



The Sambodh Society, Inc.  
takes pleasure in announcing its plans for the  
**Bodhananda Vedic Institute**  
**School of Ayurveda**

beginning in 2012 with the 1<sup>st</sup> year of a  
Training Program in Ayurveda  
for self-care & aspiring practitioners

One year *Certificate Program in Ayurvedic Studies* consisting of twelve  
intensive classes (one weekend monthly, Saturday and Sunday) with 200  
classroom hours and 300 hours directed independent study for a program total  
of 500 hours To take place at the Sambodh Center, Kalamazoo, MI

**Courses consist of the following:**

- AYV 101 - *Foundations of Ayurveda - The Beginning, History and Philosophy*
- AYV 102 - *Ayurvedic Understanding of Human Structure and Function (Level 1)*
- AYV 103 - *Ayurvedic Understanding of Human Structure and Function (Level 2)*
- AYV 104 - *The Ayurvedic Understanding of Mind*
- AYV 105 - *Ayurvedic Approaches to Nutrition and Food Science*
- AYV 106 - *Disease Prevention and Maintaining Balance with Ayurveda*
- AYV 107 - *Ayurvedic Science of Herbs*
- AYV 108 - *Ayurvedic View of Disease Causes and Processes*
- AYV 109 - *Ayurvedic Assessment techniques and Pulse Reading*
- AYV 110 - *Panchakarma- Ayurvedic Therapies and Detoxification*
- AYV 111 - *Ayurvedic Home Remedies for Common Ailments*
- AYV 112 - *Ayurvedic Subtle Therapies*
- AYV 113 - *Developing an Ayurvedic Practice: Review and Guidance*

Students who successfully complete this program and required final  
examination will be awarded an "Ayurvedic Consultant Certificate."

**Sambodh Center for Human Excellence**  
6363 N. 24th Street, Kalamazoo, MI 49004  
Website: [www.sambodh.us](http://www.sambodh.us) Email [SambodhSociety@tds.net](mailto:SambodhSociety@tds.net)  
Office: (269) 492-0544 Info: (269) 327-3774



Join us in our intensive year-long study of  
**Ayurveda: The Science of Life**

An ancient science with answers for the modern world

The Sambodh Society, Inc.  
6363 N. 24<sup>th</sup> St. Kalamazoo, MI 49004

**Institute Administration & Faculty**

*Ruth Harring, Ph.D., Institute Director*

Dr. Harring, our Institute Director, is a former faculty member of  
Western Michigan University and has extensive experience in  
academia. She is also a The Sambodh Society, Inc. Trustee and the  
Program Coordinator for the Sambodh Center for Human Excellence,  
Kalamazoo, MI.



*Aparna Bapat, B.A.M.S.*

Dr. Aparna Bapat is a graduate of the University of Pune, College of  
Ayurvedic Medicine & Surgery. She has taught and practiced Ayurveda  
in the United States, Europe and India for over 15 years, and is the  
author of countless professional writings on Ayurvedic topics.

*Ashlesha Raut, B.A.M.S., M.D. (Ayur), CNC*

Dr. Ashlesha Raut earned her BAMS and MD degrees in Ayurveda from  
the University of Mumbai (India) and is a Certified Nutritional  
Consultant. In addition she has Certification in Integrative Medicine and  
has considerable experience in both the practice and teaching of Ayurveda.



*Bill Courson, B.V.S. (Ayur), D. Ayur., C.H.*

Bill Courson is a graduate of the New Jersey Institute of Ayurveda  
(Diplomate in Ayurveda) and the Sai Ayurvedic College of Miami (BVSA),  
and teaches and practices Ayurveda at both institutions. He is also a  
Certified Herbalist in the Western herbal tradition.

*Jyothi Bhatt, B.A.M.S.*

Jyothi Bhatt received her BAMS degree from the Shri Dharmasthala  
Manjunatheshwar College of Ayurveda in Karnataka, India and studied  
yoga at the Bihar School of Yoga and the Swami Vivekananda Yoga  
Anusandhana Samsthana, earning a postgraduate Diploma in Yoga  
Therapy



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for aspiring practitioners

Please fill out this form and return it to the  
Sambodh Center office (address BELOW)  
Attn: Ruth Harring, Ph.D., Director

Name \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

In the space provided below,  
please describe your level of interest  
in joining this course of study:

**MAILING ADDRESS**

Sambodh Center for Human Excellence  
PO Box 248, Kalamazoo, MI 49004  
Website: [www.sambodh.us](http://www.sambodh.us)  
Email [SambodhSociety@tds.net](mailto:SambodhSociety@tds.net)  
Office: (269) 492-0544 or Info: (269) 327-3774