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Ayurveda Schools

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Ayurveda translates in to the science of life. It has been practiced for over 5,000 years and has its roots in Indian culture. Ayurveda is based on the principles of healthy living, and the belief that with simple changes in our daily living habits, we can bring about great changed and better health. Many are interested in learning and practicing this ancient way of healing, and Ayurveda schools are the place to start.

No matter what part of the world you live in, there is someone that will have heard of or that is a practitioner of Ayurveda. It has helped to heal millions of people all around the world and many other natural healing methods in the West today have taken something from Ayurveda to incorporate in to its system. Homeopathy and Polarity therapy are a few examples of methods based on Ayurveda.

Ayurveda schools exist in several countries, including North America. In the United States there are schools in Arizona, California, Delaware, District of Columbia, Iowa, Maryland, Massachusetts, New Jersey, New Mexico, New York, North Carolina, Pennsylvania, Virginia, and West Virginia. In Canada, there are schools in Quebec and Ontario. And there are also schools in Europe, Asia, New Zealand, and Australia.

At an Ayurveda school you will have a choice of what level of certification you wish to work towards, as there are three to choose from. Level I is an Ayurvedic Health Educator (AHE). Level II is Clinical Ayurvedic Theory (CAT) and Level III is an Ayurvedic Health Practitioner Internship program. There are also many workshops, seminars and events to choose from when studying Ayurveda.

There are many choices on how to study Ayurvedic medicine. Full time studies will see a student finish all three levels, including internship in about 2 years, at which time they will become a Clinical Ayurvedic Specialist. Weekend programs take approximately 3 years to complete at the highest level. Live Internet classes and Distance Learning Programs are also available for those who have no Ayurveda school nearby or who are not willing or able to travel to one.

A masterâ€™s degree is also available in Ayurveda. Students must complete level two and other courses as well as write a thesis paper.

Ayurveda schools are a fantastic place to learn an ancient form of healing. You will explore and find the best ways to live a life of balance for both you, and your future patients.

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