

Kripalu School of Ayurveda's Upcoming Training Plan

*Though Kripalu does not anticipate date changes to our 2023 programs, Kripalu reserves the right to cancel, postpone, or modify dates of any program or service. See our Terms and Conditions of Sale for more information. Dates listed for 2024 and 2025 are tentative at this time.

The Ayurveda Health Counselor Certification Track

The Kripalu School of Ayurveda offers the Ayurveda Health Counselor Program in two parts. Part 1 is the 200-hour Foundations of Ayurveda program, which will be held in the fall of 2024 online, and again in the spring of 2025 as a hybrid program. Part 2 is the 450-Hour Clinical Training in Ayurveda program, which will be a hybrid program starting in the fall of 2025 and running through the spring of 2026. See below for more details.

Foundations of Ayurveda

Foundations of Ayurveda can be taken as a standalone program, or as a component of the Ayurveda Health Counselor Certification and/or the 300-Hour Ayurveda Yoga Teacher Certification.

The 200-Hour Foundations of Ayurveda is offered in two formats: online and hybrid.

Online Format: September of 2024 – March of 2025

The fully online Foundations of Ayurveda will run from September of 2024 – March of 2025. Classes will meet online every Wednesday from 4:00 – 6:00 pm ET, and one long weekend a month from September – March. The long weekend class times are:

- Fridays from 9:00 am – 12:00 pm and 2:00 pm – 4:00 pm
- Saturdays 9:00 am – 12:00 pm and 2:00 pm – 4:00 pm
- Sundays from 9:00 am – 1:00 pm

The specific dates are not yet finalized.

Hybrid Format: April of 2025 – July of 2025

The hybrid Foundations of Ayurveda will be taught from April – July of 2025. It will consist of weekly online classes on Wednesdays from 4:00 – 6:00 pm, as well as two 7-day on-campus immersions in late May and mid-July.

The specific dates are not yet finalized.

Clinical Training in Ayurveda: September of 2025 – May of 2026

The 450-Hour Clinical Training in Ayurveda program (Part 2 of the Ayurveda Health Counselor Certification) is offered in a hybrid format and will be taught from September of 2025 – May of 2026.

Classes will meet online every Wednesday from 4:00 – 6:00 pm ET from September – May (with a few select weeks off for holidays and breaks).

There will also be six long weekends held online throughout the program. The long weekend class times are:

- Fridays from 9:00 am – 12:00 pm and 2:00 pm – 5:00 pm
- Saturdays 9:00 am – 12:00 pm and 2:00 pm – 5:00 pm
- Sundays from 9:00 am – 12:00 pm

In addition to the online classes, this hybrid program includes three 7-day on-campus immersions, which will be held in November of 2025, January of 2026, and May of 2026.

The specific dates are not yet finalized.

The 300-Hour Ayurveda Yoga Teacher Track

The 300-Hour Ayurveda Yoga Teacher Training is for those who are already 200-Hour certified yoga teachers, and consists of three parts:

- Foundations of Ayurveda
- Uniting Yoga & Ayurveda
- One Elective: Choose either the Pranayama or Meditation Module

Required Module: Foundations of Ayurveda

See the preceding section for details about Foundations of Ayurveda.

Required Module: Uniting Yoga and Ayurveda: June 5 – July 14, 2024

In 2024, Uniting Yoga and Ayurveda will be taught as a hybrid program from June 5 – July 14, 2024. Classes will be held online on Wednesdays from 4 – 6 pm in June starting on June 5th.

There will also be one online long weekend the first weekend in June (June 7 – 9) which will be held at the following times:

- Friday, June 7: 4pm-6pm
- Saturday, June 8: 7am-8am; 9:00 am – 12:00 pm and 2:00 pm – 5:30 pm
- Sunday, June 9: 7am-8am; 9:00 am – 12:00 pm and 2:00 pm – 5:30 pm

The on-campus immersion will be taught from July 7 – 14, 2024.

In 2025, Uniting Yoga and Ayurveda will be taught as a fully on-campus 9-day immersion. This program is tentatively scheduled for the end of March or beginning of April 2025.

Elective Module (Choose 1): Teaching Pranayama

In 2024, the Pranayama module will be taught as a 9-day on-campus immersion from March 1 – March 10, 2024.

The 2025 schedule is not yet finalized.

Elective Module (Choose 1): Guiding Meditation for Transformational Teaching

In 2024, the Meditation module will be taught as a 9-day on-campus immersion from June 14 – 23, 2024. It will also be taught as an online program from November 1 – December 8, 2024.

The 2025 schedule is not yet finalized.