



Joyful Belly School of Ayurveda Course Catalog

North Carolina College of Natural Medicine - Volume #1, 6/12/2019



Welcome Message

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

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

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

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

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

I look forward to meeting you!

Warm Regards,

John Immel

Director, Joyful Belly Ayurveda

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

Become an Ayurveda Health Counselor through this 750 hour certificate program that teaches you the fundamentals of natural medicine. Master the art of clinical Ayurveda as you apply practical knowledge of diet, lifestyle, and herbs to lead your clients to new health and vitality. This rigorous course presents the fundamentals of the body, health and disease from an Ayurvedic perspective. It ensures you have the Ayurvedic training necessary to work independently with clients and establish yourself as a leading professional in the field of integrative health care.

Topics include the following.

Ayurveda Theory (228 presentations & review classes)

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

- Ayurvedic anatomy
- Dhatus
- Digestion
- Dinacarya
- Dosha
- Elements
- Guna
- Introduction
- Malas
- Management of Dosha
- Qualities of Tissues
- Srotamsi
- Subdoshas

- Tastes
- Philosophy

Clinical Theory (Approximately 92 presentations & review classes)

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

Concepts presented in this section include:

- 7 Forms of Palliative Therapy
- Agni & Digestion
- Trividha Pariksha
- Ashtavidha Pariksha
- Dashavidha Pariksha
- Diet
- Dinacarya / Rtucarya
- Herbs
- Meeting with Clients
- Nidana
- Samprapti
- Senses
- Specific Therapies

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

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

A key component to clinical assessment is self assessment. Throughout the program you will develop your body awareness through (Approximately 53 hours total):

- Food & cooking experiments
- Herb experiments

- Body Awareness Exercises

The theory portion of the course will take approximately 709 hours including all presentations and assignments.

Clinical Practicum (Approximately 164 hours)

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

In phase 2, you will meet with or observe clients in at least 50 personal encounters, with supervision by one of our experienced practitioners. Supervision will be entirely online.

- 25 Buddy Consultation Personal Encounters with group discussion via Live Webinar
- 25 Clinical Personal Encounters with supervised review
- 5 hours clinical observation of 30 case reviews between teacher & another student

Type of Skill to be Learned

1. Assess organ and tissue health in the body of your clients through visual and behavioral cues. You will be able to articulate how imbalances within organs translate to observable signs and symptoms on the surface of your client's body. In a practical, scientific way you will be able to demonstrate Ayurvedic principles to your clients through concrete example.
2. Analyze the roots of your clients' imbalances. Your client will emerge from consultations with you having a whole new understanding of their body and ability to navigate health challenges in their diet and lifestyle no matter what their environment and circumstance.
3. Improve the quality of life for your clients using Ayurveda's unique application of diet and lifestyle for wellness, pointing your clients towards easy, elegant solutions they can review to improve vitality.

Approximate Duration of Time

AHC: 858 clock hours total including all course material & homework

Our Programs: Master Ayurvedic Digestion & Nutrition (MID)

Digestive Tract Pathology (Approximately 60 presentations)

Become a leader in integrative health care by enrolling in this comprehensive course in Ayurvedic digestive tract pathology and Ayurvedic nutrition. Through this 500 hour online course you'll become confident in your knowledge of digestive tract health and wellness remedies, and how Ayurveda uses food and herbs as medicine. This rigorous program uses a hands-on approach so that you experience the knowledge directly. The material you learn in this program can be used to enhance your career and clinical skills in digestive health to the point of mastery.

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

- Mouth - Appetite, anorexia, bulimia, etc.
- Stomach - Burping, acid reflux, ulcers, nausea, weight loss, etc.
- Liver / Pancreas - Enzyme deficiencies, gallbladder, etc.
- Small intestine - Leaky gut, allergies, celiac, intolerances, gas, etc.
- Colon - Constipation, appendicitis, diverticulitis, etc.
- Cleansing protocols including enema, purgation, and other detox regimes

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

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

Theoretical Foundations (Approximately 30 presentations)

- Ayurvedic model of digestion & nutrition
- Ayurvedic pharmacology for the digestive tract
- Doshas, gunas, tastes in the digestive tract
- Yoga for digestion, other important topics

- The effects of metabolism, blood, & stress on digestion
- Other miscellaneous topics

Clinical Practicum (Approximately 270 hours)

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

- 30 Live webinar classes discussing digestive cases & clinical assessment
- 3 Buddy Consultation Personal Encounters
- 3 Clinical Personal Encounters
- Food & Herb Experiments
- Body Awareness & Case Studies
- Treatment Protocol Writeup

Type of Skill to be Learned

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

Approximate Duration of Time

MID: 520 clock hours total including all course material & homework

Licensing & Accreditation

Ayurveda as an Unlicensed Field

Ayurveda is still an unlicensed profession in most U.S. states, including the state of North Carolina. As of the date of this catalog, there are no agencies that can offer accreditation for Ayurveda programs.

Therefore, our programs are not accredited or pre-accredited by any agency. Graduates of this program are not considered to have graduated from an accredited

or pre-accredited program and may not rely on accreditation or pre-accreditation for professional licensure or other purposes. Students enrolled in this program are not eligible to participate in federal grant and loan programs. Laws vary by state and country. Students are responsible for checking local laws before registering.

Certification is not required in most states to practice. Legally, Joyful Belly Ayurveda can provide no assurance that 3rd parties will certify students on the basis of taking this course. Students who are seeking additional certifications by 3rd parties may be required to take 6 credits of college level anatomy.

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

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

AHC

Upon graduating from the AHC program, Joyful Belly will award you a 750 Hour Certificate of Completion at the Ayurvedic Health Counselor level.

MID

Students who successfully graduate from the MID program will award you a 500 Hour Certificate of Completion at the Ayurvedic Nutrition & Digestive Health Coach level.

Teaching Faculty & Staff

- John Immel
- Kimberly Kubicke
- Mary Thompson
- Rebecca Bermingham
- Sarajeon Rudman
- Susan Bass
- Natalie Immel
- Marek Sawicki
- Uma Sawicki

Additional Staff

- Holly Lambert - Grading & Student Support

Governing Body: Board of Directors

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

- John Immel
- Natalie Immel
- John Immel Sr.

Reserved Rights of Joyful Belly Ayurveda:

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

Calendar

Legal Holidays Observed:

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

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

Start / End Dates

MID Start Date: Second Tuesday in October, Annually

MID End Date: 4th Tuesday in August, Annually

AHC Start Date: The last Wednesday in August, Annually

AHC End Date: Two years from the start date.

Policy/Regulations – Re: Enrollment

Enrollment Dates

Enrollment for all programs ends on the start date.

Specific Entrance Requirements/Course(s)

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

AHC

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

MID

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

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

Course Audit

Course Audit Auditing a course allows a student to take a class without the benefit of a grade or credit for a course. A student who audits a course does so for the purposes of self-enrichment and academic exploration. All course audits at the

school are based on availability of class space and must be approved by the Director.

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

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

Policy/Regulations – Re: Standards of Progress

Grading System

Completion of all exams and assignments is required to earn your certification, and ensure you are getting the most out of the program. Unless you complete all homework, we cannot vouch your level of competency and will not be able to certify you at the end of the program.

The following grade indicators are used to measure academic performance: P=Pass, F=Fail,. Any incomplete work is graded as a Fail. Students must earn a P on all assignments to graduate from the program.

Minimum Satisfactory Grades

On exams, a grade of 70% or greater is considered passing. Students who fail an exam must re-submit incorrect answers to ensure a passing grade.

Make Up Work / Tardiness

Life events and general business may prevent you from completing assignments on time. When this happens in a non-self paced program, please complete the current week's assignments before completing any makeup work. Please send an email to study@joyfulbelly.com as soon as you are aware of your inability to submit an assignment on time.

To avoid late fees, students may request an extension on assignments 2 weeks in advance. Extensions are granted or refused at the discretion of the administration /

teacher. Cumulatively, extensions may not exceed 2 months in any school calendar year.

If homework is failed, the student must follow instructions for resubmitting failed homework in the Classes and Homework document. If a paper or special assignment is failed, the student must make arrangements with the grader to complete work to the grader's satisfaction; this may include additional outside makeup work and one on one teacher tutorials (at the teacher's published consultation rate) and/or grading fees.

You will be assessed an \$8 administrative and grading fee for each unexcused late or failed worksheet or homework. You will be assessed a \$30 fee for each failed paper, or paper submitted late. You will be assessed a \$50 fee for each notice of plagiarism, or unexcused late exam. Note: These fees double for any makeup work submitted after the end of the course. Payment of all grading fees is required to receive your certificate.

You have until 90 days after the MID course ends to submit any makeup work, unless noted otherwise.

You have until 90 days after the AHC course ends to submit any makeup work, unless noted otherwise.

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

Conditions for Expulsion or Suspension for Unsatisfactory Grades or Progress

Interruptions for Unsatisfactory Attendance

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

Interruptions for Non-payment

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

Standards of Conduct

Students are expected to conduct themselves in a way that supports the mission and community of the school. Personal and professional integrity are essential.

Students may be warned, placed on probation indefinitely, suspended, or dismissed for violations that include (but are not limited to) the following:

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

Disciplinary Actions

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

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

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

Appeals

A dismissal may be appealed. Within one week of the notification of the dismissal, a student wishing to file an appeal must provide the Director with a written explanation for the appeal, as well as any new or relevant information pertaining to

the original determination of dismissal. The Director will review the information, conduct further interviews if necessary, and decide to let the dismissal stand or change the dismissal to probation. The Director will grant this decision within two weeks of the appeal request.

Reinstatement After Dismissal

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

Policy/Regulations – Re: Leave

Absences / Missing or Cutting Class

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

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

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

Requests for Leave of Absence

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

Detailed Schedule for Costs

Tuition

AHC **\$5,899** tuition + **\$600** registration fee payable over a 2 year period

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay their yearly tuition within 7 days of the calendar date of applying will receive a \$250 scholarship towards tuition, to be applied to their year 2 tuition.

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

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

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

Books / Supplies

For the Ayurveda Health Counselor Program:

- Books - \$101.39
- Herb kit - \$79.99
- Lifestyle kit - \$74.99
- Food Experiments - \$100

For the Master Ayurvedic Digestion & Nutrition Program:

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

Activities (Both Programs)

2 consults - \$180

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

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

1. Pay the \$35.00 transcript fee, by going to the link:
 - a. <https://www.joyfulbelly.com/Ayurveda/product/Student-Transcript-Request/1127>
2. Fill out the following form
 - a. <https://docs.google.com/document/d/1J9g1bzSGFKqV4eBOBxye04SuAETiwjihPloQQnTotP84/edit>
3. Send completed form to study@joyfulbelly.com

Policy/Regulations – Withdrawals & Refunds

Withdrawing from the Program

To withdraw from the program, students must send study@joyfulbelly.com an email

to schedule a phone meeting to process their withdrawal, and fill out the student withdrawal form which will be provided at the time of your phone meeting.

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

1. The tuition balance paid will be credited toward future tuition.
2. The student will resume the course at the place they stopped.
3. Total tuition will be tuition at the time of re-enrollment. This means that students may be subject to program changes and tuition increases and are not guaranteed any discounts that may have been previously offered.

Refund of Unused Portions of Tuition, Fees, etc.

Registration fees are non-refundable unless your application is denied by the School. Financing fees, and all books and equipment purchased are nonrefundable. Students will receive a full refund of tuition if the student withdraws or is discontinued before the first day of class, or if the school cancels the class. If the student withdraws within the first 25% of the period of enrollment in any calendar year, they will be entitled to a refund of any tuition paid over 25% of the yearly tuition fee. Thereafter, the student will not receive a refund. Students who are dismissed are not entitled to a refund.

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

Description of Facilities (general)

Classes are generally conducted online.

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

Credit Hours/Credit Hour Equivalent

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