



Online Course FAQ for BLOCK 1 students

1.1 I have signed up. And, paid (or waiting to pay)...now what?

If you signed up for Track A...

You signed up for a Track A. This will lead to Ayurvedic Nutrition, Ayurvedic Yoga Therapy OR Ayurvedic Herb course. Please wait to receive your enrollment packet, username and password to arrive via post.

If you signed up for Track B....

This leads to Block 2 counselor 600 Hours and eventually to Practitioner program. Wait for your enrollment packet, username, and password to arrive via us post.

1. 2. Where is my online course located?

Your online course is not the San Diego College of Ayurveda website. It is a different website link. Please go to your browser (Google Chrome, Internet Explorer, Safari, or, Firefox) and bookmark this link. Our Sunday classes are done on WEBEX APP. You can use a computer, smartphone or a tablet to log into the Webex Online Class on Sunday Mornings. (See next FAQ)

<http://ayurveda-wellness-institute.org/lms/>

1.3 How do I log in?

Go to this link, and, put in your username and password provided with your enrollment packet.

<http://ayurveda-wellness-institute.org/lms/login/index.php>

1.4. I am joining Block 1. How do I begin?

As a Level 1 student, both Track A and Track B students get access to all course material as soon as they log in. Course category is Block 1. Course name listed below.

Block 1 Introduction to Ayurvedic Health Practices (Track A and Track B) will be name for your course. Block 2 will be the category for Block 2 students.

1.5. What do I need to begin the course?

1. Make sure you have your reading, audio, visual material. We send you some printed modules, study aids, some DVD's. Make sure you have the optional textbook- Textbook of Ayurveda part 1

2. Make sure you have the course schedule. It is sent to you printed as well as available on this home page.

3. Make sure you go through the orientation - videos, materials, that are available on this page.

4: Make sure you know what the symbols mean

important Symbols



- Module (lectures from printed module)



- Powerpoint Lectures used in actual classes replicated as 'shows'



- This symbol denotes assignment



- Forum Discussions and Posts

1 6. How will this online Learning Model work?

There are four components to our Hybrid Learning in Ayurveda -

Offline Component – You will receive enrollment packet with study modules, and study aids. You can study in your own time. You can also use your username and password to login to the following course [BLOCK 1 INTRODUCTION TO AYURVEDA HEALTH PRACTICES](#) at our [Student Website](#) and, watch pre recorded classes, watch slideshows, hear mp3 recordings of previous classes. Research by the students is considered offline and distant learning, as well.

Interactive Component - Students can ask questions during live online classes, (below), and, post questions at our Forum. Students can take interactive online quizzes, and, post assignments online. Teachers will get back with the feedback. Students can interact with the teachers via email, or, forums.

Online 'LIVE' Classes via [Webex](#) - 'Live' classes via webex, Cisco technology two or three times a week. We replicate a classroom environment. Students receive an 'INVITE' to the live class with a password. Click on the LINK and it takes you to our virtual classroom. Interact with the teacher live at this time. If you miss a class, watch the recording. (See next FAQ)

1. c. Where do the online classes on Sundays take place?

We use a third party provider called Webex for Sunday Online classes. You receive an email invite. Click on the link, put in your email, and, password—and you are placed in the conference. Alternatively, put in your meeting number, and, password in this link to be placed

in the conference- <https://www.webex.com/login/attend-a-meeting>. (Please note that the online class links are ONLY ACTIVE and WORK only during class times). You can also join through an Android Device, Iphone, Smartphone, Tablets by downloading the Free Webex APP. You put in your meeting number during classtime, and, password and you are placed in the conference. The audio may be connected through a landline, phone, or via computer. Recordings are provided if you miss a class.

You can also join the classes from a MOBILE APP that is free to download. However, to hear recordings you must have an internet Connexion and a computer.

<http://www.webex.com/products/web-conferencing/mobile.html#webex-mobile-apps>



2. Do I have to travel to Escondido or San Diego or your locations for these programs?

No you don't. We are a distant learning and Online School. All our programs -are mostly offered online. We replicate a classroom environment online, plus, we have interactive forum discussions, online virtual learning management system and pre recorded lectures. However, you have an option onsite workshop that you may choose or not choose to attend. We do provide you all the materials and resources and archived videos from previous workshops.

3. What if I miss some Block 1 classes?

All classes are recorded and you have four weeks to watch the recordings. You can make up the classes with the next group that starts Block 1. You can also take one make up extra class with one of the teachers. However, your course access does finish through LMS on the last day of your course. We assume you have downloaded ALL resources from LMS. (Learning Management System)

4. What if I have not finished all the assignments?

You can finish your assignments even after the classes have finished. You must finish 70% of your assignments to get a certificate.

6. How do I begin Block 2?

You can start Block 2, when you have finished, or, finished 75% of the Block 1. Next Block 2 will begin April 2015, July 2015 and October 2015. Block 2 is a 10 month program.

7. Does the program at San Diego College of Ayurveda meet the new NAMA requirements?

The Block 1 150 Hours is not enough to get a NAMA certification. However, once you have completed our Ayurveda Counselor, 600 Hours, you can apply to NAMA.

8. What is the total duration (months) to complete the Ayurveda Practitioner program from start to finish with no prior Ayurveda study completed?

Track A programs

Block 1 100 Hours is 2-3 Months. Yoga Therapy, Ayurveda Herbalist and Ayurvedic Nutrition takes 6 months. Total time is 9 months, however, it depends on student and their commitment to finish their case studies, and, assignments on time.

Track B programs

Block 1 150 Hours takes 3-4 months. Block 2 counselor takes 9 months and Block 3 practitioner takes another 6- 9 months.
Total time is 18-21 months.

9. If I do not complete my coursework on time, can I attend extra classes.

Yes, in Block 2 and Block 3 students have upto 3 months after the classes, to take extra classes, complete their research and case studies. However Block 1 is a short program and students who want to redo their program must re enroll again. Any student who does not inform the college and is a no show for more than one month is considered unenrolled and they have to re enroll.

10. How does the online classes take place?

We use a hybrid system of blended learning training delivery. (See next FAQ). The classes are replicated in a Virtual Learning Environment, instead, of a physical location. Online classes are conducted via Webinars or Virtual Classroom using Webex. Live classes can be accessed on the 'go' on your iphone, ipad, Android smartphone, tablet or computer.

11. Technical Skills and Requirements

To do this course, you need a decent Internet Connexion, a Free Webex App if planning to join in from a mobile phone, or, tablet. We offer an orientation class on how to navigate the course, however, we don't provide daily support- on how to use your computer. If you are uncomfortable with technology, please consider an onsite course.

We expect the student to be proficient in how to use a computer, Internet, and, be able to basic functions like download and upload assignments, use email OR Google Docs or Google Drive and be comfortable with an online learning environment, after we show you how it works.

Note: **You do need a computer and an Internet connexion, to access [Student Website](#) which is where all our learning resources are located.**

12 How do I pay the fees?

Track A and Track B have separate course fees.

Track A course fees are:

Block 1 \$675 for 100 Hours.

Yoga Therapy, or, Herbology, or, Nutrition - Starting from \$926, if paid in advance. (Includes early bird discount.) If paid by 3 installments it comes to \$330, \$210, \$210

Link for installment fees are

<http://sandiegocollegeofayurveda.net/pay-installment-fees>

<http://sandiegocollegeofayurveda.net/catalog/126>

Track B course fees are:

[*Block 1 Track B \(150 Hours\) is \\$975.](#) (There's a 5% discount, and/or, a free textbook if paid 30 days in advance

<http://sandiegocollegeofayurveda.net/trackb-fees>

Note: Fees amount, if paid in advance.

If I have opted for FLEXIBLE PAYMENT PLAN—How do I pay?

You can pay online through these links.

Block 1 Track B Students

Initial Payment 1 - \$330 <http://sandiegocollegeofayurveda.net/pay-installment-fees> -

Payment 2- \$330 <http://sandiegocollegeofayurveda.net/TrackB-fees02> -

Payment 3- \$220 <http://sandiegocollegeofayurveda.net/3rd-installment>

Payment 4- \$220 <http://sandiegocollegeofayurveda.net/3rd-installment>

Block 1 Track A TRACK A

Initial Payment 1 - \$330 <http://sandiegocollegeofayurveda.net/pay-installment-fees> -

Installment 2 - \$210 <http://sandiegocollegeofayurveda.net/second-installment> (Payable by the 15th of the next month) Installment 3 - \$210 <http://sandiegocollegeofayurveda.net/second-installment> (Payable by the 15th of the next month)

13. Do I wait for my classes to begin before going through the online material, or, the printed modules sent to us.

You don't have to wait for classes to start to go through the material. We suggest you check it out. However, we suggest you go through only section 1 - orientation, and, section 2- Ayurveda 101 before the classes begin. We don't want you getting confused.

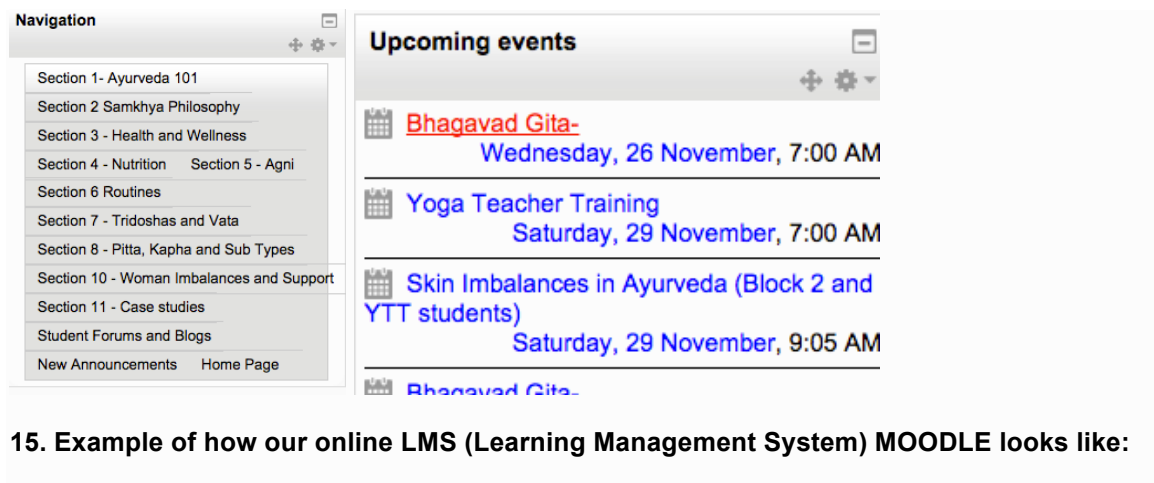
Do I wait for teachers to assign any homework or activities or do the assignments myself.

You can get started on reading material, student workbooks sent to you with the enrollment packet anytime. And, some online non graded quizzes anytime. All other assignments will be 'assigned' with a date by the teacher. We will also give instructions on how to do some practical assignments like Self mala pariksha, Agni assessment, prakrti and vikrti questionnaire, as well as women support questionnaire.

14. There is so much information, how do I navigate?

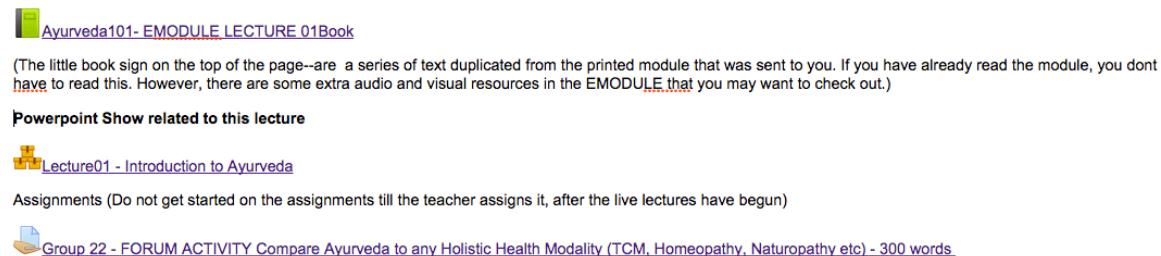
Wait for the orientation and how to navigate class on January 4th. Here is an idea how the navigation works.

When you log in, you will see the Navigation buttons on the left hand side. (Below), and, upcoming classes just below that.



The screenshot shows a user interface with two main sections. On the left is a 'Navigation' menu with the following items: Section 1- Ayurveda 101, Section 2 Samkhya Philosophy, Section 3 - Health and Wellness, Section 4 - Nutrition, Section 5 - Agni, Section 6 Routines, Section 7 - Tridoshas and Vata, Section 8 - Pitta, Kapha and Sub Types, Section 10 - Woman Imbalances and Support, Section 11 - Case studies, Student Forums and Blogs, New Announcements, and Home Page. On the right is an 'Upcoming events' section with three entries: 'Bhagavad Gita-' on Wednesday, 26 November, 7:00 AM; 'Yoga Teacher Training' on Saturday, 29 November, 7:00 AM; and 'Skin Imbalances in Ayurveda (Block 2 and YTT students)' on Saturday, 29 November, 9:05 AM. A fourth entry for 'Bhagavad Gita-' is partially visible at the bottom.

15. Example of how our online LMS (Learning Management System) MOODLE looks like:



The screenshot shows a Moodle course page for 'Ayurveda101- EMODULE LECTURE 01Book'. It includes a note about the duplicated text, a 'Powerpoint Show related to this lecture' section with a link to 'Lecture01 - Introduction to Ayurveda', an 'Assignments' section with a note to wait for teacher assignments, and a 'Group 22 - FORUM ACTIVITY Compare Ayurveda to any Holistic Health Modality (TCM, Homeopathy, Naturopathy etc) - 300 words' link.

15 Who do I contact for course related, or, technical questions. Or, admissions related questions?

Emails: drmonica@ayurveda-california.org
Technical issues: atulkrishna@ayurvedayogatraining.com
Admissions: info@ayurveda-california.org
Student counselor: tamarast11@gmail.com

