

2026-27 School Year

# Joyful Belly College of Ayurveda Course Catalog

**North Carolina**

**College of Natural Medicine**

**Volume #9, Issue #1 Feb 27, 2026**





## Welcome Message

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

Throughout the centuries, Classical Metabolic Theory has allowed individuals to both prevent disease and recover from illness, naturally. Today, it continues to evolve and influence modern wellness paradigms through western herbalism, Ayurveda, Greek Medicine (Unani) and Chinese Medicine. Metabolism 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 structured approach to improve clinical health outcomes, and challenge you on every level. You will learn skills to work independently with clients and establish yourself as a leading professional in integrative health care.

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

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

I look forward to meeting you!

Warm Regards,

*John Immel*

Director, Joyful Belly Ayurveda



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# Occupational Training Courses

These courses may be taken for personal interest, to heal a health condition, to expand your professional skills, or to **begin your first career** after high school or college.

## Fundamentals of Natural Medicine - Metabolic Health Advocate / Ayurveda Lifestyle Advocate

Become a **Metabolic Health Advocate / Ayurveda Lifestyle Advocate** through this certificate program that teaches you the fundamentals of Classical Metabolic Theory — the structured approach to vitality using personalized diet, lifestyle, and herbs that unites traditional Ayurveda, Greek, and Chinese medicine.

Long before modern reductionism fragmented the body into isolated systems and laboratory biochemistry, classical physicians understood health through a coherent metabolic framework. They recognized disease not as a random event, but as a metabolic disorder—a gradual derangement of the body's nature.

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



The **Classical Metabolic Model** takes a broader view of metabolism beyond simple measures of energy or performance to include the ordered regulation of heat and cold, moisture and dryness, and movement and stability within and between tissues of the body. In this framework, energy and performance are understood as visible expressions with **deeper physiological roots**, reflecting the integrity of an underlying metabolic order.

This model offers a systematic way to understand how imbalance begins, how it spreads through interconnected systems, and how it manifests in digestion, skin, mood, energy, hormones, recovery, and performance.

In this program, you will learn the **Principles of Metabolic Restoration**—how to assess patterns clearly, think structurally, and intervene with precision. Rather than chasing symptoms, you will restore metabolic integrity through personalized diet, daily rhythm, herbal strategy, and targeted lifestyle design.

## Classical Metabolic Theory - Grounded in Ayurveda

These lectures provide an in-depth, unique, and practical understanding of foundational concepts in classical metabolic theory.

- Food as medicine
- Digestive Strength & Metabolic Performance
- Skin Health & Natural Beauty
- Hormonal Regulation & Cycle Balance
- Inflammation & Immune Balance
- Diet, Lifestyle & Herbs
- Biocharacteristics & Constitutional Insight
- Tissue & Organ Interconnectivity & Coordination
- Metabolic Mapping & Root Patterns
- Optimal Functioning, Healthy Aging & Injury Recovery
- Toxicity, Burden & Intelligent Cleansing
- Designing Daily & Seasonal Rhythms
- Personalization with Precision

## 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, structured way you will be able to communicate

Metabolic Patterns & Dysregulation to your clients through concrete examples.

2. Analyze the metabolic roots of imbalance. Emerge with a whole new understanding of your client's body and their ability to navigate health challenges in their environment and circumstances.
3. Improve the quality of life for your clients using Ayurveda's unique application of diet, lifestyle, and herbs for wellness, pointing others towards easy, elegant solutions they can review to improve vitality.

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

- Food & Cooking Exercises
- Herb Exercises
- Body Awareness Exercises

## PROGRAM GOALS

Graduates of this program are prepared to educate and inspire others in natural medicine using classical metabolic theory and its application in outcomes-driven personalized medicine.

They are able to teach foundational concepts such as constitution, metabolic optimization, digestion, daily and seasonal routines, and diet within natural health education settings, offering clear, practical guidance for everyday life. Graduates are prepared to design and deliver workshops, classes, and community-based learning experiences that promote informed lifestyle awareness and responsible self-care.

Year 1 Graduates are equipped to:

- Develop educational materials and presentations
- Facilitate group-based learning environments
- Apply traditional metabolic models to meal planning, daily rhythms, and self-care practices.
- Offer non-clinical recommendations to support balance
- Promote informed lifestyle awareness
- Support habit formation within general wellness contexts

## Scope & Limitations of Practice

Graduates may present general educational information regarding diet, lifestyle rhythms, and traditional metabolic models in public, group, or informational settings. Completion of the Year 2 program is required before offering individualized clinical counseling or wellness coaching.

Graduates do not diagnose, prescribe, or treat medical conditions, nor are they trained to assess or manage complex health concerns. When individuals seek personalized guidance or therapeutic support, year 1 graduates refer appropriately to a Metabolic Health Coach, Ayurveda Health Counselor, or licensed healthcare professional where needed.

### Approximate Duration of Time

91.47 hours in presentations

157.5 hours in live teaching

32.25 clinical hours (10 supervised clinical encounters)

36.4 lab hours

144.8 quiz hours

18.25 reading hours

**480.67 Total clock hours including all course material & homework**

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

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

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

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



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

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

The field of wellness coaching has been growing steadily for years. "According to some surveys, 60% of Americans want health coaching, but 80% of them have never had it offered to them." (Source: Health Coaching Gains Favor Among Consumers, Insurers, & Employers) This course can help you meet this need, while equipping you to provide a positive vision of psychological well-being, something often missing in the modern world.

### Human Nature & Happiness

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

### Human Excellence & Virtue

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

### Human Passions, Appetites, Emotions, & Instincts

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

## Type of Skill to be Learned

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

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

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

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

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

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

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

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

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

## Career Outcomes

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

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

## Approximate Duration of Time

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

# Special Interest / Continuing Education Courses

Eligibility: These certification courses may be taken as a continuing education course for personal interest, to heal a health condition, or to expand your professional skills or practice.

## Clinical Specialist in Natural Medicine - Metabolic Health Coach / Ayurveda Health Counselor

Become a Metabolic Health Coach / Ayurveda Health Counselor in this advanced, Level 2 clinical training in one-to-one health and wellness coaching, available to Graduates of the MHA program (or students with equivalent foundational training in Classical Metabolic Theory).

While Year 1 establishes the philosophical and theoretical foundations of classical metabolic science, this second year is practice-focused. Here, you move from understanding metabolic theory to applying it in real client care. You will refine your ability to conduct structured, holistic metabolic assessments through the lens of Ayurveda — using classical metabolic diagnostic tools (tongue, pulse, skin etc), metabolic flowcharting (tracing patterns from root cause to symptom expression) and identifying appropriate corrective strategies through diet, lifestyle and herbs.

Students deepen their clinical understanding of etiology (causes of imbalance) and pathogenesis (development of disease) while learning to translate theory into effective client consultations.

This program provides the comprehensive training necessary to begin practicing and seeing clients legally in the United States.\* Joyful Belly also provides each graduate with access to an online clinic platform, and students begin working with clients under mentorship as part of the program.

Concepts presented in this 1 year course include:

- 7 Corrective Strategies for Symptom Relief
- Etiology (Causes of Imbalance)
- 3-fold Clinical Observation - Observation, Palpation, Listening
- Pathogenesis (Development of Imbalance)

- 8-fold Clinical Assessment
- 10-fold Constitutional Evaluation
- Therapeutic Nutrition
- Daily & Seasonal Rhythms
- Herbs & Herbal Therapeutics
- Structured Client Consultation
- Sensory Assessment & Regulation
- Specific Therapies for Pregnancy, Childhood, Aging, etc
- Legal Guidelines for Meeting with Clients
- Step by step guidelines for marketing & promotion

Students will develop keen observation skills and acumen using classical methods of examination. Specifically, students will learn how to assess metabolic patterns from:

- Tongue
- Eyes, Face, Eyes, Skin, Nails
- Pulse
- Stool, Urine, Sweat
- Body build
- Palpation
- Speech, emotions
- Diet, lifestyle

## Clinical Practicum

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

In phase 2, you will meet with or observe clients in at least 82 personal encounters, with supervision by one of our experienced practitioners. Supervision will be entirely online. Students will also complete another 15 unsupervised, informal assessments.

- Students will meet with an Ayurveda practitioner as a client
- Students will meet with classmates for 5 consultations as client, and 5 consultations as student counselor

- Students will observe 20 consultations in the live classes
- Students will find clients on their own to complete an additional 28 consultations, to be reviewed in 7 phone calls with a teacher.
- Students will observe 6 other students present their cases for an additional 24 case reviews.

### Clinical Practicum Guidelines

- Students must complete year 1 MHA course or equivalent before meeting with clients
- Consultations should last 60-90 minutes only.
- Do not give recommendations to your client until the client case has been reviewed by a supervisor
- Clients must sign the Joyful Belly-provided intake form before you are authorized to meet with them.

### Business Administration of Your Clinic

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

### Approximate Duration of Time

51.85 hours in presentations

69 hours in live teaching

101.4 clinical hours

50.03 lab hours

168.58 quiz hours

35.17 reading hours

**476.03 Total clock hours including all course material & homework**

# Master Ayurvedic Digestion & Nutrition (MID)

## Digestive Tract Pathology

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

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

A partial overview of topics includes:

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

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

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

- Psychological and emotional factors

## Theoretical Foundations

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

## Clinical Practicum

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

- 30 Live webinar classes discussing digestive cases & clinical assessment
- 4 Buddy Consultation Personal Encounters as a client, and 4 as a student practitioner
- 5 Clinical Personal Encounters
- Food & Herb Experiments
- Body Awareness & Case Studies
- Treatment Protocol Writeup

## Type of Skill to be Learned

1. You'll develop your body awareness to improve your experience of your digestive process in each of the tissues in your digestive tract. You'll know what is happening to the food in your digestive tract every step of the way. You'll be able to correct imbalances in digestion through natural remedies.
2. You'll know how to apply the principles of ayurveda and awareness of your body to know the pharmacological effects of foods, just through taste and your experience of digesting the food.

3. You will be able to teach this body-centric approach to your clients, showing them how to make better food choices guided by actual digestive and nutritional experiences.
4. You will gain effective techniques to address a wide range of digestive concerns with clients as well as practical skills to effectively coach clients in achieving their health & wellness goals

### Approximate Duration of Time

Non-Clinical Class Hours Attended Live: 73.3

Clinical Hours Attended Live: 96.2

**Total Hours Attended Live: 169.5**

Total Hours Attended by Recording: 77.52

Total Non-Contact Hours: 240.28

Total Hours: 487.3

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

# Master Clinical Herbalist: Advanced Strategies, Formulas, & Pharmacology in Ayurveda & TCM (CMH)

The incredible abundance and diversity of herbs provides natural medicine for innumerable ailments. As they shift the body's vital energies and biochemistry, each herb unlocks unique experiences of the healing relationship between us and the natural world we are surrounded by. Herbs are thus **essential in the training of a master clinician**.

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

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

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



## Who Should Apply?

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

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

## Type of Skill to be Learned

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

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

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

- Clinical herbal strategies from Ayurveda, Chinese Medicine, and Western Herbal traditions.
- 125 herbs and formulations from the Ayurvedic materia medica, including botany, growing conditions, phytochemistry, energetics (biocharacteristics) and clinical use (pharmacology). We will use an experiential, intuitive teaching model so that the information you learn will be living rather than encyclopedic.
- Extensive knowledge of Western herbs, herbal actions, and their clinical use.
- The essential herbs of Chinese Medicine.
- The main organic compounds of phytochemistry, and their effects on the body, improving your accuracy in the clinic.
- Basic botany and identification of plants.
- Legal considerations and laws surrounding a clinical herbal practice and medicine making.
- Tasting, sampling and observing 50 herbs and Ayurveda formulas to enhance discovery & experiential knowledge of herbal energetics (biocharacteristics).
- In-depth herb-body awareness experiments each week to master intuitive learning of herbs.
- 23 live in class herbal consults, 18 private clinical consultations
- Herbal medicine making - Formulating your own herbal medicines in your kitchen.
- Herb-drug interactions and contraindications.

## Career Outcomes

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

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

## Approximate Duration of Time

141 Non-Consultation Live Teaching

52.38 Recorded Presentations

48 Supervised Clinical

43.2 Unsupervised Clinical

59.6 Lab

259.82 Non-Contact

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

# School Policy

## Modes of Delivery

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

- All courses except VPC: Meet 3 times a week
- Virtue Psychology: Meets 1 time a week.

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

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

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

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

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

## Licensing & Accreditation

### North Carolina

The Joyful Belly College of Ayurveda is licensed as a proprietary school by the State Board of Community Colleges. The State Board of Community Colleges is not an accrediting agency.

### Ayurveda as an Unlicensed Field

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

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

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

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

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

### Character Strengths Coaching as an Unlicensed Field

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

## MHA

Upon graduating from the MHA program, Joyful Belly will award you a Certificate of Completion at the Metabolic Health Advocate / Ayurveda Lifestyle Advocate level. Students who graduate from this course are eligible to take the MHC level training.

## MHC

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

- Students are eligible for certification as a Metabolic Health Coach / Ayurveda Health Counselor through the American Association of Biocharacteristics Clinicians (AABC), as a Registered Ayurvedic Health Counselor (RAHC) through the Association of Ayurvedic Professionals of North America (AAPNA), and as a health coach through the American Association of Drugless Practitioners (AADP) after passing their board exam. Please contact Joyful Belly for specific requirements if you plan to seek certification by any other 3rd party organization.

## MID

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

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

## CMH

Students in good standing and who complete all course materials will receive a 500 Hour certification as a Classical Metabolic Herbalist / Clinical Ayurvedic Herbalist. This certification enables you to legally see clients.

- Students are also eligible for these certifications through [AABC](#), and as a **health coach** through AADP after passing their board level exam. Once you have completed 400 hours of at-home clinical experience, This course is

required for those who are seeking an **Advanced Ayurveda Practitioner level certification** at Joyful Belly.

### AAP (Advanced Ayurveda Practitioner Level Certification)

Students who complete the MHC, CMH, and PKS level certifications, as well as 100 individually mentored clinical encounters are eligible for Advanced Ayurveda Practitioner level certification through Joyful Belly. Please contact [study@joyfulbelly.com](mailto:study@joyfulbelly.com) for details.

### VPC

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

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

## Teaching Faculty & Staff

- John Immel
- Andrew Apello
- Jeremy Anderson
- Susan Bass
- Rachael Harper
- Sandhia Ramaswamy
- Ashlynn Williams
- Roxanne Baribeau
- Cathy Antoniewicz
- Jen Jones
- Mary Thompson, Vanashree Belgamwar (BAMS), et al on Class Recordings

## Program Coordinator

- Rachael Harper (See teacher bio below)

## Teacher Bios

### Professor: John Immel

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

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

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

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



### Professor: Andrew Appello, DACM, MSN, L.Ac., APN, RH(AHC)



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

### Professor: Jeremy Ann Anderson



Jeremy has been joyfully teaching Ayurveda for 20 years, dedicated to training the next generation of Ayurvedic professionals. At Joyful Belly College of Ayurveda she teaches the Ayurvedic Health Counselor program, the Ayurvedic Nutrition & Digestive Health Coach program, the Clinical Ayurvedic Herbalist program, and the Pancha Karma Specialist program. Through her private practice she offers 1:1 consultations, international retreats, and leads a healing collective for women with chronic inflammation. Guided by a deep belief that true wellness comes from aligning with the rhythms of nature, her dedication to community, compassion for those she serves, and unwavering belief in the body's innate capacity to heal continue to inspire a growing community of Ayurveda enthusiasts.

### Professor: Sandhiya Ramaswamy



Sandhiya Ramaswamy has been promoting Ayurveda for over 15 years. She is an Ayurveda health & lifestyle coach and an inspired Ayurveda plant-based chef. Prior to her wellness career, she spent many years in the corporate world. Her well-rounded perspective makes her approach to Ayurveda pragmatic, relatable, joyful and most importantly, very effective. Sandhiya is passionate about making Ayurveda accessible and available to *everybody*. She also serves as a Board member of CAAM (California Association of Ayurvedic Medicine).

## Professor: Susan Bass



Susan Bass M.S. is an Ayurvedic Practitioner with over 16 years teaching experience. Susan has taught Ayurveda at OHSU Medical School, University of Portland School of Nursing, Nike International. AP, E-RYT 500, Adjunct Faculty, NUNM

## Ashlynn Williams



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

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

- 2022 - Master Ayurvedic Digestion & Nutrition at the Joyful Belly School of Ayurveda
- 2021 - Ayurveda Health Counselor Certification at the Joyful Belly School of Ayurveda

## Cathy Antoniewicz



Cathy Antoniewicz is an Ayurvedic Health Counselor, Clinical Herbalist, Wellness Educator and Natural Foods Chef. She holds a Bachelor of Science degree in English and Education from State University of New York, Albany. She is a graduate of Joyful Belly's Ayurvedic Health Counselor, Clinical Ayurvedic Herbalist, and Panchakarma programs.

Cathy owns and operates a clinical practice and has her own line of botanical products including dosha specific herbal teas and digestive spice blends. Through 1:1 health consultations, guided seasonal cleanses and personalized culinary services, she offers a unique approach to working with clients, focusing on food as medicine and how to take charge of their health one meal at a time.

## Jen Jones - Teacher



Jen Jones is an Ayurvedic Health Coach and wellness educator with a strong foundation in mind-body health and holistic nutrition. She is certified through Joyful Belly in the Ayurvedic Health Counselor, Mastering Ayurvedic Digestion & Nutrition, Clinical Ayurvedic Herbalist, and Panchakarma programs. She is also pursuing additional training in Western herbalism.

Jen holds a Bachelor of Science degree in Psychology and Public Relations from Webster University in St. Louis, Missouri, and completed graduate-level coursework in Counseling Education through the University of Missouri–St. Louis. Her work focuses on helping people translate Ayurvedic principles into practical habits, using food, daily rhythms, and simple rituals to support digestion and long-term well-being.

## Roxanne Baribeau



Roxanne brings over 20 years of experience in the fitness and wellness industry. In the last 5 years she has been specializing in Clinical Ayurveda. She holds a Master Ayurvedic Digestion & Nutrition Certification, Clinical Ayurvedic Herbalist certification, and is a certified Ayurvedic Health Counselor, having completed all three with honors, with Joyful Belly. Roxanne has been actively educating her community through group workshops, retreats, and personalized metabolic patterns analysis.

In addition to her Ayurvedic qualifications, she holds a diploma in Social Service Work, she is currently enrolled in Joyful Belly's Virtue Psychology program, and has completed substantial coursework toward a degree in psychology; Finding Western mental health approaches to be limited. In the future she plans to integrate Ayurvedic principles with psychology, offering a more holistic approach to mental well-being.

## Rachael Harper



Rachael is an Ayurveda Health Counselor and Movement / Mobility Specialist focusing on complimentary nervous system support for clients living with neurodivergence, anxiety, burnout and mental health challenges. She is program coordinator for all Joyful Belly courses. She began studying Ayurveda informally in 2009, graduated from Joyful Belly's 2 year Ayurveda Health Counselor course in 2019 and the Mastering Ayurvedic Digestion & Nutrition Program in 2025, and runs her own clinical practice and healing collective. Her health & wellness practice allows her to focus on her true passion - authentic and meaningful connection with her

community.

## Student Support

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

## Governing Body: Board of Directors

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

- John Immel
- Natalie Immel

## Reserved Rights of Joyful Belly Ayurveda

Joyful Belly Ayurveda reserves the right to make changes to the policies, procedures, fees, courses, academic calendar, schedules, syllabi, or any other provisions in its catalog, other publications or website, subject to program needs, certification or accreditation requirements, and state and federal laws and regulations. Changes are made in order to improve compliance with state and federal laws, effectiveness, and educational quality. Although every effort has been made to ensure accuracy and completeness, students are advised that changes

may be made at any time without prior notice. This catalog does not constitute a contract between the student and Joyful Belly Ayurveda. Students must meet the requirements in the catalog current at the time of their initial enrollment, along with any revisions to the catalog made by Joyful Belly Ayurveda.

## Calendar

### Start / End Dates

Course	Start Date	End Date
MID	At home Accelerated Foundations Module begins the day of registration. Live classes begin the 2nd Tuesday in October	4th week of August
MHA / MHC	At home Accelerated Foundations Module begins the day of registration. Live classes begin the Last Week of August	Live classes end the following June
CMH, VPC	At home Accelerated Foundations Module begins the day of registration. Live classes begin the Last Week of August	2nd week of June

### Class Times (Eastern Time)

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

MHA (starting on even years) MHC (starting on odd years) CMH	Tue 12-1:30pm	Wed 1:15-2:45pm	Thu 7-8:30pm
MHA (starting on odd years) MHC (starting on even years)	Wed 7-8:30pm	Thu 12-1:30pm	Fri 12:15-1:45pm
MID	Tue 7-8:30pm	Wed 12-1pm	Fri 11am-noon
VPC	Mon 12-1:30pm		

## Legal Holidays Observed:

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

- Fall Break: First full week in October
- Thanksgiving week
- Christmas / New Year: 2 weeks starting the week of Christmas
- Winter Break: Week of Valentine's Day
- Spring Break: Week before and after Easter Sunday
- Week after Memorial Day
- MID - Summer Break lasts from the 3rd Week in June until the 3rd week of July.

## Policy/Regulations – Re: Enrollment

### Enrollment Dates

Enrollment for all programs ends on the start date. Depending on circumstances, late admissions may be accepted at the sole discretion of the director.

### Application Policy

After registering, students must submit the enrollment agreement and fill out the application online. You will then **email a scanned copy of the items below to [admissions@joyfulbelly.com](mailto:admissions@joyfulbelly.com)**:

Here is the list of items you must send:

- Copy of high school transcript, copy of high school equivalency, or copy of community college or university transcript including date of graduation / completion, or notarized attestation with verifiable documentation of why any such student was not able to obtain academic transcripts due to lost or otherwise unavailable records due to fire or natural disaster
- International non-English transcripts must be translated to English by the school / university OR the student can use a state approved translation services (contact us for a list of approved agencies)

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

Acceptance into the program is based upon review of your application and/or phone interview. Joyful Belly College of Ayurveda does not discriminate based on employment, admissions, testing, financial aid or any other means on the basis of gender, race, nationality, religion, age, or disability, in accordance with all applicable federal, state and local laws.

Joyful Belly College of Ayurveda reserves the right to decline admission to anyone it determines is not suited for successful completion of its programs. Once the maximum number of students has been accepted, subsequent approved applications are placed on a waiting list. Please be sure that you are fully committed for the entire program and that you have the financial capability to pay for all tuition, books and materials, and the living expenses required to sustain yourself during your participation.

### Specific Entrance Requirements/Course(s)

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

#### MHA - Metabolic Health Advocate / Ayurveda Health Advocate

There are no prerequisites for entry in this course except a high school education or equivalent. Otherwise, students may also audit the course or take it for personal interest.

#### MHC - Metabolic Health Coach / Ayurveda Health Counselor

Students must have completed the MHA level training, or demonstrate equivalent proficiency to be eligible for this course.

#### MID - Mastering Ayurvedic Digestion & Nutrition

This course is limited to one of the following

- Health & wellness professionals (ayurveda practitioners, massage therapists, yoga teachers, nurses, medical doctors, mental health professionals, herbalists, etc) seeking certification as an Ayurveda Digestive Health Coach.
- Food professionals and/or chefs who wish to advance their career in health.

- Individuals with a personal interest in Ayurveda's approach to a digestive disorder they wish to heal or study may be accepted at the sole discretion of the Director after demonstrating commitment to earnest self-study prior to enrollment.

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

### CMH - Classical Metabolic Herbalist / Clinical Ayurveda Herbalist

This course is limited to one of the following

- Health & wellness professionals who are already familiar with Ayurveda at the Ayurveda Health Counselor level but who would like certification as a Classical Metabolic Herbalist / Clinical Ayurvedic Herbalist.
- Students who are already trained in the basic biocharacteristic medical models of Chinese or Greek Medicine (herbal energetics), or who have training as an herbalist.
- Students who have a longstanding personal study of the above may take the course for personal interest.

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

### VPC - Virtue Psychology Course

There are no prerequisites for entry in this course except a high school education or equivalent, otherwise, students may also audit the course or take it for personal interest.

#### Acceptance

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

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.

## Scholarship Terms

**Apply Early** – Submit your scholarship application before enrolling. Awards are granted on a first-come, first-served basis.

**Selection Criteria** – Decisions consider financial need, career or service goals, and your demonstrated commitment to the program.

**Ongoing Eligibility:** Scholarships renew each month, prorated to the number of months the class is in session. To keep your award, you must maintain at least **85% on-time participation** during that month. If participation drops below 85%, the scholarship for that month is forfeited. The forfeited amount is added to your total tuition balance but does not change your monthly payment-plan installment.

## Policy/Regulations – Re: Standards of Progress

### Grading System

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

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

### Minimum Satisfactory Grades

On exams and all course assignments, a grade of 70% or higher is considered passing. Students who fail an assignment must re-submit all incorrect answers.

In order to graduate, students must

- Pass all assignments and exams (after resubmit).

- Have an overall 70% or greater average on exercises
- Have an overall 70% or greater average on exams and at least a 60% on each exam individually.

## Make Up Work / Tardiness

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

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

If you are requested to resubmit homework, you must follow the instructions given for resubmitting homework, and resubmit within 2 weeks. Resubmits will not change your grade on the original assignment.

Unexcused late assignments will cause a 3 percentage point drop in your grade point average for each 1 percentage point of assignments turned in late. If you are scheduled to be a presenter, practitioner, or client, and are late, or miss a live class, or a session with a mentor, your grade point average will be lowered by 3%. For example, if 10% of assignments are handed in late, the grade point average for each assignment will drop by  $3 * 10\% = 30\%$ .

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

## 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, or arrive more than 5 minutes after class starts, you must listen to the recording and answer the corresponding recording worksheet. Students who leave class early will be marked absent.

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

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

## Requests for a Leave of Absence

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

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

### Interruptions for Unsatisfactory Grades & Attendance

Staff reserves the right to expel the student from the program with greater than 10% unexcused failed, missing or late assignments. Additionally, if the program is not completed in due time, the student may be dismissed from the school.

### Interruptions for Non-payment

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

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

## Standards of Conduct

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

- Attending classes or practicing Ayurveda under the influence of drugs or alcohol
- 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 Enrolment Agreement
- Failure to fulfill tuition obligations

### Disciplinary Actions

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

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

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

### Appeals

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

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

### Reinstatement After Dismissal

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

## Tuition & Detailed Schedule of Costs

### Tuition

MHA / MHC / MID / CMH \$3,899 tuition + \$600 registration fee.

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

VPC \$2,099 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 \$125 scholarship towards tuition.

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

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

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

## Books / Supplies

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

### For the Metabolic Health Advocate / Ayurveda Lifestyle Advocate (MHA):

- Books - \$114.69
- Lifestyle kit - \$74.99
- Food Experiments - \$100
- 1 consult - \$120

### For the Metabolic Health Coach / Ayurveda Health Counselor (MHC):

- Books - \$145.69
- Herb kit - \$79.99
- 1 consult - \$120

### For the Classical Metabolic Herbalist / Ayurveda Herbalist Course (CMH):

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

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

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

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

- Books - \$59.88
- 1 consult - \$120

In most cases, students enrolled in continuing education courses are required to bill their clients for mentored sessions, which will be used by the student to pay a

\$30 per client mentoring fee. Students in occupational training courses are exempt from billing clients and mentoring fees.

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

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

1. Pay the \$35 transcript fee, by going to the link:
  - a. [Student Transcript Request - Ayurvedic Diet & Recipes](#)
2. Email your request to [study@joyfulbelly.com](mailto:study@joyfulbelly.com).

## Financial Aid

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

Apply for a Scholarship:

- [Mastering Ayurvedic Digestion & Nutrition \(MID\) Scholarships](#)
- [Fundamentals of Natural Medicine \(MHA\) Scholarships](#)
- [Clinical Specialist in Natural Medicine \(MHC\) Scholarships](#)
- [Classical Metabolic Herbalist / Ayurvedic Herbalist: Advanced Strategies, Formulas, and Pharmacology \(CMH\) Scholarships](#)
- [Fundamentals of Virtue Psychology \(VIP\) Scholarships](#)

## Policy/Regulations – Withdrawals & Refunds

### Withdrawing from the Program

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

After withdrawal, and if approved for re-enrollment / reentrance at the sole discretion of the school, students may re-enroll anytime within one calendar year for a \$160 re-application fee. When a student re-enrolls:

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

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

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

If a student enrolls in an *occupational training program*, student will receive a one hundred percent (100%) refund if the student officially withdraws or is officially withdrawn by the school prior to the first day of instruction; a one hundred percent (100%) refund if the school cancels the program in which the student is enrolled; or a seventy-five percent (75%) refund, excluding any disclosed non-refundable fees, if the student officially withdraws or is officially withdrawn by the school on or before reaching twenty-five percent (25%) of the total instructional hours of the program in which the student is enrolled.

If a student enrolls in a *continuing education* program, student will receive a one hundred percent (100%) refund of tuition if the student officially withdraws or is officially withdrawn by the school prior to the first day of instruction, excluding any disclosed non-refundable fees; a one hundred percent (100%) refund if the school cancels the program in which the student is enrolled before the start date; or any tuition paid in excess of 25% of retail tuition (before applying any scholarship), excluding any disclosed non-refundable fees, if the student officially withdraws or is officially withdrawn by the school on or before reaching twenty-five percent (25%) of the total hours of the program in which the student is enrolled. Students receive a pro-rated refund of tuition and application fees if the school cancels the class in which the student is enrolled after the start date.

To receive a refund, the student must notify the school of their intent to withdraw before their enrollment is canceled, by submitting a completed withdrawal form. Continuing education students who are dismissed are not entitled to a refund.

### Disclosed non-refundable fees

Application fees (the first \$600) are non-refundable, except in cases where the applicant is denied admission to the School or as otherwise provided in the terms above.

Late payment fees, tutoring fees, fees for review of makeup work, and the cost of books, materials, and equipment are also non-refundable.

A copy of a guaranty bond securing prepaid student tuition is on file at Joyful Belly's main office at 23 Greenleaf Circle; Asheville, NC 28804.

## Description of Facilities & Required Equipment

Classes are generally conducted online.

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

## Credit Hours/Credit Hour Equivalent

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