

AYURVEDIC HEALTH COUNSELOR PROGRAM CATALOG



SAMA

Sacred Stone Academy of Metaphysics & Ayurveda



AAPNA
The Spirit of Ayurveda



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PROGRAM CATALOG

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MESSAGE FROM OUR FOUNDER

Welcome to SAMA!

We believe disease is not spontaneous. It is acquired and produced by a lifestyle not aligned with the laws of nature.

Ayurveda addresses ones fundamental needs to live in health and harmony with nature. If an external pathogen, such as a virus, parasite or bacteria, invade the body, the impact is minimal if one's inner ecology is healthy and in balance. By applying the ancient, holistic, evidence-based principles of Ayurveda to our daily modern living, the human body becomes supported and strengthened by the laws of nature.

Ayurveda provides education and tools for people to support healing in the body, mind and spirit by making daily choices that aligns with one's personal, unique body type and the laws of nature. Come experience more education, more meditation and healthier living with Ayurveda.

We wish you a long life, filled with health, happiness and harmony.

Karyn Chabot Martino, M.Ay, LMT,
RYT



The
world
needs
more
healers.

– Karyn Chabot Martino

THE SCIENCE OF LIFE

Ayurveda

Ayurveda is a holistic art & science tradition of self-healing that dates back over 5000 years.

Ayurveda is considered one of the top three medical systems in the world by the World Health Organization.

Ayurveda is founded upon the core principles of personalized self-care, food as medicine, consciousness, metaphysics, sound healing, love, our unique genetic constitution and epigenetics.

Ayurveda supports the alignment of one's body, mind and spirit with the laws of nature. This alignment fosters vibrational ripple effects for healing through the layers of oneself, generations, community, environment and universe.

Ayurveda supports the divine creation of the human body as part of the cosmic body; therefore, what we do to heal and harmonize ourselves impacts from the smallest atom to the larger cosmos.



AYURVEDIC HEALTH COUNSELOR (AHC) Program

Ayurvedic Health Counseling supports professionals in the healing arts to enhance skillsets and offerings. Yoga teachers, massage therapists, holistic and healthcare professionals will all benefit by adding Ayurvedic Health Counseling to a growing knowledge base and services.

A certificate in AHC helps to expand awareness and capacity to help others, the community and oneself to live in better health, harmony and balance.

Our learning library has over 40 audio recordings from the world renowned National Ayurvedic Medical Association annual conferences that are available upon enrollment.

Both AHC programs include an online self-paced Anatomy & Physiology course (exemptions available with transcript submission). Additionally, both AHC programs are registered, approved and exempted by the RIOPC since 2012.

SPECIAL SAMA FEATURE: As a special feature, SAMA's online Ayurvedic Bodywork Specialist (ABS) course is included with both the 7 and 12-month Ayurvedic Health Counselor (AHC) online programs.



AYURVEDIC HEALTH COUNSELOR (AHC) Program

The doctor of the future will give no medicine but will interest his/her patients in the care of the human frame, in diet, and in the cause and prevention of disease.

-Thomas Edison-

Upon successful completion of the program, an Ayurvedic Health Counselor is to be able to:

- Take history to determine constitution
- Explain Ayurveda concepts & views
- Explain daily routines
- Explain food as medicine
- Use spices and select herbs for remedial measures
- Offer doshic nutritional advice
- Offer additional support & education



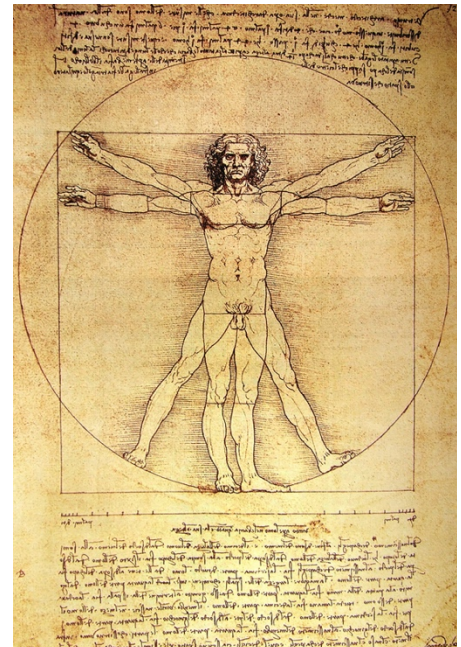
SAMA TESTIMONIALS

"I was organizing all my SAMA papers last night and I simply wanted to say thank you for all the love you have given to these studies. Over 10 years now since I first found you online and you never disappoint me. Thank you. You are appreciated. -Much love and gratitude."

- Susan Lengle

"Hello, I just to let you know that I am very grateful that you have started this school & given the opportunity to those of us who are unable to commute. Sometimes at the end of my busy day I think that I am too tired to study but when I watch a class or read an assignment I am truly inspired and it makes it all worth it! Thank you." -

Norlen Flynn



AYURVEDIC HEALTH COUNSELOR (AHC) Program Curriculum

Ayurvedic Health Counselor

- Sankhya Philosophy
- 5 Elements
- 3 Doshas
- Ayurvedic Anatomy & Physiology
- Prana, Tejas & Ojas
- 6 Tastes
- Pulse Analysis
- Jyotish
- Ayurvedic Pediatrics, Geriatrics
- Ayurveda Beauty & Health for Women
- Vastu (Vedic Science of art, home & design)
- Daily Regimen (Dinacharya)
- Seasons (Ritucharya)
- Digestion & Diet
- Herbology
- Pathology
- Disease Management
- Analysis Techniques
- Assessment/ Evaluation
- Ayurvedic Psychology
- Panchakarma Theory
- Yoga
- 5 Sense Therapies (diet, herbs, aromas, sound, touch and color)

Ayurvedic Bodywork Specialist

- Approximately 6-month program
- Earn 17 CEs from NCBTMB & Yoga Alliance, when appropriate.



AYURVEDIC HEALTH COUNSELOR (AHC)

Program Options: 7 or 12 Months

*“When diet is wrong,
medicine is of no use.
When diet is correct,
medicine is of no need.”*
-Ayurvedic Proverb-

Students may select between either a 7 month online intensive program or a more comprehensive 12-month online program. There are many common requirements between both programs, and some differences. Both programs utilize the same grading scale, books and practice consult requirements.

Grading for both the 7-month and 12-month programs occurs on a pass/fail rubric, instead of actual letter grades. Curriculum content is broken down into the following segments:

- Chapter Quizzes = 25%
- Media Requirements = 20%
- Yoga Requirements = 10%
- Verbal Exit Exam = 10%
- Online ABS Exam = 25%

Required Books (purchased separately):

- Dr. Vasant Lad, Ayurveda Text Vol. 1
- Dr. Vasant Lad, Ayurveda Text Vol. 2
- Anatomy & Physiology (as necessary)

25 Required Ayurvedic Health Consults

All students (7 & 12 mos programs) must conduct a minimum of 25 Health Encounters (Consults) and provide the required forms to SAMA for review. As part of the review process, students pay \$50 per encounter (Consult) to SAMA and may ask for a donation from each mock client.



AYURVEDIC HEALTH COUNSELOR (AHC)

Program Options: 7 or 12 Months

Whether you select our 7 or 12-month program, all of the following requirements are necessary to successfully complete both programs:

- 22 comprehensive online exams based on Dr. Vasant Lad's Ayurveda Textbooks Vol 1 & Vol 2.
- 25 Ayurvedic Health Consult Reports
- 1 hour of yoga per week & e-journal sessions
- Ethical touch and self-care courses
- SAMA's Ayurvedic Bodywork Specialist course
- Critical Essays
- Anatomy & Physiology
- Monthly 2-Hour Zoom Satsang – once a month, all students meet together.
- 10 question exit exam via phone with an AHC instructor at SAMA, after all other requirements are successfully completed



In addition, the following educational requirements vary by program:

7 Month Intensive Program (500 Hours)

Successfully complete all of the above, plus:

- Listen to 11 audio and 11 video selections. Complete an e-form for each and submit.
- Not enough hours to sit for NAMA exam, which requires a minimum of 650 hours.

12 Month Comprehensive Program (718 Hours)

Successfully complete all of the above, plus:

- Listen to ALL audio and video selections. Complete an e-form for each and submit.
- The 12-month program meets requirements to sit for the NAMA exam.
- Complete optional internship, however, this is required to sit for NAMA exam and membership.



LEARNING COMMUNITY

At SAMA, our self-paced online programs require students to be self-directed and motivated. Successful students will be happy to work on their own and from the comfort of their home.

Meet like-minded and like-hearted people from around the world through our online learning community. Embrace this opportunity to build life-changing relationships as you learn and grow together.

Our robust online audio and video media library includes over 50 recordings. This instruction offers life-changing education from numerous leaders in Ayurveda.

Our curriculum is heavily based upon the incredible teachings of Dr. Vasant Lad, BAMS, a world-renown, leading Ayurvedic Practitioner and educator.

Take your learning to deeper levels by integrating Dr. Vasant Lad's teachings with additional top international leaders in Ayurveda, including Dr. John Douliard, Mark Halpern and David Frawley.



FACULTY & AFFILIATES

SAMA FOUNDER

Karyn Chabot Martino, M.Ay, LMT, RYT



FACULTY

Sonia Elisa Masocco, AHP
Simon Chokoisky, AHP
Michael Dick, MA, AHP
Karuna Dilibero, AHC
Mary Guerenabarrena, AHP
Dr. Munira Merchant, BAMS
Dr. Aparna Pattewar, BAMS

ONLINE PROGRAM SUPPORT

Renee Auriemma

SAMA TESTIMONIAL

"I can't say thank you enough for your school. I've been a high school teacher for many years. Consequently, I recognize and value a coherent and cohesive curriculum when I see it.

Thanks to you and your school, my holistic center is precisely what the local community needed. My practice is booking out 3-months in advance, with the most amazing clients whose lives have been transformed by Ayurveda.

I still teach school, but my part-time holistic practice is what sets my soul on fire. Thank you for bringing Ayurveda to the world in this capacity and for being a shining light in my life."

– Vanessa Mumford, LMT



APPLICATION, TUITION & SCHOLARSHIP

Ayurvedic Health Counselor

APPLICATION

To apply, please register and pay directly online. No prerequisites.

SAMA

Contact: Karyn Chabot

Karyn@sacredstonehealing.com

Phone: 401-680-3934

Website: sacredstonehealing.com

Location: Rhode Island, USA

TUITION

7 Month Program

\$3,600 if paid in full (check or money order)

Installments may be available upon request.

12 Month Program

\$4,500 if paid in full (check or money order)

Installments may be available upon request.

SCHOLARSHIP

Scholarships may be awarded based upon availability and merit. Please contact SAMA directly to inquire. Thank you.



ADDITIONAL COURSES

SAMA has graduated over 3,000 successful and happy students across a variety of holistic and metaphysical healing arts courses.

All of our courses are available for students, professionals and laypersons in the healing arts and healthcare professions interested in learning skills to enhance their practice, for personal health and to spread wellness in their community.

Additional SAMA Courses Include:

- Online NCBTMB Massage Courses
- Sacred Stone Teacher Training
- Shamanic Practitioner Training
- Vedic Astrology Certification
- Yoga Teacher Training
- Mystical Card Science Training

Plus:

- **Ayurvedic Bodywork Specialist (ABS).**
The complete ABS certificate program is either a stand-alone or integrated course approved by the CBTMB for CEs in massage therapy. ABS includes over 8 instructional videos and manuals available for students to learn and refresh upon completion. It also includes an in-person portion for the complete certificate.
- In person classes in FL or RI, USA
- Cost varies per course. Please contact SAMA for course availability and pricing.



FREQUENTLY ASKED QUESTIONS

When may I begin my AHC program studies?

After SAMA receives your payment, you will receive a welcome email with a personal User-ID and password for you to begin.

Is this AHC program approved by the National Ayurvedic Medical Association (NAMA)?

Yes. Therefore, you may sit for their exam upon successful completion of this program.

How do I know if my previous Anatomy & Physiology course is approved?

NAMA requires a minimum of 6 college credits in A&P if applying for exemption. You will need to submit your college transcript with passing grade for it to count and for the NAMA exam.

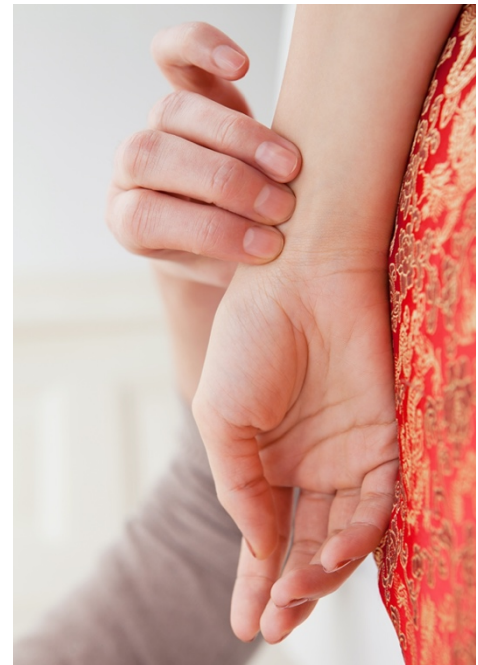
How will I be graded?

Exams are all submitted online. 75% is required for passing, otherwise the exam must be repeated until a passing grade is achieved.

What is your refund policy?

Processing and application fees are non-refundable at any time. Tuition refunds are time dependent and must be sent electronically.


- 15 days prior to the start of a course, full tuition is refunded.
- Within 24 hours after starting the program, a minimum of \$1500 is non-refundable. Any additional amount due will be calculated and prorated based upon the date electronically received by SAMA.



AYURVEDA: THE SCIENCE OF LIFE



Combining
the **science**
of western medicine
with the **wisdom**
of eastern medicine.



SAMA

Sacred Stone Academy of Metaphysics & Ayurveda

Sacredstonehealing.com | Phone: 401-680-3934

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