarship Applications are included in the standard program application form. Scholarship award amounts are based on availability.

Please note: No payment plans are available for Prenatal Yoga Teacher Training and Children's Yoga Teacher Training programs.

SCHOOL OF COMMUNITY STUDIES

The Community Studies Program is currently being reimagined and redesigned. More information will be available on the website as the program becomes available.

STUDENT RIGHTS AND RESPONSIBILITIES

Students' rights include access to knowledge in a safe and respectful setting. Students have the right to high-quality education and study opportunities.

Students' responsibilities include sincerity, dedication, and respect of the teacher, both in and out of the classroom. Professional standards of behavior apply. Students are responsible for regular, punctual attendance, timely submission of assignments, cooperative behavior, and prompt communication of any concerns.

Respect for self and others is the founding principle governing scholastic regulations. Students may request a copy of their academic records at any time from the Registrar.

ATTENDANCE POLICY

All sessions must be punctually attended. An attendance record of at least 90% is required in all Schools. The Program Coordinator may require the student to make-up a missed session. If required, additional fees may be charged for the make-up session at the rate of \$50.00 per hour, paid in advance.

GRADING POLICY

A standard of 3.0 (83%) or better for graduate students, and a standard of 2.0 (70%) or better for undergraduate students, for all assignments, including the aggregate of weekly quizzes, monthly tests, quarterly exams, and final oral and written examinations constitutes a passing grade. Trimester end evaluations provide an opportunity to outline specific areas for student skill development and improvement.

Timely submission of all assignments is required (including a make-up session if previously required). Students must be able to demonstrate comprehension of the material and a capacity to communicate it. All work must be completed by the end of the trimester before a grade will be awarded for any course and before a student may advance to the next trimester. The Program Coordinator has the discretion to allow an extension for exceptional reasons only. The maximum time allowed for any extension is one month from the end date of the trimester. A course will be considered incomplete until completed work is submitted to the Program Coordinator. If the student fails to complete the work in the time allowed, the student must repeat the entire course to receive credit for that course.

See Grading Chart below.

GPA	LETTER GRADE	PERCENTAGE
4.0	A	100 – 95
3.9 – 3.7	A-	94 – 90
3.6 – 3.3	B+	89 – 87
3.2 – 3.0	B	86 – 83
2.9– 2.7	B-	82 – 80
2.6 – 2.3	C+	79 – 77
2.2 – 2.0	C	76 – 73
1.9 – 1.7	C-	72 – 70
1.6 – 1.3	D+	69 - 67
1.2 – 1.0	D	66 – 63
0.9 – 0.7	D-	62 – 60
0.0 / NC	F	< 60
3.0 / P	Satisfactory achievement of a Pass/Fail Course. factored in GPA	80
0.0 / F	Unsatisfactory achievement of Pass/Fail Course; factored in GPA	0
W	Withdrawal from Course; not counted in GPA	
I	Incomplete	
FN	Failure for Non-Attendance	
Auditor	No Grade	No Credit

STUDENT PROGRESS, PROBATION AND DISMISSAL POLICY

If a student is unable to attend more than one weekend residential course, they must advise the Program Coordinator in writing as to the reason and this will be forwarded to the Chair to determine if the student needs to request a formal Leave of Absence.

If a student misses one weekend residential (2 courses) without communication to the Program Coordinator, they may be placed on academic probation with written notice of the same. Students may be placed on probation for academic insufficiency (a cumulative GPA below 3.0 for graduate students and 2.0 for undergraduate students), misrepresentation, failure to meet attendance standards, breach of Student Conduct Policy, or any other violation of the Institute's guidelines.

REGULATIONS AND STUDENT CONDUCT POLICY

The student is responsible for meeting the Institute's standards including the Student Conduct Policy.

The Institute maintains a vegetarian environment. Food is provided as part of the commuting or housing fees, and no food may be brought to the premises.

- As a general rule for all programs, Mount Madonna Center (MMC) requires that no food or drinks be consumed in a classroom. Meeting spaces with kitchens may be an exception.
- No smoking or drugs are allowed on MMC or the Institute's premises.
- Please turn cell phones off in class. Computers are allowed.
- No recording of audio or video is allowed except by Mount Madonna Institute, unless there is a medical necessity.
- Students are not permitted to copy or distribute their lecture notes or to sell them in whole or in part to anyone without the Institute's permission.

The Institute expects the students' honesty, courtesy, and cooperation at all times, both in and out of the classroom setting. Equality of opportunity in education is provided in admission of students and hiring and promotion of faculty without discrimination on the grounds of race, color, religion, national origin, gender, age, marital status, disability, or sexual orientation. Students and staff have the right to work and attend classes in an atmosphere free from harassment.

The Board of Directors has primary responsibility for ensuring academic freedom for faculty, students, and the entire Institute community. No faculty member, student, or member of the Institute's larger community shall be censured, penalized, or discriminated against for any behavior within accepted standards of free speech and academic freedom.

STUDENT GRIEVANCES

Mount Madonna Institute "student" refers to any individual whose application has been accepted and is officially enrolled in any program offered by the School of Ayurveda, and/or the Schools of Yoga and Community Studies. This includes Foundations of Ayurveda, Ayurveda Educator, Ayurvedic Health Counselor Program, Certificate - Ayurvedic Practitioner Program, Ashtanga Yoga Teacher Training (YTT) Programs at the 200 Hour and 300 Hour, Prenatal and/or Children's YTT, Ayurveda Yoga Therapy Program, and Community Studies – Part One and Part Two.

The Institute Student Grievance Policy and Procedure provides MMI students with a method for addressing concerns that may arise regarding MMI's academic or administrative policies for students. The procedure provides a thorough review of a student complaint and affords due process rights with the intent of arriving at a mutual agreement among all parties.

A "grievance" is generally defined as an allegation by a student, or a group of students, of a breach, misinterpretation, or misapplication of MMI's policy or

procedure as set forth in the Catalog. The grievance may be against the process used and/or against the outcome.

Mount Madonna Institute (MMI) values harmony and collegial fellowship among students, faculty, staff, the administration, and with our extended communities. Our intention is to resolve grievances and rectify any situation that may have led to an injustice or a misunderstanding quickly and fairly.

In order to maintain or restore harmony and collegial fellowship, MMI encourages and supports a student(s) who wish to address any concern with the person(s) who is (are) directly involved in the concern, in an effort to come to a satisfactory, informal resolution. MMI can provide support for a student through mediated conversations upon a request by the student. The student may choose an advocate to participate with her/him. A student may also discuss the matter with his/her Program Coordinator, or a faculty member or supervisor in whom the student places confidence. Informal meetings may also be held both with the student and with the faculty or staff members involved in the concern to help restore a working relationship based in fairness, and to resolve the particulars of the concern. In most cases, such concerns can be resolved at that level.

If these informal direct discussions are not successful, the student may pursue a formal avenue through the Student Grievance Policy and Procedure. Procedures are available for both Academic Grievances and Administrative Grievances.

A formal grievance is initiated by a student completing and filing a Student Complaint and Grievance Notification Form -available on the Institute website (www.mountmadonnainstitute.org/students) and in the student orientation documents. A student may also request the Student Complaint and Grievance Notification Form by calling 408-846-4060.

Formal Procedure for Resolving Administrative Grievances

A formal grievance involving a non-academic matter(s) must be addressed to the President, and/or the Chief Financial Officer (CFO). It must be submitted in writing on the Student Complaint and Grievance Notification Form, available on the Institute website (www.mountmadonnainstitute.org/students) and in the student orientation documents. This Form may also be obtained by calling 408-846-4060.

The President and/or CFO will review the grievance and investigate the complaint within 30 days. The President and/or the CFO will gather information from the parties to the grievance and keep a record and/or summary of this information. After review, the President and/or the CFO will recommend a solution arrived at by mutual agreement. If mutual agreement cannot be reached, a resolution will be determined, and the grievant will be notified of the resolution in writing. Copies of all records will remain confidential and be maintained by the Office of the President for 5 years.

If the matter involves the CFO, it must be addressed to the President. If the matter involves the President, it must be addressed to the Chair of the Mount Madonna Institute Board of Directors.

Appeal Process

For both academic and administrative grievances, if the parties accept the resolution, the grievance is considered to be settled. If the resolution is not acceptable, then the grievant(s) may appeal the resolution in writing within 15 days of the date the resolution is mailed (email or snail mail acceptable) to the grievant(s). If the appeal is not submitted within the prescribed time limit, the entire process terminates.

If the grievant(s) elects to appeal, academic and/or administrative appeals are submitted to the President, along with the written record from the previous steps.

Within 30 days of appeal to either party, the President will convene a temporary "Special Hearing" committee to further investigate the grievance. The committee may include any of the following members, depending upon the circumstances: faculty members, Provost, CFO, President, or others. This committee will make recommendations as described below within 45 days after being convened.

The committee will recommend steps to the parties to provide an amicable and mutually acceptable solution. If the parties cannot agree on a solution, the committee will declare a resolution in writing. The President will accept, reject, or revise the committee's decision and communicate the final resolution to the grievant(s). This decision will be based on the record and the President will not reopen the matter for additional evidence or argument. The action of the President will be final.

Grievant(s) who do not accept the decision of the committee must file a written appeal to the President within 15 days of the date the committee's resolution is mailed to the grievant(s).

If the President is the object of the grievance, the grievance will be referred to the Chair of the MMI Board of Directors. In this case, the Chair of the Board will convene a temporary "Special Hearing" committee to further investigate the grievance. The committee may include any of the following members, depending upon the circumstances: Board members, faculty members, Provost, CFO, or others. The committee will make recommendations as described below within 45 days after being convened.

The committee will recommend steps to the parties to provide an amicable and mutually acceptable solution. If the parties cannot agree on a solution, the committee will declare a resolution in writing. Grievant(s) who do not accept the decision of the committee must file a written appeal to the Chair of the Board, within 15 days of the date the committee's resolution is mailed to the grievant(s). The Chair of the Board will accept, reject, or revise the committee's decision and

communicate it to the grievant(s). This decision will be based on the record and the Board will not reopen the matter for additional evidence or argument. The action of the Chair of the Board will be final.

Effect of Complaints

No student's right or remedies will be limited or waived as a result of his or her participation in a complaint procedure or as a result of the decision regarding the complaint.

Any member who serves on a 'Special Hearing' Committee convened by the President or the Chairman of the Board of Directors shall not be terminated in his/her volunteer services as a result of involvement in or decisions made regarding any complaint case.

STUDENT RECORDS

The Institute will maintain student records for a period of not less than five years from the last date of attendance at the Institute. Transcripts will be maintained permanently. Records will be available upon request for inspection and copying by anyone authorized to do so.

Transcripts are provided for a \$35 fee per transcript. Official electronic transcripts are available by request through the Registrar's Office. Certificates of completion are provided to students upon graduation or completion of a program. If additional copies of a certificate are required, students will be provided with a PDF version for a \$35 fee.

Transcripts and certificates must be requested two weeks in advance by sending an email to the School's Registrar, or info@mountmadonnainstitute.org, or by calling 408-846-4060.

LEAVE OF ABSENCE POLICY

Mount Madonna Institute understands that sometimes unexpected circumstances arise that may interfere with a student's ability to continue without interruption in the program. Students with medical or other extenuating circumstances that may require them to be gone for more than the MMI equivalent of nine consecutive in-seat classroom days are required to submit a Leave-of-Absence request to their Department Chair, which will also be filed with the Registrar.

A Leave-of-Absence will be granted only to students who have a family emergency, medical reason, military service requirement, jury duty, or other serious personal reasons. Mount Madonna Institute reserves the right to determine on a case-by-case basis the time necessary for a Leave-of-Absence. A \$250 Change of Agreement fee is incurred to take a Leave-of-Absence and all students must have paid tuition for all classes attended before being granted the leave.

The maximum time frame for a Leave-of-Absence or combined Leave-of-Absence is until the start of the next program offered from which the student is taking a

Leave-of-Absence. This is the MMI equivalent to “180 classroom days, or 6 months.” A student must return whenever their next required course is scheduled the following year. If this timeline is met, the original Program Enrollment Agreement remains in effect. This Leave-of-Absence maximum time frame cannot be extended. Only one Leave-of-Absence Request is allowed, per student, per program.

When a student is approved to take a Leave-of-Absence, a Leave-of-Absence Form must be signed in advance. If unforeseen circumstances preclude this possibility, the form will be collected at a later date, and the reason for the delay will be documented.

Incomplete courses at the time of Leave will be required to be retaken upon return. Students required to repeat courses will incur a charge of \$175.00 per course. There will be an additional charge for new program courses not included in the original Enrollment Agreement, and not covered by the original total tuition, based on the current hourly tuition rate.

If the student does not return from a leave on the date noted, they will be considered “withdrawn from the program” and the original Enrollment Agreement is canceled at that time. Students must have paid tuition for all classes attended before being granted the leave.

In the event a refund is due, a refund calculation is based on the student’s last day of attendance, according to the 60% Guideline. (See Withdrawal Policy)

STUDENT DISCOUNT and SCHOLARSHIP POLICY

All tuition discounts and scholarships are pro-rata.

In a case of withdrawal from a program, the discount or scholarship will be prorated to the percentage of the program completed.

School of Ayurveda Program Discounts:

See pages 100-108 for more details about tuition discounts.

Early Bird Tuition Discount

- To qualify for Early Bird discounts, application, signed enrollment agreement and initial deposit must be submitted by the Early Bird (EB) deadlines.

Repeating Ayurveda Courses:

- Ayurveda students may repeat an AE, AHC, or AP course already taken, passed, and paid for, at a reduced rate of \$175 per course, if taken during the next program offered.

School of Yoga Program Scholarships:

School of Yoga prospective students may complete a scholarship application for the 200-hour and 300-hour Yoga Teacher Training programs. Check the box on the

standard application to receive a scholarship application from the admissions director. Scholarship award amounts are based on availability. Check the website for application deadlines.

School of Ayurveda Scholarships:

School of Ayurveda prospective students may complete a scholarship application for any and all Ayurveda programs. Check the box on the standard application to receive a scholarship application from the admissions director. Scholarship award amounts are based on availability. Check the website for application deadlines.

FINANCIAL AID / LOANS

Mount Madonna Institute does not currently participate in federal or state financial aid programs.

If a student obtains a loan, such as a personal loan, to pay for an educational program, the student will have to repay the full amount of the loan plus interest, less the amount of any refund.

CANCELLATION, WITHDRAWAL and REFUND POLICIES

STUDENT'S RIGHT TO CANCEL

1. The student has the right to cancel the Enrollment Agreement for a program of instruction, without any penalty or obligations, through attendance at the first class session or the seventh calendar day after enrollment, whichever is later. After the end of the cancellation period, a student also has the right to stop school at any time; and you have the right to receive a pro rata refund if 60 percent or less has been completed of the scheduled days in the current payment period in the program through the last day of attendance.
2. Cancellation may occur when the student provides a written notice of cancellation addressed to the Registrar at the following address: 445 Summit Road, Watsonville, CA 95076. This can be done by mail, email, or by hand delivery.
3. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with proper postage.
4. The written notice of cancellation need not take any particular form and however expressed; it is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement.
5. If the Enrollment Agreement is canceled, the school will refund the student any money paid, pro rata (if the student completed 60 percent or less of the scheduled days in the current payment period in the program through the last day of attendance), less an application fee not to exceed \$250.00 and within 45 days after the notice of cancellation is received.

WITHDRAWAL FROM THE PROGRAM

A student may withdraw from the school at any time after the cancellation period (described above). A \$250 Change of Agreement fee is incurred in the case of withdrawal.

Refunds

The student will receive a pro rata refund as long as they have completed 60 percent or less of the educational program "period of attendance." "Period of Attendance" for each program = current trimester.

A pro rata refund shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows: (1) The amount owed equals the daily charge of the program (total institutional charge, divided by the number of days or hours in the program) multiplied by the number of days or hours the student attended, or was scheduled to attend, prior to withdrawal.

The refund will be less the non-refundable application/registration fee (not to exceed \$250.00) and within 45 days after the withdrawal is determined.

If the student has completed more than 60 percent of the period of attendance (trimester) for which the student was charged, the tuition is considered earned and the student will receive no refund.

For the purpose of determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution in writing to the Registrar via email, hand delivery, or written notice mailed to 445 Summit Road, Watsonville, CA 95076 of the student's intention to withdraw, or as of the date of the student's withdrawal, whichever is later.
- The institution terminates the student's enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences in excess of maximum set forth by the institution; and/or failure to meet financial obligations to the school. (Such termination is subject to appropriate due process and determined by the provost in consultation with the student, Program Coordinator and Chair.)
- The student has failed to maintain a minimum of a 90% cumulative attendance rate.
- Failure to return from a Leave of Absence.

For the purpose of determining the amount of the refund, the date of the student's withdrawal shall be deemed the last date of recorded attendance.

For programs beyond the current "payment period," if a student withdraws prior to the next payment period, all charges collected for the next period will be refunded. If any portion of the tuition was paid from the proceeds of a loan or third party, the

refund shall be sent to the lender, third party or, if appropriate, to the state or federal agency that guaranteed or reinsured the loan. Any amount of the refund in excess of the unpaid balance of the loan shall be first used to repay any student financial aid programs from which the student received benefits, in proportion to the amount of the benefits received, and any remaining amount shall be paid to the student.

If the student has received federal student financial aid funds, the student is entitled to a refund of monies not paid from federal financial aid funds.

Tuition Owed

If the student has completed more than 60 percent of the period of attendance (trimester), the student will be responsible for the full tuition cost for the period of attendance. i.e., full trimester tuition is due at the time of withdrawal.

ACADEMIC FREEDOM

The Mount Madonna Institute, in order to create an environment and an atmosphere most conducive to excellent teaching, and to provide students with the most appropriate learning conditions, adopts the following policy for Academic Freedom:

Academic Freedom includes the protection of the opportunity for the teacher to teach, and for the teacher and the student to study, without coercion, censorship, or other forms of restrictive interference. Academic freedom encourages the flow of ideas with the recognition that freedom to teach and freedom to learn imply both rights and responsibilities within the framework of the law and the Institute's policies and curricular objectives.

Core Faculty in-charge, as citizens, members of a learned profession, and representatives of the Mount Madonna Institute shall be free from censorship and discipline when speaking or writing. However, the special position of Core Faculty in-charge imposes special obligations. The faculty, as representatives of the Institute should be accurate, objective, exercise appropriate restraint, encourage a spirit of initial respect for the opinion of others, and ensure the relevancy of subject matter to their instructional areas.

DIVERSITY AND INCLUSION

Mount Madonna Institute (MMI) takes great pride in its recognition as an institution of higher learning. Mount Madonna Institute intends to ensure that diversity, inclusiveness, and respect are integral parts of our day-to-day engagement, throughout our environment and activities. We aim to set a strong example by acknowledging, appreciating, and respecting the differences we recognize in one another. We understand that diversity helps create a positive work and learning environment where all individuals have the opportunity to reach their full potential and maximize their contributions towards MMI's mission. In addition, we recognize that continued success in meeting the needs of our students, faculty, staff, alums,

volunteers, and employees requires the full and active participation of talented and committed individuals. In essence, diversity includes all the characteristics, experiences, and cultural influences that make each of us unique.

MMI is committed to reflecting and fostering an inclusive culture and environment that embraces diversity in all our endeavors. All individuals are welcome at MMI, and all individuals, regardless of race, color, age, national origin, sex (including transgender status, gender identity, and pregnancy), religion, disability, genetic information, sexual orientation, marital status, political affiliation, status as a parent, or those who have engaged in prior Equal Employment Opportunity activities, will be treated with respect and dignity.

Each member of the MMI community shares the responsibility to ensure diversity and inclusion throughout the organization. MMI asks each individual to dedicate themselves to encouraging each other to actively embrace these principles of diversity.

The Institute's recognition of diversity is evident in the following:

1. Diversity of students, administration, faculty and staff: The Institute strives to support diversity with recognition of the rights and abilities of all members of the Institute community, to include religion or philosophical thought, age, ethnicity, sexual orientation, and gender. Our institutional mission, values and commitments are best evidenced through the diverse nature of the populations of which we are constituted.
2. Diversity in the teaching, promotion of student cultural awareness, and scholarly efforts: The Institute values the academic, intellectual, and experiential background of our administration and instructional faculty, and encourages the ways in which they lend this expertise to the benefit of cultural and intellectual awareness to our student population. This is accomplished through expanding the conceptual framework as students research and acquire the projected skills and competencies in the program subjects to which they have committed.
3. Diversity in styles of leadership, mentoring, and strategic development: The Institute benefits from the variety of cultural and philosophical differences that constitute the wide range of governance, leadership, and management that makes up this higher education environment. The strength and direction provided by leadership at all levels is dependent on the organizational contributions of each member.

NON-DISCRIMINATION and UNLAWFUL HARASSMENT POLICY

MMI maintains a policy of providing equal opportunity in all aspects of its employment and operations.

It is the policy of MMI to ensure equal employment opportunity for all applicants and employees regardless of race, color, religion, age, sex, gender, gender identity and expression, sexual orientation, national origin, disability status, protected veteran status, or any other characteristic protected by law. MMI's policy of equal employment opportunity applies to all aspects of MMI's employment policies and procedures, including, without limitation, recruitment, employment, promotion, training, working conditions, wages and salary administration, and employee benefits and benefit plan administration.

It is the policy of MMI to ensure equal opportunity in all aspects of the administration of its programs and activities, including, without limitation, equal opportunity for all applicants seeking admission to its educational programs, tuition assistance, or access to any services, research opportunities, or other program or activities offered by MMI, without regard to race, color, religion, age, sex, gender, gender identity and expression, sexual orientation, national origin, disability status, protected veteran status, or any other characteristic protected by law.

Purpose

Mount Madonna Institute (MMI) maintains a commitment to and a policy of nondiscrimination and non-harassment in the workplace. All relationships in the workplace and in the classroom are to be professional and respectful, free of bias, prejudice, and harassment. MMI administration and directors are required to attend training every other year regarding maintaining a harassment free workplace. MMI intends to model and enforce the State and Federal policies. Any person doing business for or with MMI will be subject to these policies and all recommended procedures will be followed for employees, volunteers, faculty, students, contractors. These policies extend to on and/or off campus business and school sponsored events. Reports of all unacceptable conduct will be promptly investigated, and corrective action taken. Any behavior that is found to be discriminatory, harassing, or retaliatory will have consequences.

MMI has zero tolerance for any conduct that violates this policy. Conduct need not arise to the level of a violation of law to violate this policy. Instead, a single act can violate this Policy and provide grounds for discipline or other appropriate sanctions.

Harassment or discrimination against an applicant, volunteer, student, independent contractor, or employee by a supervisor, management employee, co-worker, student or contractor on the basis of race, religion, sex (including gender and pregnancy), national origin, ancestry, disability, medical condition, genetic characteristics, marital status, age, sexual orientation (including homosexuality, bisexuality, transgender, non-binary, (LGBTQ) or heterosexuality), or any other protected classification as defined below, will not be tolerated.

This Policy applies to all terms and conditions of volunteerism, employment, including, but not limited to, hiring, placement, promotion, disciplinary action, layoff, recall, transfer, leave of absence, compensation, and training.

Disciplinary action or other appropriate sanction up to and including termination will be instituted for prohibited behavior as defined below. Any retaliation against a person for filing a complaint or participating in the complaint resolution process is prohibited.

Individuals found to be retaliating in violation of this Policy will be subject to appropriate sanction or disciplinary action up to and including termination.

Definitions

Protected Classifications: This Policy prohibits harassment or discrimination because of an individual's protected classification. "Protected Classification" includes race, religion, color, sex (including gender and pregnancy), sexual orientation (including heterosexuality, homosexuality, transsexuality, and bisexuality, national origin, ancestry, citizenship status, marital status, pregnancy, age, medical condition, genetic characteristics, and physical or mental disability. It also includes status as a veteran or a member of the uniformed services.

Policy Coverage: This Policy prohibits school officials, officers, employees, students, volunteers, or contractors from harassing or discriminating against applicants, officers, officials, employees, students, volunteers, or contractors because:

- of an individual's protected classification
- of the perception that an individual has a protected classification
- the individual associates with a person who has or is perceived to have a protected classification.

Discrimination: This policy prohibits treating individuals differently because of the individual's protected classification as defined in this policy.

Harassment may include, but is not limited to, the following types of behavior that is taken because of a person's protected classification. Note that harassment is not limited to conduct by Mount Madonna Institute's employees. Under certain circumstances, harassment can also include conduct taken by those who are not employees or students, such as elected officials, appointed officials, persons providing services under contracts, or even members of the public:

- Speech, such as epithets, derogatory comments, or slurs, and propositioning on the basis of a protected classification. This might include inappropriate comments on appearance, including dress or physical features, or dress consistent with gender identification, or race-oriented stories and jokes.
- Physical acts, such as assault, impeding or blocking movement, offensive touching, or any physical interference with normal work or movement. This includes pinching, grabbing, patting, propositioning, leering, or making explicit or implied job threats or promises in return for submission to physical acts.

- Visual acts, such as derogatory posters, cartoons, emails, pictures, or drawings related to a protected classification.
- Unwanted sexual advances, requests for sexual favors and other acts of a sexual nature, where submission is made a term or condition of employment, where submission to or rejection of the conduct is used as the basis for employment decisions, or where the conduct is intended to or actually does unreasonably interfere with an individual's work performance or create an intimidating, hostile, or offensive working environment.

Guidelines for Identifying Harassment

To help clarify what constitutes harassment in violation of this Policy, use the following guidelines:

- Harassment includes any conduct which would be "unwelcome" to an individual of the recipient's same protected classification, and which is taken because of the recipient's protected classification.
- It is no defense that the recipient appears to have voluntarily "consented" to the conduct at issue. A recipient may not protest for many legitimate reasons, including the need to avoid being insubordinate or to avoid being ostracized.
- Simply because no one has complained about a joke, gesture, picture, physical contact, or comment does not mean that the conduct is welcome. Harassment can evolve over time. Small, isolated incidents might be tolerated up to a point. The fact that no one is complaining now does not preclude anyone from complaining if the conduct is repeated in the future.
- Even visual, verbal, or physical conduct between two employees who appear to welcome the conduct can constitute harassment of a third applicant, officer, official, employee, or contractor who observes the conduct or learns about the conduct later. Conduct can constitute harassment even if it is not explicitly or specifically directed at an individual.
- Conduct can constitute harassment in violation of this Policy even if the individual engaging in the conduct has no intention to harass. Even well-intentioned conduct can violate this Policy if the conduct is directed at, or implicates a protected classification, and if an individual of the recipient's same protected classification would find it offensive (e.g., gifts, over attention, endearing nicknames).

Retaliation:

Any adverse conduct taken because an applicant, employee, student, or contractor has reported harassment or discrimination, or has participated in the complaint and investigation process described herein, is prohibited. "Adverse conduct" includes but is not limited to taking sides because an individual has reported harassment or discrimination, spreading rumors about a complaint, shunning and avoiding an individual who reports harassment or discrimination, or real or implied threats of intimidation to prevent an individual from reporting harassment or discrimination. The following individuals are protected from retaliation: those who make good faith reports of harassment or discrimination, and those who associate with an individual who is involved in reporting harassment or discrimination or who participates in the complaint or investigation process.

Preventing Harassment, Discrimination and Retaliation in the Private and Independent School Environment

Sexual Harassment is unlawful under State and Federal Statutes. MMS prohibits sexual harassment and discrimination. Facts about Sexual Harassment can be found at the following website and an excerpt is below:

<https://www.eeoc.gov/sex-based-discrimination>

Sexual harassment is a form of sex discrimination that violates Title VII of the Civil Rights Act of 1964. Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature constitutes sexual harassment when submission to or rejection of this conduct explicitly or implicitly affects an individual's employment, unreasonably interferes with an individual's work performance, or creates an intimidating, hostile or offensive work environment.

Sexual harassment can occur in a variety of circumstances, including but not limited to the following:

- The victim as well as the harasser may be a woman, man, or person of any gender. The victim does not have to be of the opposite sex.
- The harasser can be the victim's supervisor, an agent of the employer, a supervisor in another area, a co-worker, or a non-employee.
- The victim does not have to be the person harassed but could be anyone affected by the offensive conduct.
- Unlawful sexual harassment may occur without economic injury to or discharge of the victim.
- The harasser's conduct must be unwelcomed.

It is helpful for the victim to directly inform the harasser that the conduct is unwelcome and must stop. The victim should use any employer complaint mechanism or grievance system available.

When investigating allegations of sexual harassment, EEOC looks at the whole record: the circumstances, such as the nature of the sexual advances, and the context in which the alleged incidents occurred. A determination on the allegations is made from the facts on a case-by-case basis.

Prevention is the best tool to eliminate sexual harassment in the workplace. Employers are encouraged to take steps necessary to prevent sexual harassment from occurring. They should clearly communicate to employees that sexual harassment will not be tolerated. They can do so by establishing an effective complaint or grievance process and taking immediate and appropriate action when an employee complains.

Complaint Procedure

If an employee, student, staff member, or a faculty member believes he/she has been subjected to or has witnessed such discrimination or harassment he/she should report the actions immediately to the Provost or President, as is appropriate. An investigation of facts will follow using confidentiality to the extent possible and consistent with a thorough investigation. The provost, and/or President will communicate the findings and any corrective action taken to the employee, student, staff member, or faculty member.

No individual will be retaliated against by the school for reporting in good faith instances of work-related harassment. Any employee, student, staff member, or a faculty member who believes they are being retaliated against should report this behavior to the Provost or President. The employee may appeal any complaints regarding discrimination, harassment or retaliation to an Officer of The MMI Board of Directors, and also has the option to report to Outside Administrative Agencies: An individual has the option to report harassment, discrimination, or retaliation to the U.S. Equal Employment Opportunity Commission (EEOC), the California Department of Fair Employment and Housing (DFEH), the U.S. Office for Civil Rights, or the California Department of Education.

Complaint Procedure Steps:

1. An employee, student, staff member, or a faculty member, job applicant, or contractor who believes he or she has been harassed may make a complaint verbally or in writing with any of the following. There is no need to follow the chain of command:
 - Immediate supervisor
 - Any supervisor or manager within or outside of the department
 - Department Chair
 - Provost
 - President
2. Any Manager, Supervisor or Area Lead who receives a harassment complaint should notify the provost immediately. Upon receiving notification of a harassment complaint, the provost shall:
 - a) Authorize and supervise the investigation of the complaint and/or investigate the complaint. The investigation will include interviews with:
 - the complainant
 - the accused harasser
 - other persons who have relevant knowledge concerning the allegations in the complaint
 - b) Review the factual information gathered through the investigation to determine whether the alleged conduct constitutes harassment, discrimination or retaliation giving consideration to all factual information, the totality of the circumstances, including the nature of the conduct, and the context in which the alleged incidents occurred.

- c) Report a summary of the determination as to whether harassment occurred to appropriate persons, including the complainant, the alleged harasser, the supervisor, and the Division head. If discipline is imposed, the level of discipline will not be communicated to the complainant.
 - d) If conduct in violation of the School's Policies occurred, take, or recommend to the appointing authority prompt and effective remedial action. The remedial action will be commensurate with the severity of the offense.
 - e) Take reasonable steps to protect the complainant from further harassment, discrimination, or retaliation.
 - f) Take reasonable steps to protect the complainant from retaliation as a result of communicating the complaint.
3. MMI takes a proactive approach to potential Policy violations and will conduct an investigation if its officers, supervisors, or managers become aware that harassment, discrimination, or retaliation may be occurring, regardless of whether the recipient or third party reports a potential violation.
4. Option to Report to Outside Administrative Agencies: An individual has the option to report harassment, discrimination, or retaliation to the U.S. Equal Employment Opportunity Commission (EEOC), the California Department of Fair Employment and Housing (DFEH), the U.S. Office for Civil Rights, or the California Department of Education. These administrative agencies offer legal remedies and a complaint process.

Confidentiality

Every possible effort will be made to assure the confidentiality of complaints made under this Policy. Complete confidentiality cannot occur, however, due to the need to fully investigate and the duty to take effective remedial action. As a result, confidentiality will be maintained to the extent possible. An individual who is interviewed during the course of an investigation is prohibited from discussing the substance of the interview, except as otherwise directed by a supervisor or the provost.

Any individual who discusses the content of an investigatory interview will be subject to discipline or other appropriate sanction. MMI will not disclose a completed investigation report except as it deems necessary to support a disciplinary action, to take remedial action, to defend itself in adversarial proceedings, or to comply with the law or court order.

DISABILITY POLICIES AND PROCEDURES

Equality of opportunity in education is provided in admission of students and hiring and promotion of faculty without discrimination or segregation on the grounds of

race, color, religion, national origin, gender, age, marital status, disability, or sexual orientation. Students and staff have the right to work and attend classes in an atmosphere free from harassment. Facilities are Handicap Accessible. MMI adheres to the ADA and strives to meet the needs of the diverse student body. It is the responsibility of the Office of the President to address such needs. Students should address needs at the initiation of the Admissions process.

FACULTY RESPONSIBILITY

The Mount Madonna Institute confirms the following Statement of Policy on Faculty Responsibility:

Mount Madonna Institute recognizes the faculty body as responsible for the Academic Governance role at the Institute. Faculty are held accountable for participation in the development of curricula, academic planning, and the enforcement of academic quality. Board of Directors for the Institute also stipulate and confirm that faculty shall have jurisdiction over matters of educational policy, including requirements for admission of students, for the continuance of students in academic programs, over matters of academic dishonesty and for the award of earned degrees, under such policies and procedures.

The faculty has authority and responsibility to set, supervise, and enforce the standards of academic quality that are both necessary and sufficient to maintain the integrity of a degree awarded under the auspices of the Institute. The faculty and the administration shall have collective responsibility for academic planning and for carrying out the mission of the institution, for maintaining the focus of the institutional purpose, and for the accomplishment of institutional academic standards. This role of responsibility is addressed through Faculty Governance roles in Committee Structures such as the Curriculum Committee, which is responsible for program development, review and assessment; and in an advisory capacity to the Board of Directors standing Academic Affairs Committee.

INSTITUTE FACULTY – ACADEMIC YEAR 2025-2026

Mount Madonna Institute is committed to hiring qualified faculty for all of its courses. In the School of Ayurveda, faculty hold a BAMS, MD Ayurveda, MA Ayurveda, or an equivalent terminal degree in their respective areas of training. In the School of Yoga, faculty are registered yoga teachers with Yoga Alliance or hold equivalent terminal training in their subject area. For more information, consult each faculty member's bio listed on the website.

Please see the [School of Ayurveda](#) and [School of Yoga](#) Faculty pages on the Mount Madonna Institute website.

School of Community Studies

The Community Studies Program is currently being reimagined and redesigned. Check mountmadonnainstitute.org for updates.

Updated faculty information will be added prior to that time.

PROFESSIONAL AFFILIATIONS

Mount Madonna Institute has never filed a bankruptcy petition, and currently has no pending petition in bankruptcy, has never operated as a debtor in possession nor filed a petition within the last 5 years nor had a petition of bankruptcy filed against it that resulted in a Chapter 11 of the United States Bankruptcy Code.

PROFESSIONAL LICENSURE

No professional licenses are currently available nor required in the State of California, nor any other state within the US for professionals working in the fields of Ayurveda and Yoga.