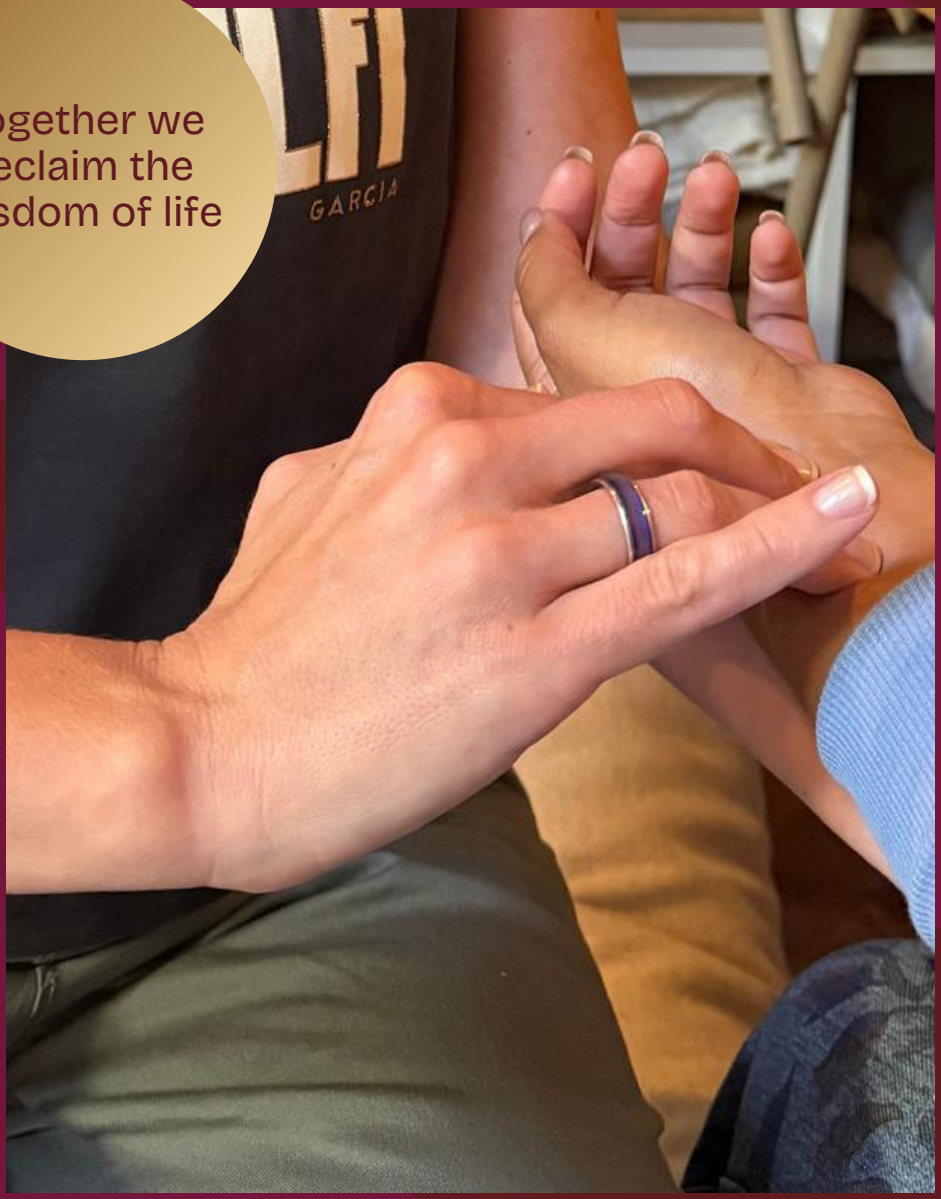
Education in Ayurvedic Medicine

Study Guide 2027–2028
Learn · Experience · Embody Ayurveda

Together we reclaim the wisdom of life



Sankalpa Ayurveda College

sankalpaayurvedacollege.com

Sankalpa Ayurveda College

Sankalpa Ayurveda Holistic Health
Clinic | College | Community
Study Guide 2027–2028
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One place. Different paths to learn, heal & grow with us

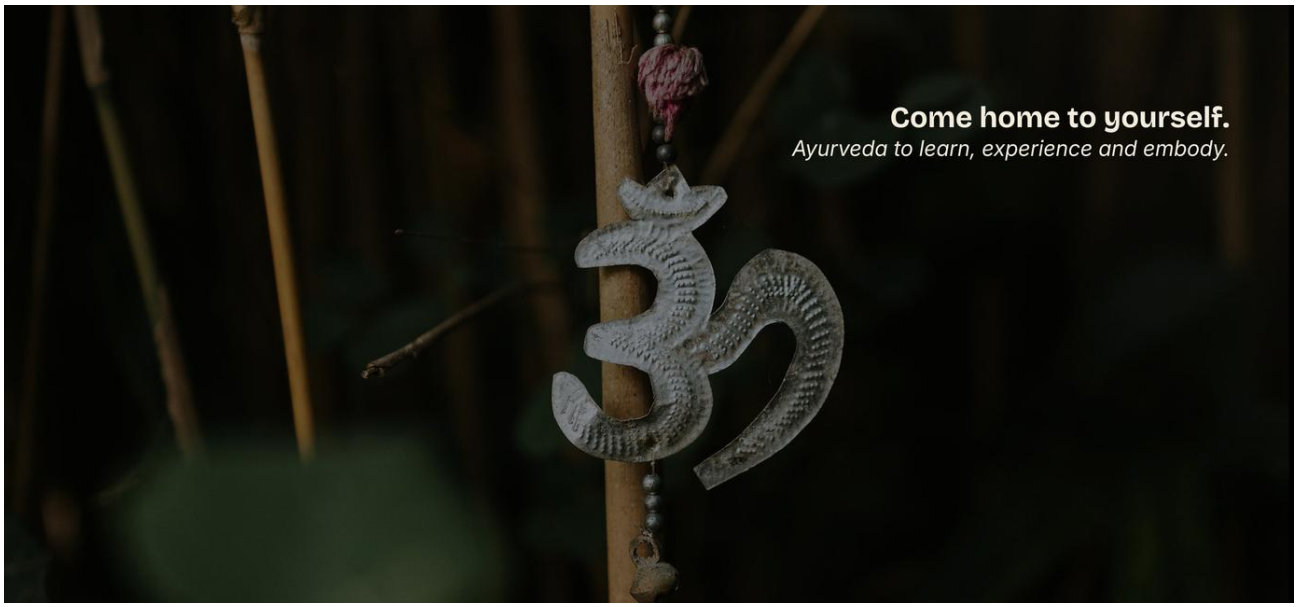
Sankalpa makes classical Ayurvedic wisdom accessible and relevant to modern life. Through education, clinical practice and community, we help people understand themselves, recognise patterns of imbalance and participate actively in their wellbeing. We learn, experience and embody Ayurveda.

We believe there is another way to relate to health. Sankalpa is a place to learn, experience and embody Ayurveda through our College, Clinic and Community — whether you seek personal wellbeing, deeper knowledge or a professional path.

COLLEGE · CLINIC · COMMUNITY

College — learn Ayurveda, from foundations to professional education.
Clinic — experience personalised Ayurvedic care and supervised practice.
Community — connect, share wisdom and keep growing.

Welcome to Sankalpa



A Warm Welcome

Perhaps Ayurveda has already touched your life in a meaningful way. Perhaps you are searching for a deeper understanding of health, or you feel called to support others on their journey toward wellbeing.
Whatever has brought you here, I warmly welcome you.
When I founded Sankalpa Ayurveda College, my intention was to create more than a place to study. I wanted to create an environment where knowledge could be experienced, where students feel genuinely supported, and where the ancient wisdom of Ayurveda becomes something we live—not simply something we learn.
I believe that education has the power to transform not only what we know, but also how we see ourselves, how we relate to others and how we contribute to the world.
Throughout your studies, you will be invited to explore Ayurveda both intellectually and personally. You will learn to observe, question, reflect and gradually develop the understanding and confidence to apply this knowledge with care and responsibility.
Some of you will join us for six months to deepen your personal understanding of Ayurveda. Others will continue toward becoming Ayurvedic Health Counselors or Practitioners. Every path has its own purpose, and each is equally welcome.
My hope is that Sankalpa becomes a place where you feel inspired to learn, supported to grow and encouraged to discover how Ayurveda can find its own meaningful expression in your life.
I look forward to welcoming you into our learning community.
With warmth,

Rüm Lagerwerf

Founder
Sankalpa Ayurveda College





Our Vision

A world where holistic health is part of everyday life and healthcare, and people are empowered to understand, live and share the wisdom of Ayurveda.

Together we reclaim the wisdom of life

Together, we reclaim the wisdom of life

Learn. Experience. Embody Ayurveda.
Together we reclaim the wisdom of life.

Our Vision

A world where holistic health is part of everyday life and healthcare, and people are empowered to understand, live and share the wisdom of Ayurveda.

Our Commitment

We contribute to thoughtful recognition of Ayurveda in European complementary healthcare through education, clinical practice, research and collaboration.

Our Mission

We educate and empower people through authentic Ayurvedic study — combining classical knowledge, embodied learning, practical experience and responsible professional care.

Our Promise

We nurture knowledgeable, compassionate graduates who look beyond symptoms, respect professional boundaries and treat each person as a whole.

YOUR SANKALPA JOURNEY

Heal — support and restore your wellbeing.
Learn — discover Ayurveda for everyday life.
Deepen — develop clinical knowledge and skills.
Evolve — grow through study and mentorship.
Connect — share wisdom and build community.

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

Why Study Ayurveda with us

The Relevance of Ayurveda Today

In a world increasingly affected by stress, chronic health challenges and lifestyle-related imbalances, Ayurveda offers a timeless approach to understanding health and wellbeing.

Rooted in prevention, conscious living and the interconnectedness of body, mind and nature, Ayurveda empowers individuals to make meaningful, sustainable choices for their health.

Its wisdom extends beyond personal wellbeing, offering valuable perspectives for holistic healthcare and professional practice.

What Makes Sankalpa Ayurveda College Unique

At Sankalpa Ayurveda College, we bring classical Ayurvedic wisdom into a contemporary European learning environment, combining academic depth with personal guidance and embodied experience.

Our educational approach is distinguished by:

- Progressive learning pathways — From a six-month Foundations programme to professional Ayurvedic Health Counselor and Practitioner education.
- Accessible European education — Live online teaching, supported by guided self-study and in-person practical training where required.
- Integrated Vedic wisdom — Bringing together Ayurveda, Yoga, the foundations of Jyotiṣa and self-reflection.
- Experiential and clinical learning — Connecting knowledge with practical application, supervised internships and real client experience within our professional pathways.
- Personal mentorship and community — A supportive environment where students are encouraged to learn, grow and develop with confidence.

Through our interconnected College, Clinic and Community, we create a learning experience that extends beyond the classroom, preparing students to embody Ayurvedic wisdom in their own lives and apply it responsibly in their professional practice.

Your educational pathway

One progressive professional route, with meaningful exit points along the way.

01 Fundamentals of Ayurvedic Medicine (FAM)

6 months · English · live online

Six core modules introducing Ayurveda, physiology, philosophy, lifestyle, basic pathology and nutrition. Standalone completion certificate or entry to AHC.

02 Ayurvedic Health Counselor (AHC)

18 months total

Six months FAM + six months advanced AHC study + six months supervised internship. Focused on preventive lifestyle and nutrition counselling.

03 Ayurvedic Practitioner (AP)

3.5 years total from beginner

FAM (6 months) + AHC continuation (12 months) + AP advanced stage including Western Medicine Fundamentals (24 months). The AP Bridge is the last 24 months for qualified AHC/AT graduates.

Ayurvedic Practitioner Bridge Programme

24 months

Advanced clinical training for qualified Ayurvedic Health Counselors and Therapists.

Dutch-language pathway: GAG (6 months, The Hague) → AT (18 months total). Admission to the English AP Bridge is subject to evaluation of prior qualifications.


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

How you can contribute as an Ayurvedic Health Professional

Ayurvedic education can enrich professional life in different ways, depending on prior qualifications, the programme completed and local regulations.

Clinical Practice & Client Care
• Build a preventive Ayurvedic health counselling practice within the AHC scope.
• With AP-level education, develop advanced Ayurvedic clinical reasoning and traditional care planning within applicable law.
• Integrate Ayurvedic principles into existing licensed healthcare or wellbeing work without exceeding existing professional authority.

Entrepreneurship & Innovation
• Develop educational services, wellness offerings or appropriately regulated products.
• Offer workshops or bodywork services where training and local requirements permit.

Education & Teaching

- Offer workshops, courses, or community classes on Ayurveda, nutrition, and lifestyle.
- As a yoga teacher, weave Ayurveda into your classes through doṣa-balancing āsana 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 suited to each constitution.

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?



Fundamentals of Ayurvedic Medicine

Duration: 6 months

FOUNDATIONS · STAGE 01

Fundamentals of Ayurvedic Medicine

Your first six months of structured Ayurvedic study.

FAM is for people seeking a deeper understanding of Ayurveda, personal wellbeing and the foundations of professional study. No previous Ayurvedic training is required.

How you study

- Six months of live online teaching in English via Zoom.
- Two full teaching Fridays per month, planned 09:30–16:30 Netherlands time.
- Guided reading, independent study, assignments and quizzes.
- Reflection, self-observation and practical lifestyle exercises.
- Completion of the programme leads to a Foundations certificate, not a clinical practice qualification.

Continue when you are ready

FAM is a standalone programme. Students who want professional preventive-health education may continue to six months of advanced AHC coursework and a six-month supervised internship.



Six core FAM modules

Foundational knowledge is intentionally separate from advanced counselling and clinical subjects.

01 Ayurvedic & Yogic Lifestyle
Dinacaryā, seasonal rhythms, self-care and conscious living.

02 History & Philosophy
Classical texts, philosophical principles and the roots of Ayurveda and Yoga.

03 Ayurvedic Anatomy & Physiology I
Elements, guṇas, doṣas, prakṛti, dhātus and Ojas.

04 Ayurvedic Anatomy & Physiology II
Agni, Āma, digestion, metabolism, subdoṣas and srotas.

05 Foundations of Pathology
Doṣic imbalance, disease development and basic Ayurvedic pathology.

06 Food as Medicine
Six tastes, food qualities, digestion, seasonal choices and daily nutrition.

Broader Vedic understanding

Supporting disciplines enrich the curriculum without changing the core FAM module structure.

Jyotiṣa foundations

Introductory Vedic astrology sessions offer context for cycles, rhythms and Vedic worldview.

Yoga & meditation

Selected contemplative and yogic practices invite personal integration of Ayurvedic principles.

Foundations of Ayurvedic massage

A practical Ayurvedic massage intensive belongs to the professional pathway; dates and requirements are provided separately.

Independent learning

Required reading, quizzes, reflection tasks and selected assignments support consistent progress.

Scope of the Foundations certificate

The Foundations certificate acknowledges successful study of Ayurvedic fundamentals. It does not authorise disease diagnosis, medical treatment or independent professional Ayurvedic counselling.



Ayurvedic Health Counselor Certification

Duration: 18 months total
6 months FAM + 6 months Advanced AHC
+ 6 months Internship

Ayurvedic Health Counselor (AHC)

Professional education in preventive Ayurvedic care.

The AHC pathway develops the knowledge and skills to guide individuals in nutrition, daily routine, self-care and other appropriate preventive Ayurvedic practices. It builds on FAM and includes advanced learning plus supervised client work.

The 18-month AHC pathway

Months 1–6: Fundamentals of Ayurvedic Medicine
Months 7–12: Advanced AHC teaching
Months 13–18: Supervised internship

Who this is for

- Students seeking a professional pathway in Ayurveda.
- Yoga teachers, coaches and other wellbeing professionals wishing to extend their knowledge.
- Graduates of FAM or approved equivalent foundations who want to continue professional study.



From theory to client guidance

Six months of advanced AHC coursework prepare students for supervised practice.

Assessment & consultation

Constitution, case histories, observation, intake structure and appropriately limited Ayurvedic assessment.

Lifestyle & nutrition

Individualised food and routine guidance considering digestion, season, age and daily circumstances.

Herbalism & therapies

Introductory food-based and digestive herbs, five-sense therapies and simple preventive self-care.

Counselling & practice

Communication, boundaries, documentation, referral, client education and preparation for professional practice.

Practical intensives

Selected diagnostic and Ayurvedic bodywork training require in-person attendance in the Netherlands. The precise timetable and assessment criteria are communicated in the applicable cohort documentation.

Six months of supervised experience

Apply Ayurvedic health counselling to real client situations with structured mentoring.

- 50 supervised client visits with suitable documentation and review.
- Case presentations and discussion with supervisors.
- Two community education activities and teaching practice.
- Professional intake forms, client records and a business or practice plan.
- Pulse and tongue observation exercises within the defined AHC scope.
- Monthly individual mentoring and professional feedback.

Working responsibly

The AHC qualification supports preventive health counselling. It does not grant a conventional medical licence and does not cover independent disease diagnosis or treatment. Client safety, collaboration and referral remain central.



What can an AHC graduate do?

A defined professional role in prevention and personalised lifestyle education.

Within the AHC scope

- Guide clients in preventive Ayurvedic daily routines, seasonal practices and nutrition.
- Educate individuals and communities about Ayurvedic lifestyle principles.
- Use appropriate introductory sensory and self-care approaches within training.
- Recognise when a client needs assessment by a regulated healthcare professional.

Beyond the AHC scope

Complex disease management, advanced herbal prescribing and specialist traditional therapeutic protocols require further education and must always comply with local laws. These advanced subjects are developed in the Ayurvedic Practitioner pathway.

Progression

Qualified AHC or equivalent AT graduates may apply to the two-year English AP Bridge. Prior education and eligibility are reviewed individually.



Ayurvedic Practitioner Certification

Duration: 3.5 years

Ayurvedic Practitioner (AP)

Advanced clinical Ayurvedic education and supervised practice.

The AP programme represents the advanced professional stage at Sankalpa. It builds on AHC-level knowledge with advanced Ayurvedic pathology, classical herbalism, therapeutic reasoning, Western Medicine Fundamentals and supervised clinical experience.

Two routes

Full route: 42 months from the start of FAM (3.5 years).
AP Bridge: 24 months after approved AHC/AT-level training — 18 months advanced teaching plus six months clinical internship.

Professional intention

Students deepen clinical understanding, learn to critically analyse case histories and explore traditional Ayurvedic treatment approaches within the legal and professional limits of their qualifications.



Advanced clinical curriculum · Part I

Fifteen modules in total, with Digestive System I and II taught separately.

01 Advanced Ayurvedic Pathology
Samprāpti, disease processes, advanced Ayurvedic assessment.

02 Advanced Herbalism
Dravya Guṇa, classical formulations, safety and interactions.

03 Pañcakarma Theory
Classical methods, preparatory procedures, indications and contraindications.

04 Digestive System I
Upper digestion, Agni, Āma and common clinical patterns.

05 Digestive System II
Lower GI, liver, gallbladder, pancreas and complex digestive cases.

06 Respiratory System
Respiratory physiology and Ayurvedic clinical perspectives.

07 Urinary System
Kidney, urinary function and related clinical presentations.

08 Cardiovascular System
Heart, circulation, blood and clinical precautions.

Advanced clinical curriculum · Part II

Systems, specialised health topics and integrative case seminars.

09 Nervous System
Neurology, Vāta and nervous-system presentations.

10 Women's Health
Menstrual, reproductive and menopausal health.

11 Dermatology
Skin disorders and underlying systemic patterns.

12 Musculoskeletal System
Joints, muscles, bones and movement-related conditions.

13 Chronic Disease & Immune System
Chronic conditions, Ojas, immune concepts and supportive care.

14 Eyes, Ears, Nose & Throat (ENT)
Sensory organs, head, assessment and traditional approaches.

15 Clinical Case Seminars
Complex case discussions, documentation and clinical judgement.

An integrated 15-class MBK/WMF pathway

Parallel Western medicine learning supports every stage of advanced Ayurvedic study.

The Western Medicine Fundamentals curriculum is designed to synchronise with Ayurvedic clinical modules. For example, Western digestive anatomy, physiology and pathology are studied in the same teaching period as the corresponding Ayurvedic Digestive System module.

Foundations first

General pathology, pharmacology, patient safety, clinical red flags, referral and professional boundaries form the foundation for later body-system teaching.

System-by-system synchronisation

Western classes then follow the corresponding Ayurvedic topics: upper and lower digestion, respiratory, urinary, cardiovascular, nervous, reproductive, skin, musculoskeletal, immune and ENT systems, ending in integrated clinical reasoning.



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.

How the two traditions connect

An illustrative learning sequence for the 15 Western Medicine classes.

01 Pathology	General pathology, inflammation, clinical red flags
02 Herbalism	Pharmacology, interactions, pharmacokinetics
03 Pañcakarma	Physiology, homeostasis, safety, contraindications
04 Digestive I	Upper gastrointestinal medicine
05 Digestive II	Lower GI, liver, pancreas and gallbladder
06 Respiratory	Respiratory anatomy and pathology
07 Urinary	Renal physiology and urinary pathology
08 Cardiovascular	Circulatory and cardiovascular medicine
09 Nervous	Neurology and relevant psychosocial health
10 Women's Health	Reproductive and gynaecological medicine
11 Dermatology	Skin anatomy and dermatological disease
12 Musculoskeletal	Musculoskeletal and rheumatological medicine
13 Immune/Chronic	Immunology, metabolic and chronic conditions
14 ENT	Eyes, ears, nose and throat medicine
15 Case Seminars	Integrated case reasoning, ethics and referral

Planning alignment only. The final MBK/PLATO outcome matrix governs lesson objectives, contact hours and assessment.

Clinical learning under supervision

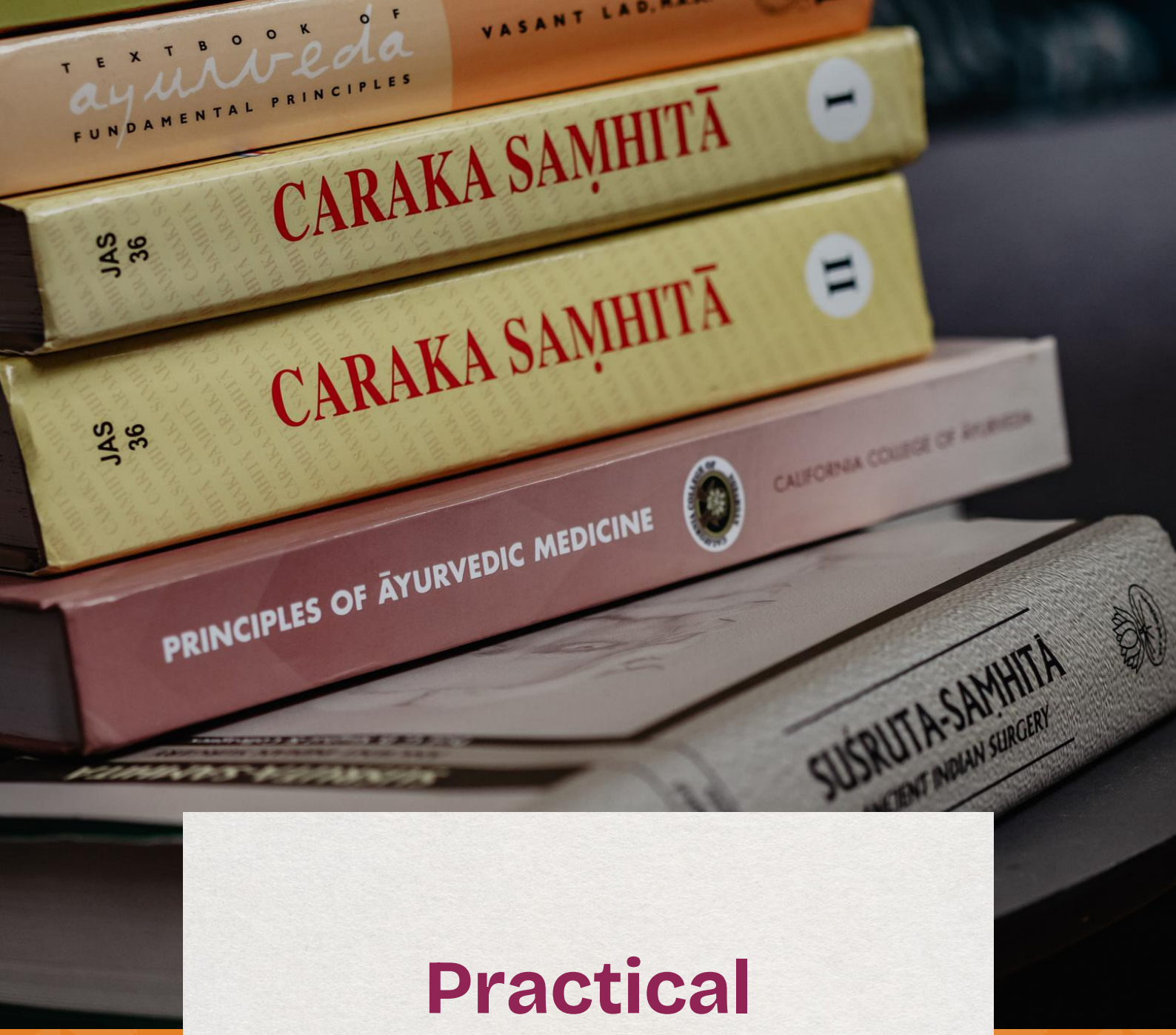
A six-month stage focused on safe, reflective Ayurvedic professional practice.

- Supervised Ayurvedic client consultations and structured case histories.
- Advanced Ayurvedic clinical reasoning and individualised care plans.
- Case documentation, case presentations and supervisor review.
- Critical reflection, consent, contraindications and appropriate medical referral.
- Research work or thesis and demonstration of the required professional competencies.

Scope and legal context

Practitioner training does not confer a medical-doctor licence. The ability to diagnose, treat, dispense herbal products or use protected titles depends on the laws and registration requirements of the country of practice.





Practical Information

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 programme, 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 programmes, 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, wellbeing, 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 programmes 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 programmes, Sankalpa Ayurveda College offers opportunities for continuing education, thematic modules, and further specialisation.
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 personalised 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 organisations 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 programme, Western Medicine Fundamentals (WMF) is integrated as part of the curriculum.
This integration 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 is registered with CRKBO in the Netherlands. Programme-specific external recognition and eligibility for professional associations must be checked against the current published accreditation information.

KTNO recognition applies only to the programmes and dates confirmed by the accrediting body; it should not be understood as a blanket recognition of every course.

The college is pursuing CPION recognition of the professional curriculum at an HBO-comparable level. An application or assessment process is not the same as an awarded degree or completed accreditation.

Professional title use, registration and eligibility for insurance reimbursement depend on national law, the relevant association and the individual's qualifications. None is guaranteed by enrolling in or completing the programme.

Our Position
Sankalpa Ayurveda College combines classical sources, experiential learning, careful professional boundaries and clinical supervision. We aim to contribute responsibly to Ayurvedic education and complementary healthcare in Europe.

How learning works

Structured education that connects academic development with daily practice.

Live online learning

Classes via Zoom combine lectures, clinical discussions and opportunities for questions.

Independent study

Learning materials, reading, quizzes, assessments and reflective practice deepen knowledge.

Practical education

In-person intensives and guided skill development where required for the professional pathway.

Supervised experience

AHC and AP internships include mentorship, case reviews and professional feedback.

Language and location

English FAM/AHC/AP routes are designed for students across Europe. Dutch GAG/AT programmes have their own teaching arrangements in The Hague. Travel and accommodation for practical intensives may be additional.

Who can apply?

An individual assessment helps us determine the most suitable point of entry.

General entry requirements

- Minimum age: 18.
- HAVO, VWO, MBO Level 4 or an equivalent international qualification or high school diploma.
- Suitable English comprehension for English programmes.
- Readiness for self-study, participation, practical learning and professional reflection.
- Intake interview and acceptance of programme conditions.

Professional progression

AHC: FAM completion or an assessed equivalent foundation. AP Bridge: completed AHC/AT-level professional education or an approved equivalent, plus any required medical foundation studies or agreed completion route.

Graduation

Graduation depends on successful completion of the relevant modules, assessments, practical requirements, internship and other published programme criteria.

Tuition

Fundamentals of Ayurvedic Medicine (FAM)

6 months · English
Tuition **€1,750**
Excluding registration fee of €125

Ayurvedic Health Counselor (AHC)

18 months total including FAM
Tuition **€5,500**
Excluding registration fee of €125

Ayurvedic Practitioner (AP Bridge)

24 months after AHC-level completion
€4,000 per year

Any early application deadline, €125 registration fee, instalment surcharge, textbooks, in-person workshops and travel expenses must be confirmed in the current enrolment offer. Payment options are available and can be discussed. As an educational institution, we are exempt from VAT.

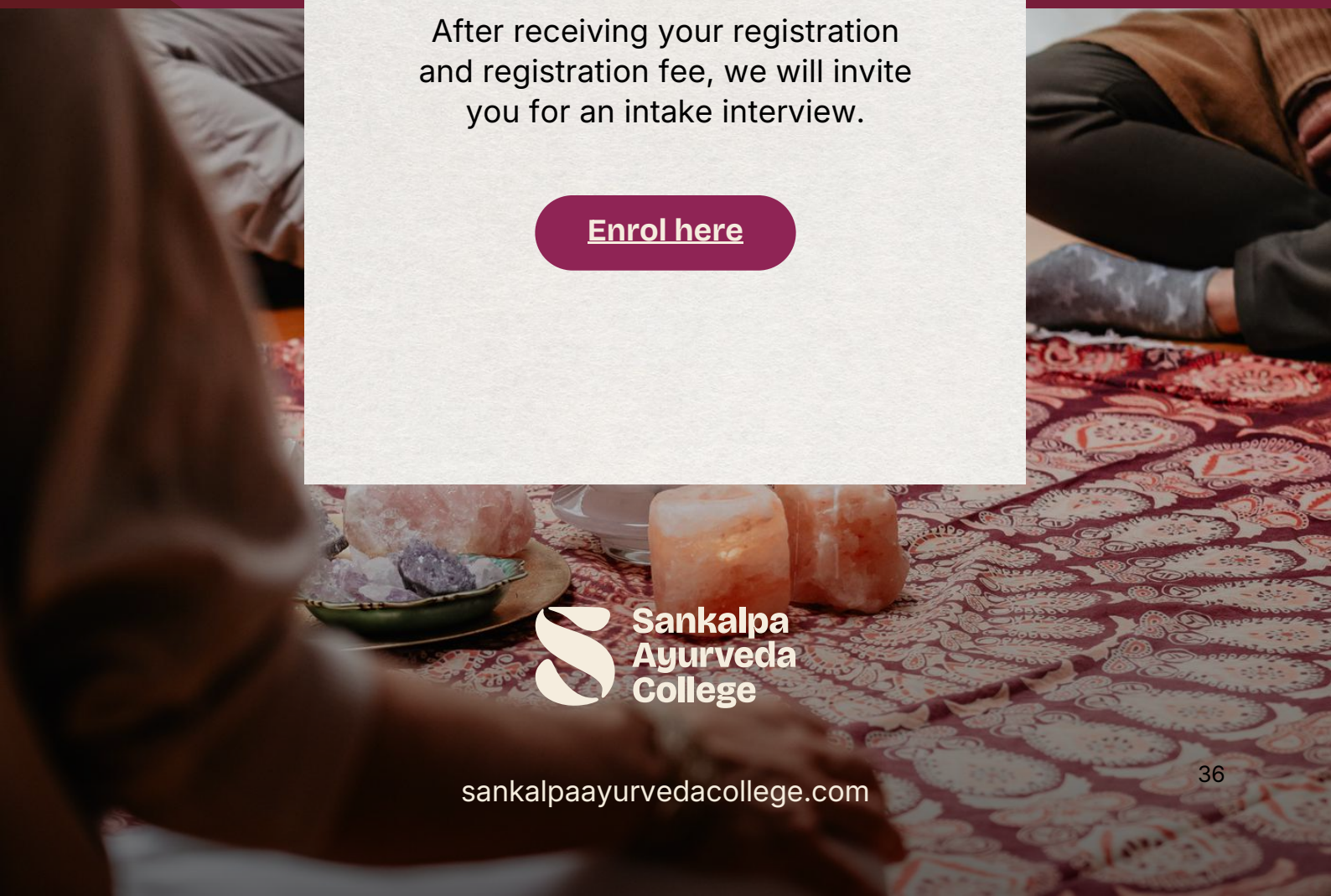
Enrol today!

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



Sankalpa Ayurveda College