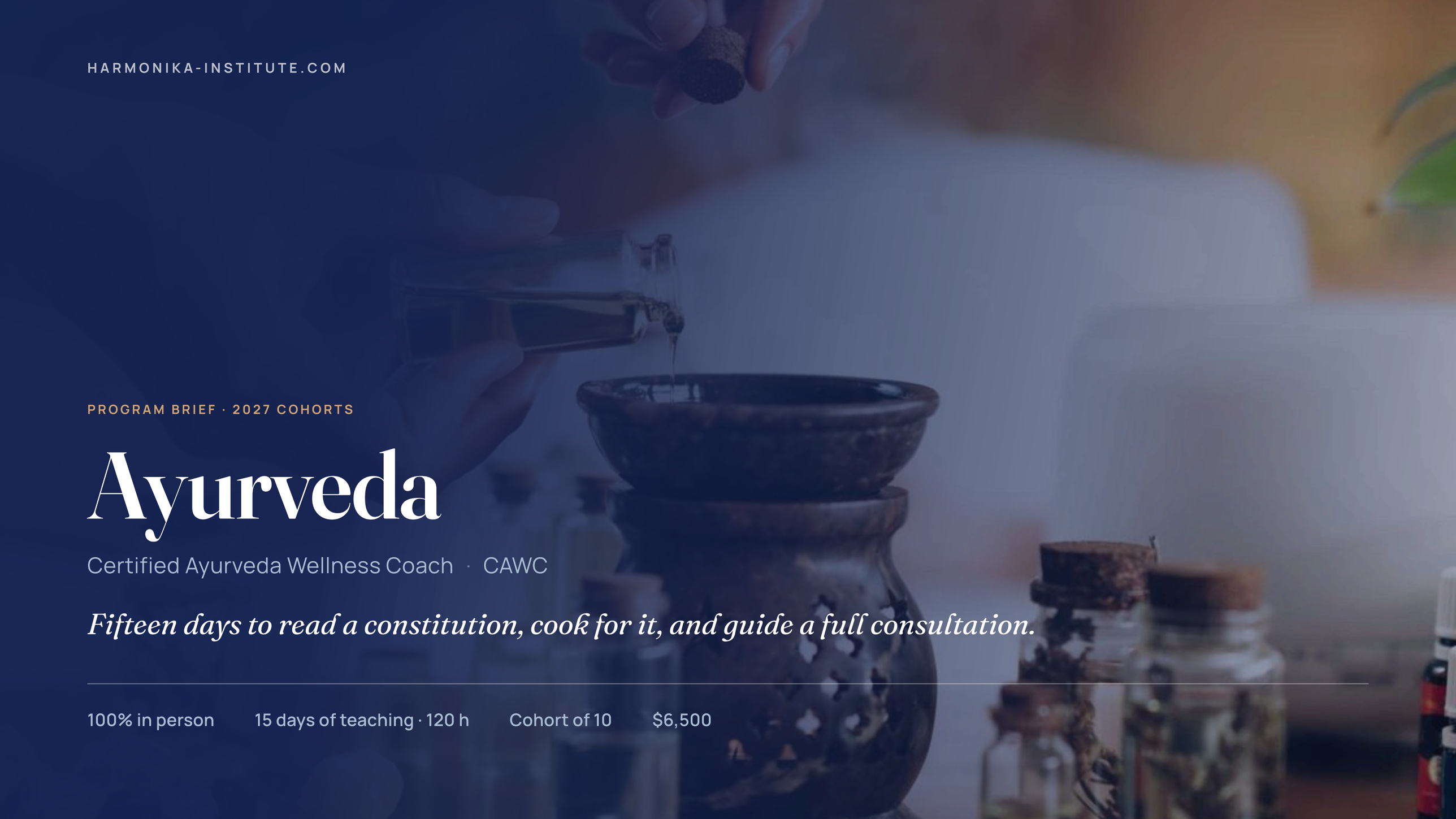

PROGRAM BRIEF · 2027 COHORTS

Ayurveda

Certified Ayurveda Wellness Coach · CAWC

Fifteen days to read a constitution, cook for it, and guide a full consultation.

100% in person | 15 days of teaching · 120 h | Cohort of 10 | $6,500

THE PROMISE

Fifteen days to read a constitution, cook for it, and guide a full consultation.

From the five elements to a written wellness plan, you learn Ayurveda the way it is lived: at the stove, on the mat, and face to face with real clients in a cohort of ten.

WHERE YOU START

You arrive curious about doshas, drawn to a slower way of eating and living, and unsure how an ancient tradition becomes a real career.

→

WHERE YOU FINISH

You leave able to read a client's constitution, cook for her season, and walk her through a consultation with a clear written plan.

15
TEACHING DAYS
120 hours in the room

~96 h
PERSONAL STUDY
between sessions, on average

10
STUDENTS PER COHORT
same faculty, start to finish

AT A GLANCE

The program in one page

CREDENTIAL

Certified Ayurveda Wellness Coach (CAWC)

FORMAT

100% in person, small cohort

IN-PERSON TEACHING

15 days · 120 hours

PERSONAL STUDY

~96 hours between sessions

COHORT SIZE

10 students

TUITION

$6,500, interest-free installments

PREREQUISITES

None. Yoga or meditation experience is a bonus.

WHO IT IS FOR

Yoga teachers, wellness practitioners, and career-changers who want a deep, lineage-aware Ayurveda foundation without committing to a medical track.

THE JOURNEY

How the program unfolds

4 chapters across 15 teaching days.

01

DAYS 1–4

Roots

Elements, doshas, digestion and the mind, in words clients understand

02

DAYS 5–8

Rhythm and table

Daily rituals, seasonal shifts and a kitchen that feeds each dosha

03

DAYS 9–11

Plants and pulse

Safe herbs, sensory tools and the art of observation

04

DAYS 12–15

Your practice

Consultations, ethics, your offer and the credential

DAY BY DAY

Every teaching day, in order

DAY 1

Opening the tradition

By evening, you know where Ayurveda comes from and exactly where a wellness coach stands today.

DAY 2

Five elements, twenty qualities, three doshas

You start seeing Vata, Pitta and Kapha everywhere: in people, in food, in the weather.

DAY 3

Birth nature, present state and the digestive fire

Tonight you can tell a client's lifelong nature from what's out of balance right now.

DAY 4

The Ayurvedic mind: sattva, rajas, tamas

You learn to listen for the mind's qualities and answer stress with calm, grounded coaching.

DAY 5

Dinacharya: a day shaped by your dosha

You oil, move and plan a real day, and start living the routine you'll teach.

DAY BY DAY

Every teaching day, in order (continued)

DAY 6

Ritucharya: seasons, life stages, surroundings

By evening, you can map a whole year of routines for any dosha, in any US climate.

DAY 7

Ayurvedic nutrition: the six tastes

You taste all six rasas and learn to build a plate that balances each constitution.

DAY 8

The Ayurvedic kitchen

Today you cook, share the table and write a week of menus a client can follow.

DAY 9

Ayurvedic herbs: principles and safety

You learn how plants act, how to choose quality products, and how to stay safely in scope.

DAY 10

Your herbal repertoire

By evening, fifteen safe herbs and spices feel like old friends you can explain in five minutes.

DAY BY DAY

Every teaching day, in order (continued)

DAY 11

The art of observation: pulse, tongue, body

You feel four different pulses and learn to turn every observation into an open question.

DAY 12

The consultation, part one: intake

Today you watch a full session, then run your own intake with faculty feedback.

DAY 13

The consultation, part two: the wellness plan

You write plans that fit real lives and meet your first outside volunteer clients.

DAY 14

Ethics, scope and your business

By evening, you have an offer, a price list and a 20-minute talk ready for your community.

DAY 15

Assessment and certification

You show everything you've learned and step out as a Certified Ayurveda Wellness Coach.

COMPETENCIES

What you can do when you leave

- Explain the elements, gunas, doshas and agni in plain words a client remembers
- Assess a constitution through a questionnaire, conversation, pulse and tongue observation
- Design daily and seasonal routines tailored to each dosha
- Plan menus and cook simple, seasonal meals for every constitution
- Recommend from a curated repertoire of safe herbs and spices, with precautions
- Lead a full consultation from intake to written wellness plan and follow-up
- Practice within US scope, refer with confidence and price a clear professional offer

CERTIFICATION

Certified Ayurveda Wellness Coach

- Attend all 15 in-person teaching days with your cohort
- Pass the written knowledge check with a score of 70% or higher
- Complete an observed practical assessment by your faculty: a full consultation scored on a rubric
- Present six documented consultations from your practice log, a case study and your 20-minute intro talk
- Receive your Certified Ayurveda Wellness Coach (CAWC) certificate

A private professional certification, not a state license.

120 h in the room

~96 h of personal study

10 students per cohort

In person, 15 days

SIGNATURE MOMENTS

What students remember

15 in-person teaching days (120 hours)

Ayurveda's classical literature is genuinely vast. We give the framework the time it deserves — most adjacent programs skim and produce shallow practitioners.

Doshas, prakriti, vikriti taught carefully

The dosha framework is a practitioner tool, not a mechanical determinant. Our curriculum treats it with the subtlety the tradition asks for.

Dinacharya and ritucharya in practice

Daily and seasonal routines applied to your own life first, then to client work. You can't teach what you don't practice.

Foundational Ayurvedic herbalism

A curated repertoire of safe Ayurvedic herbs — not the full Ayurvedic pharmacopeia (which requires significantly longer training).

BETWEEN SESSIONS

The work that makes it stick

About 96 hours of personal practice, guided week by week.

- Document six consultations with volunteer clients in your practice log: intake, observation, plan, follow-up
- Live your own daily and seasonal routine and keep a journal of what you notice
- Cook at least five recipes from the program booklet and note your adjustments by dosha
- Write a one-page reflection on each consultation in your log before the next teaching day

PRACTICE

A working CAWC two years out: morning own-Ayurveda routine — abhyanga (self-oil-massage), tongue scraping, the dinacharya practices that are the foundation of all the coaching. First client at 10am, 90-minute new-client first session, $250, including detailed dosha assessment and lifestyle intake. Lunch break.

Graduates of our Ayurveda Wellness Coach program carry forward a relationship with one of the world's oldest continuously-practiced wellness traditions. The classical Ayurvedic depth — three thousand years of accumulated knowledge — keeps offering new layers as graduates work with clients across years and seasons.

AFTER CERTIFICATION

Where graduates take it

Ayurveda wellness coaches typically build practices that combine one-on-one wellness consultations with community workshop teaching and occasional retreat work. Pricing for one-on-one work is typically $150–$280 per 75–90 minute session in major U. S.

32 cities

WHERE WE TEACH THIS PROGRAM

in-person cohorts

10 students

PER COHORT

faculty attention, every day

CAWC

YOUR CREDENTIAL

Certified Ayurveda Wellness Coach

DATES AND ENROLMENT

One cohort per city, 2027–2028

Fri–Sun · 9 am–6 pm · 15 teaching days in 5 monthly modules · 10 seats per cohort · enrolment closes three weeks before day one

Atlanta, GA
Jun 18 → Oct 17, 2027

Austin, TX
Oct 29, 2027 → Feb 13, 2028

Baltimore, MD
Jun 18 → Oct 10, 2027

Boston, MA
Dec 17, 2027 → Apr 30, 2028

Charlotte, NC
Oct 1, 2027 → Feb 6, 2028

Chicago, IL
Oct 22, 2027 → Feb 6, 2028

Cincinnati, OH
Jun 18 → Oct 17, 2027

Dallas, TX
Jun 18 → Oct 10, 2027

Denver, CO
Jun 18 → Oct 17, 2027

Detroit, MI
Jun 18 → Oct 17, 2027

Houston, TX
Jun 18 → Oct 3, 2027

Indianapolis, IN
Jun 25 → Oct 10, 2027

Las Vegas, NV
Oct 22, 2027 → Feb 6, 2028

Los Angeles, CA
Jun 18 → Oct 17, 2027

Miami, FL
Jun 25 → Oct 3, 2027

Minneapolis, MN
Jun 11 → Oct 10, 2027

Nashville, TN
Jun 4 → Oct 3, 2027

New York, NY
Jun 4 → Oct 3, 2027

Orlando, FL
Jun 18 → Oct 17, 2027

Philadelphia, PA
Jun 4 → Oct 3, 2027

Phoenix, AZ
Jun 25 → Oct 17, 2027

Pittsburgh, PA
Oct 8, 2027 → Feb 6, 2028

Portland, OR
Jun 4 → Oct 3, 2027

Sacramento, CA
Oct 22, 2027 → Feb 13, 2028

San Antonio, TX
Jun 11 → Oct 10, 2027

San Diego, CA
Jun 4 → Oct 3, 2027

San Francisco, CA
Jun 11 → Oct 10, 2027

San Jose, CA
Jun 11 → Oct 10, 2027

Seattle, WA
Jun 25 → Oct 17, 2027

St. Louis, MO
Jun 25 → Oct 17, 2027

Tampa, FL
Jun 11 → Oct 3, 2027

Washington, DC
Jun 25 → Oct 3, 2027

01

Register at harmonika-institute.com/admissions/register — two minutes, no payment.

02

We contact you within two business days to confirm the fit and answer your questions.

03

Your seat is confirmed once the enrolment agreement and payment schedule are signed.

READY WHEN YOU ARE

Ayurveda — CAWC

You leave able to read a client's constitution, cook for her season, and walk her through a consultation with a clear written plan.

---

harmonika-institute.com/admissions/register admissions@harmonika-institute.com

Harmonika Institute issues a private professional certification. It is not a state license, and it does not authorise the diagnosis or treatment of disease. Scope of practice varies by state.