

Education in Ayurvedic Medicine

Study Guide 2026 -2027

Together we
reclaim the
wisdom of life



**Sankalpa
Ayurveda
College**

sankalpaayurvedacollege.com

**Sankalpa Ayurveda College**

Study guide 2026 / 2027

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DOSHAS

Kapha
earth
&
water

Pitta
fire
&
water

Vata
ether
&
air



Trachea
Bronchi
Throat
Esophagus

Liver
Spleen
Gall Bladder
Pancreas
Duodenum
Prostate

Small Intestines
Large Intestines

Introduction



Sankalpa Ayurveda College offers professional Ayurvedic education for anyone who wishes to integrate Ayurveda into their life or work, or who aspires to become an Ayurvedic health professional.

Our programs combine classical Ayurvedic knowledge with modern educational approaches, personal guidance, and practice-oriented learning.

This program guide provides an overview of our trainings, levels, and progression pathways. It outlines what you can learn, who the programs are intended for, and how Ayurveda can contribute to both professional and personal development.

For in-depth content, formal learning outcomes, and assessment information, we refer to the official study guides for each program.

A Warm Welcome to Sankalpa Ayurveda College

Perhaps you are here because Ayurveda has touched you personally. Perhaps because you sense that health is more than symptom management. Or because you feel the calling to become an Ayurveda health professional, or to integrate Ayurveda professionally into your work or practice.

At Sankalpa Ayurveda College, we educate students who wish not only to understand Ayurveda, but to live and apply it. Our education is rooted in classical Ayurvedic knowledge while being carefully aligned with the realities of modern life. We combine theory with practice, self-inquiry with professional development, and academic learning with embodied experience.

Our programs are designed for those seeking depth—in health, consciousness, and the art of therapeutics. Whether you begin your Ayurvedic journey for personal growth or pursue a professional pathway toward becoming an Ayurvedic Health Counselor or Practitioner, you will be guided within a learning environment where presence, integrity, and quality are central.

This Education & Program Guide offers an overview of our trainings, learning pathways, and progression opportunities. It is an invitation to explore which path resonates with you, and how Ayurveda can play a meaningful role in your life and work. We warmly welcome you.

Rūm Lagernerf

Founder
Sankalpa Ayurveda College





Our Vision

*Together for a world
where our healthcare
system and every
household has integrated
a holistic approach to
health for overall physical,
mental, emotional and
spiritual well-being.*

~

***Together we reclaim the
wisdom of life***

“ We are committed to quality education and to the personal, intellectual and spiritual growth of our students.

Our Vision

Together for a world where our healthcare system and every household has integrated a holistic approach to health for overall physical, mental, emotional and spiritual well-being.

Our Mission

Our mission is to educate, guide, and empower the future Ayurvedic healers of Europe. We prepare health professionals who integrate ancient and modern science with a truly holistic approach. Our education trains students in both prevention and treatment of disease, while also supporting the improvement of life itself and contributing to the growth of individual and collective consciousness.

From the Vedic perspective, we train therapists to look beyond symptoms and see the person behind the care question. Every imbalance—physical, emotional, or mental—has deeper roots. We focus on finding causes rather than only treating complaints, with transformational guidance that fosters physical, psychological, social, and spiritual well-being.

Our Promise

We are committed to providing holistic, heart-centered, authentic, and high-quality education in a safe and inclusive environment. We nurture the personal, intellectual, and spiritual growth of our students while preparing them for professional excellence.

Our Commitment to the Future

We actively contribute to the recognition of Ayurveda within complementary healthcare in Europe. We aim to ensure Ayurvedic medicine plays a greater role in both preventive and curative care—through education, research, and collaboration with healthcare providers, insurers, professional associations, herbal medicine companies, schools, caregivers, and communities.

Who is our Education for

The education offered by Sankalpa Ayurveda College is intended for people who wish to integrate Ayurveda into their lives, work, and environment—in a way that aligns with their individual path.

Our programs are suitable for:

- Individuals who want to apply Ayurvedic knowledge for their own health and that of their family, friends, or community
- Therapists, coaches, yoga teachers, and healthcare professionals who wish to integrate Ayurveda into their existing work or practice
- Those who wish to train as an Ayurvedic Therapist or Practitioner
- People seeking personal depth, increased awareness, and sustainable lifestyle change

Whether you wish to use Ayurveda for personal growth or professional application, our school stands a learning environment where knowledge, practice, and guidance come together.

Educational Philosophy

Holistic Health

At Sankalpa Ayurveda College, we view health as the harmonious integration of body, mind, emotions, and consciousness. From an Ayurvedic perspective, health is understood as the ability to live in balance in relation to one's lifestyle, environment, and stage of life.

Our programmes focus on understanding the root causes of imbalance rather than merely addressing symptoms. Students learn to view the individual as a whole by considering nutrition, lifestyle, mental and emotional patterns, sensory influences, and daily rhythms. This holistic perspective forms the foundation for both personal transformation and professional practice.

Embodied Learning

Learning at Sankalpa Ayurveda College extends beyond the acquisition of knowledge. Ayurveda is truly understood only when it is experienced, embodied, and integrated into daily life.

Our educational approach combines theoretical study with self-reflection and practical experience. Students develop not only knowledge and clinical skills but also self-awareness, presence, and a professional attitude. This embodied approach to learning supports the sustainable integration of knowledge into both personal development and professional practice.

Integration of Ayurveda, Yoga, and the Modern Context

Ayurveda and Yoga are sister sciences that complement and strengthen one another. Throughout our programmes, these traditions are presented in an integrated and accessible manner, while maintaining respect for their classical origins and their relevance in today's world.

We combine Ayurvedic knowledge with yogic practices, contemporary lifestyle challenges, and—where appropriate—insights from modern healthcare. Students learn to apply Ayurvedic principles across a variety of settings, including personal wellbeing, professional clinical practice, and broader healthcare environments. Our curriculum is practice-oriented and built around realistic professional scenarios. Through case-based learning and supervised practical training, students develop the competence to apply their knowledge directly in consultations, clinical assessment, client guidance, and therapeutic interventions.

Why Ayurveda – Why Sankalpa

The Relevance of Ayurveda Today

At a time when chronic conditions, stress, and lifestyle-related disorders are on the rise, there is a growing need for an approach to health that looks beyond symptom management. Ayurveda offers a holistic and preventive framework that supports people in strengthening resilience and making conscious, sustainable choices for body and mind.

By addressing nutrition, lifestyle, mental load, sensory impressions, and daily rhythms, Ayurveda provides practical tools that are highly valuable in modern society—both for personal health and for professional guidance.

Unique Qualities of Sankalpa Ayurveda College

Sankalpa Ayurveda College distinguishes itself through a practice-oriented and internationally rooted approach to Ayurvedic education. Our programs are grounded in the classical tradition while being carefully adapted for application within the contemporary European context.

Key characteristics of our education include:

- An extensive internship program in the student's own country, enabling practical experience within one's own cultural and societal context
- Intensive guidance and supervision during the internship
- Collaboration with the California College of Ayurveda (CCA), which has provided leading Ayurvedic education in the United States for over 30 years
- Integration of Ayurveda, yoga, and self-reflection
- Attention to both personal development and professional training
- Education offered in Dutch and English, on-site and online

This combination of international expertise and local practical experience provides students with a solid and realistic foundation to apply Ayurveda responsibly and professionally.

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As an Ayurvedic professional, you can contribute in different ways.



How you can contribute as Ayurvedic Health Professional

An Ayurvedic education opens many doors for how you can bring healing into the world. Depending on your background, interests, and level of training.

Clinical Practice & Client Care

- Open your own practice or wellness clinic.
- As an Ayurvedic Health Counselor, guide clients in preventive care and lifestyle practices.
- As a Certified Ayurvedic Practitioner, also support clients in managing and treating disease.
- Integrate Ayurveda into existing work as a physician, nurse, health coach, or psychohealth counselor, to better understand and support clients.

Entrepreneurship & Innovation

- Create your own herbal or nutritional products.
- Open a wellness center or spa with Ayurvedic services.

Enrich massage, beauty, or bodywork practices with Ayurvedic treatments.

Education & Teaching

- Offer workshops, courses, or community classes on Ayurveda, nutrition, and lifestyle.
- As a yoga teacher, weave Ayurveda into your classes through dosha-balancing asana and seasonal detox programs.
- Develop and lead retreats that combine Ayurveda, yoga, and holistic healing practices.

Creative Expression & Knowledge Sharing

- Write articles, books, or launch your own podcast to share Ayurvedic wisdom.
- Bring Ayurveda into the culinary world as a professional chef, creating balanced, healing meals tailored to body-mind types.

Your path will be as unique as you are. Ayurveda gives you the tools and perspective to touch lives—in your community, your family, and the wider world.

How do you feel called to contribute?

Five Reasons to Study Ayurvedic Medicine

1 Why Study Ayurveda?

You may already have experienced how Ayurveda brings balance and well-being to body and mind. Perhaps now you feel called to help others discover the same healing wisdom. Studying Ayurveda can be a path not only toward a meaningful career, but also toward deeper personal growth and transformation.

2 Rising demand for holistic health

More and more people are turning to complementary medicine to prevent illness and support long-term health. Ayurveda's holistic approach—addressing body, mind, and spirit—makes it a valuable tool in today's world. This growing demand has created new opportunities for trained Ayurvedic Health Counselors and Practitioners.

3 A variety of career paths

With Ayurvedic education, you can choose a career that fits your passion—whether as a health counselor, wellness coach, yoga teacher, researcher, or educator. The skills you gain open doors to both private practice and collaboration with other health professionals.

4 Personal growth and transformation

Ayurveda is not only a system of medicine, but also a way of life. Through study and practice, you will cultivate a deeper understanding of yourself, your relationships, and the world around you. This inner journey is just as important as the professional one.

5 Accessible education, anywhere

With the growth of online learning, you can now study Ayurveda from wherever you are in Europe. Our programs offer flexibility and accessibility, so you can follow your calling at your own pace.

Educational Tracks

Our programs are modular in structure and together form a clear learning pathway. You may enter for personal development, in-depth study, or a professional track. Depending on your background, experience, and ambitions, you determine how far you wish to walk the path. Entry is possible at different levels. For some programs, specific admission requirements or prior knowledge apply.

Besides these Educational Tracks we offer Continued Education in Ayurvedic Body Therapies, Vedic Astrology for Ayurvedic Professionals, Post-Partum Ayurvedic Doula. We collaborate with saktiisha yoga to offer Yoga & Ayurveda Foundation Training, Personal Development Training and Teacher Training.

Fundamentals of Ayurvedic Medicine (FAM) | 12 month program

Where every students starts



AHC Internship 6 month program



Ayurvedic Health Counselor Certification | 18 month program

Specialist in preventative Ayurvedic Medicine through nutrition, lifestyle, five sense therapy.

Clinical Ayurvedic Medicine 18 month program

Learn manage and treat disease with Ayurvedic Medicine at the root while also learning Western Medicine Fundamentals.



CAS Internship 6 month program



Ayurvedic Practitioner Certification 3,5 years program

Clinical Ayurvedic Specialist managing disease at, while also applying preventative Ayurvedic Medicine.



Fundamentals of Ayurvedic Medicine

Duration: 12 months
50 EC

Fundamentals of Ayurvedic Medicine

The Foundation of Your Ayurvedic Path

The Fundamentals of Ayurvedic Medicine program forms the cornerstone of all our trainings. In this program, you are introduced—both accessibly and in depth—to the core principles of Ayurveda and learn how to apply them in your own life.

This program is suitable for anyone who wishes to understand and integrate Ayurveda—for personal health, within the family, or as a first step toward further professional specialization.

What You Will Learn

During this program, you will develop insight into:

- The fundamental principles of Ayurvedic medicine
- Health and balance from the perspective of body, mind, and lifestyle
- Nutrition, daily routines, and seasonal rhythms
- Self-care and prevention according to Ayurveda

In addition, you will be introduced to supportive disciplines such as yoga, meditation, and foundational Vedic knowledge, enriching and deepening the learning process.

Who This Program Is For

The FAM program is intended for:

- Individuals who wish to apply Ayurveda for themselves, their family, or their community
- Students seeking personal depth and increased awareness
- Professionals and aspiring therapists who want to build a solid foundation for further training

No prior education or background in Ayurveda is required for this program

Practical Structure

Duration: 12 months

Format: Blended learning (online and/or on-site)

Language: Dutch and English

This program can be followed as a stand-alone one-year training or serves as entry into advanced programs.

Progression Opportunities

After completing the Fundamentals program, you may:

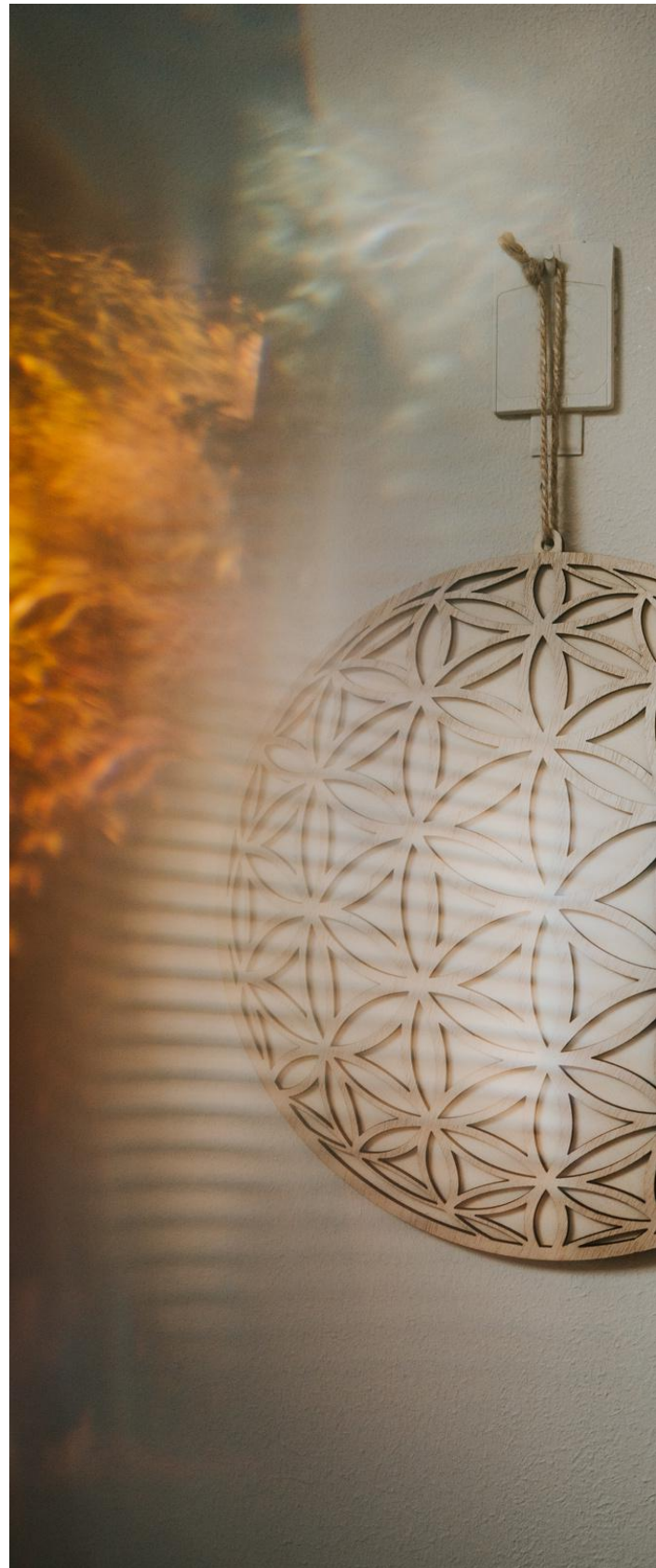
- Complete the training as an independent one-year program, or
- Progress to the Ayurvedic Health Counselor or Ayurvedic Practitioner programs, depending on your learning objectives and admission requirements.

Fundamentals of Ayurvedic Medicine

What is included:

When you join this program, you receive:

- Comprehensive course materials and study guide
- Live classes (in The Hague or online) + guided self-study
- Mentorship and personal guidance throughout the program. 45 minutes each session
- Access to recorded lectures and resources
- Yoga, meditation, and reflective practices integrated into the curriculum
- Certificate of Completion (or Certification, depending on program)
- Access to our learning community and support network



Fundamentals of Ayurvedic Medicine

Module Overview

Module 00:

Embarking on a Journey of Self-Discovery: Unveiling the Āyurvedic & Yogic Lifestyle

Module 01:

Exploring the Roots: Ancient Texts and Philosophies of Āyurveda and Yoga

Module 02:

The Basic Principles of Āyurveda - Āyurvedic Anatomy and Physiology I

Module 03:

Unlocking the Secrets of Digestion- Continue Āyurvedic Anatomy and Physiology II

Module 04:

The Unfolding of Disease - Understanding Doṣa Dynamics in Āyurveda

Module 05:

Mastering Āyurvedic Diagnosis: Tools for Understanding Imbalance

Module 06:

Exploring the Mind: Āyurvedic Psychology and Subtle Anatomy

Module 07:

Exploring the Mind: Āyurvedic Psychology and Subtle Anatomy

Module 08:

Food as Medicine: The Art of Āyurvedic Nutrition

Module 09:

The Essence of Healing: An Introduction to Āyurvedic Herbalism

Module 10:

Harmonizing the Senses: Holistic Therapies, Rituals, and Protocols

Module 11:

The Path to Renewal: An Introduction to Panchakarma Theory

Additional Modules integrated into program

- Introduction to Vedic Astrology
- Foundation of Ayurvedic Massage
- Yoga Foundations



Ayurvedic Health Counselor Certification

Duration: 18 months
100 EC

Ayurvedic Health Counselor Certification

Advanced Training Toward Professional Practice

The Ayurvedic Health Counselor program builds upon the Fundamentals of Ayurvedic Medicine and represents the first step toward working professionally with clients. In this program, classical Ayurvedic knowledge is combined with therapeutic skills and supervised practical experience.

The training focuses on the responsible application of Ayurveda in individual guidance, with attention to consultation skills, ethics, and a professional attitude.

What You Will Learn

During this program, you will develop skills in:

- Ayurvedic consultation and case history taking
- Lifestyle and nutritional guidance according to Ayurveda
- Therapeutic application of sensory therapies
- Fundamental principles of pathology and clinical reasoning
- Professional communication and client support

You will learn to integrate theory and practice, with clear attention to the person behind the care request.

Practice & Internship

A key component of the program is the extensive internship, during which you gain hands-on experience under supervision. The internship takes place in the student's own country, within a context aligned with European healthcare practice. During the internship, you work with clients, develop therapeutic skills, and learn to act professionally within a safe and supervised learning environment.

Who This Program Is For

This program is suitable for:

- Students who wish to apply Ayurveda professionally
- Participants continuing after completing the FAM program
- Healthcare, well-being, and body-oriented professionals who want to integrate Ayurveda into their work

Admission is based on completed prior education and personal suitability.

Practical Structure

Total duration: approximately 18 months

Structure: Fundamentals of Ayurvedic Medicine (FAM) plus 6 months of therapeutic training and internship

Format: Blended learning (theory, practice, and internship)

Language: Dutch and English

(This program can be followed as a stand-alone training and also forms the foundation for progression to the Ayurvedic Practitioner program.)

Ayurvedic Health Counselor Certification

Module Overview

AHC Program Overview

In the first part of the program, you will follow the same twelve modules as in the Fundamentals of Ayurvedic Medicine (FAM) training, deepening your knowledge step by step.

Six-Month Internship Program

The internship is where theory comes to life. Over six months, you will gain hands-on experience in guiding clients and applying Ayurvedic counseling skills in a real-world setting.

Highlights of the Internship

- 50 supervised client visits
- Training in counseling techniques and client communication
- Public speaking practice and community education
- One-on-one mentoring with an experienced practitioner

Internship Modules

1. Nutrition: Guiding clients in healthy eating patterns and food combinations
2. Therapeutic Skills: Observing and practicing initial consultations (intake)
3. Practice Management & Holistic Business: Writing a business and marketing plan; creating your professional offer based on the four pillars of life (Purusharta)
4. Lifestyle & Sensory Therapies: Applying Ayurvedic rituals and five-senses therapies
5. Case Presentations: Presenting and reviewing case studies throughout the internship

During your internship, you will work under the guidance of a personal mentor who will support you in every step — from intake to diagnosis, treatment plan, and follow-up.



Ayurvedic Practitioner Certification

Duration: 3,5 years
240 EC

Ayurvedic Practitioner Certification

Clinical Specialization and Professional Practice

The Ayurvedic Practitioner program represents the highest level of training within Sankalpa Ayurveda College.

This pathway is designed for students who wish to apply Ayurveda at an advanced and clinical level, taking responsibility for complex care questions and long-term client support.

The program builds upon the therapeutic foundation and focuses on integrating Ayurvedic, yogic, and Western medical insights within professional practice.

What You Will Learn

During this program, you will develop advanced competence in:

- Clinical application of Ayurveda across a wide range of conditions
- Ayurvedic diagnostics and clinical reasoning
- Use of nutrition, lifestyle, and herbal medicine in the management of illness
- Integration of Western Medicine Fundamentals knowledge
- Professional decision-making, ethics, and practice management

You will learn to work with complexity, customization, and responsibility, always with attention to the person behind the care request.

Practice & Clinical Internship

A central component of the program is the extensive clinical internship, during which you work with clients under intensive supervision.

Internships take place in the your own country, enabling you to operate within the cultural, societal, and healthcare context in which you will later practice professionally.

Throughout this trajectory, you are guided by experienced practitioners and progressively work toward independent professional practice.

Who Is This Programme For?

The Ayurvedic Practitioner programme is designed for:

- Graduates of our Ayurvedic Health Counselor program or equivalent programmes, who wish to deepen their clinical knowledge and skills.
- Healthcare and wellness professionals who want to apply Ayurveda at an advanced, evidence-informed, and professionally responsible level.
- Students who wish to establish or further develop their own Ayurvedic clinical practice.

Admission is based on the successful completion of the required prerequisite education and an assessment of the applicant's suitability for the programme.

Ayurvedic Practitioner Certification

Programme Structure

- Total Duration: Approximately 3.5 years (including the Foundations of Ayurvedic Medicine (FAM) and Ayurvedic Health Counselor (AHC) programmes)
- Structure: Foundational therapeutic training followed by advanced clinical education and supervised internship
- Delivery Format: Blended learning, combining online learning, classroom teaching, practical training, and clinical internship
- Language: Dutch and English

Six-Month Clinical Internship

The clinical internship is where theory comes to life. Over the course of six months, you will gain supervised clinical experience in both preventive healthcare and the management of clients with a wide range of health conditions. You will further develop your Ayurvedic consultation, assessment, and therapeutic skills while working in a realistic clinical setting under professional supervision.

Internship Highlights

- 60 supervised client consultations
- Advanced Ayurvedic diagnostic techniques and clinical therapeutic training
- Development of individualized Panchakarma treatment programmes

- Herbal formulation workshop and herbal medicine research project
- Two community health education events
- One-to-one clinical mentoring

Western Medicine Fundamentals

As part of the Clinical Ayurvedic Specialist programme, students complete comprehensive training in Western Medicine Fundamentals (Medical and Psychosocial Basic Knowledge – MBK/PSBK) in accordance with the educational standards established by PLATO for complementary healthcare professionals in the Netherlands. This training supports safe and responsible clinical practice by developing competence in anatomy, physiology, pathology, pharmacology, psychology, clinical reasoning, and appropriate referral, enabling Ayurvedic Practitioners to work confidently within an integrative healthcare environment.

For students practising in the Netherlands, successful completion of the programme provides the educational foundation required for registration with participating Dutch professional associations that recognize these standards. Depending on the professional association, the graduate's registration, and the client's health insurance policy, clients may be eligible for partial reimbursement of Ayurvedic consultations through their supplementary health insurance.



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We believe that integrating Western medical sciences with classical Ayurvedic medicine benefits both our Dutch and international students. It promotes safe, ethical, and evidence-informed practice, strengthens interdisciplinary collaboration, and enables graduates to bridge modern biomedical knowledge with the timeless principles of Ayurveda in a responsible and professional manner.

Clinical Ayurvedic Medicine & Western Medicine Module Overview

Module	Sankalpa Module	Primary PLATO / Western Medicine Fundamentals
CAS-0	Professional Foundations of Ayurvedic Clinical Practice	Healthcare system, professional practice, ethics, evidence-informed practice, research methodology, clinical reasoning
CAS-1	Advanced Anatomy, Physiology & Pathophysiology	General anatomy, physiology, pathology, diagnostics, clinical reasoning
CAS-2	Advanced Herbal Medicine & Clinical Pharmacology	Pharmacology, pharmacokinetics, drug-herb interactions, clinical herbal medicine
CAS-3	Advanced Panchakarma & Clinical Detoxification	Panchakarma, detoxification, contraindications, safety, preventive medicine
CAS-4	Digestive Health I – Upper Gastrointestinal Disorders	Upper GI anatomy, physiology & pathology
CAS-5	Digestive Health II – Lower Gastrointestinal, Liver & Gallbladder Disorders	Lower GI, hepatology, gallbladder, pancreas
CAS-6	Respiratory & Cardiovascular Medicine	Respiratory system, cardiovascular system, blood & lymphatic system
CAS-7	Urinary System & Nephrology	Kidneys, urinary tract, nephrology, urology
CAS-8	Musculoskeletal Medicine & Rheumatology	Bones, joints, muscles, connective tissue, rheumatology
CAS-9	Women's Health I – Reproductive Health, Fertility, Pregnancy & Paediatrics	Reproductive anatomy & physiology, fertility, pregnancy, postpartum, paediatrics
CAS-10	Women's Health II – Gynaecology & Menopause	Menstrual disorders, PCOS, endometriosis, infertility, menopause
CAS-11	EENT & Sensory Disorders	Eyes, ears, nose, throat, oral cavity, sensory organs
CAS-12	Nervous System, Mental Health & ADHD	Neurology, psychology, psychopathology, ADHD, sleep disorders
CAS-13	Dermatology	Skin anatomy, physiology & pathology, inflammatory and infectious skin disorders
CAS-14	Endocrinology, Metabolic & Chronic Disease	Endocrine system, diabetes, thyroid, adrenal disorders, metabolic syndrome, autoimmune disease, geriatrics and chronic disease
CAS-15	Oncology & Integrative Cancer Care	Oncology, cancer biology, palliative care, integrative oncology

Practice & Professional Perspective

Ayurveda in Life, Work, and Society

An education at Sankalpa Ayurveda College opens multiple pathways for integrating Ayurveda into your life and work. Depending on your background, chosen program, and personal intention, Ayurveda can be applied for personal health, community care, or professional guidance. We support students in finding an approach that aligns with their capacities, context, and ambitions.

Application in Practice

After (or during) the programs, students may apply Ayurveda in, among others:

- Individual guidance focused on lifestyle, nutrition, and prevention
- Therapeutic practice as an Ayurvedic Practitioner
- Integration of Ayurveda into existing healthcare, well-being, or body-oriented practices
- Supporting family, friends, and community with Ayurvedic knowledge

The emphasis is always on responsible, ethical, and context-aware practice.

Entrepreneurship & Professional Development

For students aiming to work professionally, attention is given to building a sustainable practice, including:

- Developing a personal professional offering
- Working with clients within clear and appropriate frameworks
- Professional communication and positioning
- Collaboration within multidisciplinary networks

Practice and internship programs provide space to develop these skills step by step, under guidance.

Lifelong Learning and Continued Development

Ayurveda is a living tradition that calls for ongoing deepening. In addition to professional training programs, Sankalpa Ayurveda College offers opportunities for continuing education, thematic modules, and further specialization.

In this way, space remains for growth—personal, professional, and academic.

Faculty Team & Professional Network

Learning from Experienced and Committed Professionals

Education at Sankalpa Ayurveda College is provided by a team of experienced teachers and mentors who not only teach Ayurveda but actively apply it in their own lives and professional practice. They combine subject-matter expertise with personal commitment and an embodied approach to teaching. Our faculty represents diverse backgrounds within Ayurveda, yoga, therapeutic work, and clinical practice, offering students a broad and nuanced perspective on applying Ayurveda across different contexts.

Guidance and Mentoring

Beyond teaching, faculty play a central role in student guidance. During practical training and internships, students work under supervision and receive personalized feedback, reflection, and support. This close mentorship fosters a safe learning environment that encourages growth, reflection, and the development of professional and responsible practice.

Connected Learning

Sankalpa Ayurveda College is part of a broad national and international network that contributes to the academic quality and professional development of the education. Students learn within a learning community where connection, exchange, and ongoing deepening are central.

Recognition & Partnerships

Collaboration and Connection

Sankalpa Ayurveda College collaborates with educational institutions and healthcare organizations within and beyond Europe that contribute to knowledge sharing, exchange, and the continued development of Ayurveda. Our education is rooted in the classical Ayurvedic tradition and delivered within a contemporary European context.

We consciously choose partnerships that connect education with practice, clinical expertise, and the healthcare environments in which students will later work.

International Connections

Sankalpa Ayurveda College collaborates with the California College of Ayurveda (CCA), an educational institution that has been providing Ayurvedic education in the United States for over thirty years. This partnership supports international alignment and academic exchange.

In addition, we collaborate with Easy Ayurveda, a leading Ayurvedic hospital and knowledge platform in India, founded by Dr. J. Hebbar. This partnership connects education with clinical practice, current case studies, and classical Ayurvedic knowledge.

Medical Basic Knowledge and Healthcare Context

Within the Ayurvedic Practitioner program, Western Medicine Fundamentals (WMF) is integrated as part of the curriculum.

This integrations supports students in developing insight into Western medicine fundamentals and promotes careful and responsible practice within the Dutch and European healthcare context.

Recognition and Quality Frameworks

Sankalpa Ayurveda College operates within recognized quality frameworks for professional education and complementary healthcare. We value care, transparency, and professional alignment within the European context. The college is registered with **CRKBO**, which means we meet the quality criteria for short professional education programs in the Netherlands and are exempt from VAT. Our programs are also accredited by **KTNO**, an independent organization in the Netherlands that assesses training programs within complementary healthcare for both content quality and educational standards. Sankalpa Ayurveda College is also a member of the **European Association for Ayurveda (EAA)**. This European network is dedicated to collaboration, knowledge sharing, and quality development within the field of Ayurveda. Membership underscores our commitment to the continued professionalization and integration of Ayurveda in Europe.

In addition, Sankalpa Ayurveda College is currently in the process of obtaining HBO-level accreditation for its programs through CPION. This trajectory focuses on safeguarding educational quality, study load, and assessment in accordance with higher professional education standards. The formal status and further details are outlined per program in the official study guides.

Positioning

Within Sankalpa Ayurveda College, Ayurveda is approached as a living tradition that calls for careful application, reflection, and context-aware practice. We offer education to those who wish to integrate Ayurveda into their lives, work, or professional practice, with respect for both classical sources and the contemporary societal context.



Practical Information

Practical information

Educational Formats

The programs at Sankalpa Ayurveda College are offered in a blended learning format: a combination of live teaching, online classes, self-study, and—where applicable—practical training and internships. This structure makes it possible to combine learning with work, family life, and other responsibilities.

Language

Education is offered in Dutch and English. The language of instruction for each program or module is communicated clearly in advance.

Location & Online Education

Live classes take place in The Hague.

Online classes are delivered via Zoom and a digital learning environment.

Practical training and internships take place in the student's own country, within a context aligned with European healthcare practice.

Start Dates

Programs start at fixed times throughout the year.

Current start dates, schedules, and enrolment periods can be found on the Sankalpa Ayurveda College website and are also explained during an intake or information meeting.

Fees & Investment

The cost of a program depends on the chosen pathway and the duration of the training. We consider it important that this investment is transparent and proportionate to the content, guidance, and practical experience we provide.

Registration fee: €125

Current fees and payment options are always available on the website.

Next page provides overview

Phase	Training program	Duration	Tuition
1	FAM- Fundamentals of Ayurvedic Medicine	12 months	€ 3.500
2	AHC - Ayurvedic Health Counselor internship to certification	6 months	€ 3.000
3	CAM - Clinical Ayurvedic Medicine, including Western Medicine Fundamentals	Total 2 years	€ 4.500 Year 1
4	CAM - Ayurvedic Practitioner internship to certification		€ 4000 Year 2

- *The training pathway is modular in structure.*
- *Payment is made per academic phase.*
- *Payment in installments is possible.*
- *Amounts are indicative and may vary slightly per academic phase.*

Certification

- After Phase 2: Ayurvedic Health Counselor Certification
- After Phase 4: Ayurvedic Practitioner Certification

Internship & Practice

The internship periods form an integral part of the training pathway and consist of intensive guidance, practical classes, supervision, and intervision while working with clients.

During these phases, students treat clients under supervision. Within this framework, paid client sessions may take place. Depending on individual effort and circumstances, this may allow students to recover part of the training costs. No rights can be derived from this arrangement.

What Is Included

Depending on the program, the following are included:

- Education and guidance
- Access to the digital learning environment
- Digital course materials (where applicable)
- Guidance during practical training and internship components

Any additional costs, such as books or external modules, are communicated clearly in advance.

Payment

- Payment in installments is possible
- Invoices are available for business participants
- The exact payment terms are confirmed upon enrollment and form part of the official documentation.

Admission Requirements

Admission requires that the prospective student:

- Is willing not only to study and learn, but also to engage in personal and spiritual development.
- Is at least eighteen years old. Exceptions may be made after consultation with the examination board.
- Holds at least a HAVO or VWO diploma, or an MBO level 4 diploma (or an equivalent qualification for international students). Exceptions may be made after consultation with the examination board.
- Has a good command of the English language, both spoken and written, for English-taught programs. For Dutch-taught programs, students are expected to have sufficient proficiency in English to read and understand English-language professional literature (indicative level B2 of the Common European Framework of Reference for Languages).
- Completes a personal intake interview.
- Enrolls via the online registration form, through which the student also confirms that they have received and read the study guide, the education and examination regulations, and the general terms and conditions.
- Meets the minimum requirements to participate in distance learning.

Enrol today!

Start with Fundamentals of
Ayurvedic Medicine

You can visit our registration form
via the QR code:



After receiving your registration
and registration fee, we will invite
you for an intake interview.

[Enrol here](#)

[Make an appointment](#)



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