



ABS Grad Checklist

Requirements

Date

Read ABS Manual	
View DVDs / Webinars	
Purchase and read Dr. John Douillard Encyclopedia Ayurvedic Massage	
ABS Multiple-Choice Quiz Online Quiz 1	
ABS Multiple-Choice Online Quiz 2	

Form Submissions

Student Enrollee Form	
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Practicum Modality Options:

Choose 3 or more of the following modalities to fulfill your practicum requirements: Sacred Stone Massage, Marma Point Therapy, Udvartana Therapy, Karna Purana Therapy, Nasya Therapy, Garshana Therapy, or Swedhana Therapy.

Practicum Client Options:

Choose 5 different clients to create an individualized treatment plan and practice one of your chosen modules as listed above on each of your 5 clients. This should take 5 hours in total; 1 hour per client approximately, not including preparation and clean up. No more than 2 of the modalities listed above may be repeated as part of your practicum requirements. For example, you may submit a practicum form for Karna Purana no more than twice.

Student Practicum Form 1	
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Student Practicum Form 2	
Student Practicum Form 3	
Student Practicum Form 4	
Student Practicum Form 5	

Five critical essays for each of your 5 practicum sessions on what parts of each session you would change and what skills you excelled in.

ABS Critical Essay Form 1-5 Sessions	This one form contains space for all 5 critical essays.	
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Client Testimony & Evaluations Form 1	
Client Testimony & Evaluations Form 2	
Client Testimony & Evaluations Form 3	
Client Testimony & Evaluations Form 4	
Client Testimony & Evaluations Form 5	

To earn “certification” status, attend a “live” on-campus one-day practicum exam with a certified ABS instructor. OR: Submit a youtube video link of 1 session showing the 3 modalities chosen.

You-Tube Video Practicing a Session	
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ABS Student Essay Course Form	
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Students Course Evaluation Form	
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All course forms are located on your student dashboard with directions for how to complete each one.

Thank you.

Namaste,
Karyn

