



Summary of NAMA 500-Hour Practitioner Level Program Requirements

Basic Requirements

- Total Hours of Education: Minimum of 500
- Core Curriculum Hours: Minimum of 350
- Peripheral Curriculum Hours: Minimum of 100
- Clinical Internship Hours: Minimum of 50. Of these a minimum of 25 hours must be with a client and 25 hours must be in case management.

Additional Requirements

- At least 300 classroom hours in the presence of a teacher in core curriculum subject matter.
- All schools must be operating legally in their state.

Definitions

- **Total Hours:** The total number of Ayurvedic educational hours that your program offers
- **Core Curriculum Hours:** These hours include those spent on the subjects such as: Sankya philosophy, Ayurvedic psychology, 5 elements, 3 doshas, prana, tejas & ojas, 6 tastes, daily regimen, seasons, digestion and diet, herbology, pathology, diagnostics, assessment, evaluation, 5 senses therapies (diet, herbs, aromas, sound, touch, color), panchakarma theory, yoga therapy, disease management
- **Peripheral Subjects:** These are related subject material such as anatomy & physiology, Sanskrit, yoga and jyotish. These hours may also be fulfilled with hours in core subject material above the 350 hour minimum.
- **Clinical Internship:** Twenty five hours must be spent one on one with a client in consultation. The other twenty five hours of case management may be spent discussing cases with a supervisor or teacher.
- **Classroom Hours:** These are hours spent in the direct presence of a teacher and include classroom hours as well as apprenticeship.
- **Legally Operating:** The operation of the school is not violating any State laws governing schools or programs.