



OM Wellness Institute **Course Catalog 2019**

Welcome

Welcome to our virtual and experiential Holistic Health Practitioner (HHP) program and the new Ayurvedic Lifestyle Consultant Program. Our OM Wellness Institute family is very excited about your interest into our program and into our community. OM Wellness Institute has taken great pride in developing the Holistic Health Practitioner (HHP) program. It is a direct response to all the wonderful and powerful original medicine teachings taught across the world over many years and blended with some more recent theories and practices.

Over the years of my private practice and education, I have searched for the best instructors and the best teachings, so I can bring students these ancient grassroots medicine systems and put the many years of my research and exploration into this simple but complete one-year course. I can honestly say we have done that successfully. I truly believe this experience is unique in the sense that this course could fundamentally change your life!

Many Blessings in Health and Spirit,

David D. Jameson, DNM
Doctor of Natural Medicine
Certified Ayurvedic Practitioner

Our Mission

OM Wellness Institute is a global educational platform for those interested in learning and experiencing holistic wellness. Our mission is to provide high quality education that empowers students to become highly qualified health providers rooted in natural modalities and spiritual development.

HHP Program

The Holistic Health Practitioner Program is a 500-hour program that allows students to explore multiple areas of holistic health. Each module consists of courses that were developed using proven, ancient medicine. Students will gain a broad knowledge of different holistic modalities including Ayurveda, Aromatherapy, Herbal Medicine and Homeopathy. Upon completion of the 5 modules, students will be eligible for Board Certification through the American Association of Drugless Practitioners as a Holistic Health Practitioner.

Courses

Holistic Health Practitioner Certification Course 500 hours

Module I -The Foundations

Course Name: *Ecology and Spirit*

Overview: This online introductory course uses David Crow's In Search of the Medicine Buddha as an anchor text to explore the teachings of herbology, spirituality and medicine. Students will take David's journey of ancient teachings in Ayurveda, Chinese medicine and Tibetan medicine and apply it current days issues. Through group discussion and individual assignments, students will discover how ancient medicine can benefit humanity today.

Duration: 50 hours

Course Requirements:

- Complete course reading and participate in online group discussion
- Complete all assignments as needed.
- Complete all experiential exercises as needed.
- Complete course evaluation form: we will send you the course evaluation form once we have received your final case studies and exam.

Course Name: *Introduction to Ayurveda*

Overview: This introductory course in Ayurveda is an online basic course in Ayurveda, the holistic system of health and wellness for our body, mind and soul from India. Our course focuses on the Vedic Hindu tradition, with, focus on Samkhya Philosophy, and, a detailed look at the three doshas -- the psycho somatic constitution we were born with. The course is for the beginner, who is interested in learning about the system as well as those who might be interested in pursuing the higher certifications. Despite a 'foundation', course -- the course provides tools to the student to start incorporating Ayurveda into their daily life and their practice -- whether they are a yoga teacher, health practitioner, nurse, or a dietician.

Duration: 100 hours

Course Requirements:

- Complete a final exam.
- Complete individual and group assignments.
- Complete 2 case studies for review.

Module II- The Building Blocks

Course Name: *AROMA 101*

Overview: *The Aroma101: Foundations of Aromatherapy* course has been designed for individuals interested in exploring aromatherapy and the benefits of essential oils. This course explores the history of aromatherapy and its modern development, key elements in determining the quality of an essential oil, understanding production methods, and overall anatomy of plants. Students will define what an essential oil is and demonstrate knowledge of over 20 oils. Students will gain a basic understanding of the limbic system, skin and the physiology of smell. Through experiential learning, students will design blends for a range of household ailments.

Duration: 100 hours (includes 15 hours case study practicum hours)

Course Requirements:

- Complete all modules: follow instructions provided for each module.
- Complete all end of chapter review questions.
- Complete all experiential exercises at the end of specific modules.
- Perform 5 basic case studies – 3 hours each.
- Once complete with your 5 case studies, request the final exam.
- Send completed Final exam and Case Studies to School for feedback and acceptance and grading.

Module III

Course Name: *Herbal Medicine*

Overview: This course will allow students to secure knowledge in the areas of herbs and herbology including Western Herbs, Chinese Herbs and Ayurvedic Herbs. Medicinal plants have been used for centuries to keep us healthy and exist readily in our cupboards and outdoors. This course will empower students to understand and use herbs to heal condition specific ailments, rejuvenate and cleanse the body. Although this course is offered online, most of the curriculum is experiential in nature and students will learn hands on methods of using medicinal herbs.

Duration: 150 hours

Course Requirements:

- Complete individual and group assignments as assigned.
- Grow undisclosed plant from seed to plant.
- Complete plant genius exercise.
- Complete 2 case studies for review.

Module IV- The Pathways

Course Name: *Introduction to Homeopathy*

Overview: Introduction to homeopathy allows students to gain a basic understanding of the history of homeopathy, increase understanding of homeopathic remedies, and explore how to administer single and complex remedies. Students will participate in individual and group learning exercises including the completion case studies.

Duration: 50 hours

Course Requirements:

- Complete course reading and participate in online group discussion.
- Complete all end of chapter review questions.
- Complete all experiential exercises at the end of specific modules.
- Perform 3 basic case studies – 3 hours each.
- Once complete with your 3 case studies, request the final exam.
- Send completed Final exam and Case Studies to School for feedback and acceptance and grading.
- Complete course evaluation form: we will send you the course evaluation form once we have received your final case studies and exam.

Course Name: *Digestion The Key to Health*

Overview: The objective of this course is to assist students in understanding the impact of digestion and overall wellness. Students will explore how a healthy digestion functions the benefits of a healthy digestive system and what causes a digestive system to not function optimally. Students will be able to identify symptoms of deficiency and excess, as well as, develop digestive health routines for overall wellness.

Duration: 25 hours

Course Requirements:

- Complete course reading and participate in online group discussion.
- Complete all assignments as needed.
- Complete all experiential exercises as needed.

Course Name: *Lifestyle and Diet*

Overview: This course will concentrate on optimizing physical, mental and spiritual health through gaining knowledge in lifestyle, stress management, and diet. Students will learn to develop daily routines to optimize health based on whole food principles and proven routines that increase overall vitality.

Duration: 25 hours

Course Requirements:

- Complete course reading and participate in online group discussion.
- Complete all assignments as needed.
- Complete all experiential exercises as needed.
- Complete course evaluation in your own words, this allows us to get feedback from our students and ultimately improve our school: we will send you the course evaluation form once we have received your final case studies and exam.

Module V- Specialization Project (OPTIONAL)

Course Name: *Final Project- Individual Specialization, Holistic Health Practitioner business course.*

Overview: This course will be an independent study/individual project based course. Students will select an area of interest and submit a proposal for the completion of a final project. Projects will be supervised by the Director of Om Wellness Institute.

Duration: 50 hours

Certification

Upon successful completion of Modules 1-4, and optional completion of the Specialization Project -Module 5 students will receive approval to apply for the Board-Certified Holistic Health Practitioner certification via American Association of Drugless Practitioner. **contingent on OM Wellness Institute approval

Ayurvedic Lifestyle Consultant Certification Course 300 hours

Book: Textbook of Ayurveda Fundamental Principles, Volume 1, Vasant Lad, M.A. Sc. \

Book: Eat Taste Heal. Yarema MD, Rhonda DAS, Brannigan

OM Wellness Institute is excited about our unique new (2016) Ayurvedic Lifestyle Consultant Program. The course is unique because to attain the Ayurvedic Lifestyle Consultant certification a student must first complete the OM Wellness Institute Holistic Health Practitioner course first. This will allow our students to gain two certifications and a broad perspective on holistic health. The OM Wellness Institute Ayurvedic Lifestyle Consultant program is not a traditional Ayurvedic education; we honor the many great schools that offer such programs. OM Wellness Institute wanted to create a different niche; we wanted to give students a more complete holistic health education.

Foundations to Ayurveda

This section will focus on the foundations to understanding Ayurveda. There will be a heavy emphasis on learning the concepts and definitions of Ayurveda. OM Wellness Institute will require all students to go deeper in all of their responses and our expectations will be much more than in any other section of the course. The expectations are simple to experience and explore Ayurveda on a deeper level so students can grasp the concepts in a practical and organized way.

1. Shad Darshan
2. Universal Attributes and Doshic Theory
3. The Doshas and their subtypes
4. The digestive fire
5. Dhatus
6. Srotamsi
7. Ojas, Tejas, Prana
8. Digestion and Nutrition
9. Definition Quiz
10. Spiritual Aromatherapy

- Complete all assignments completely.
- Complete protocols from course as suggested.
- Complete experimental spiritual aromatherapy assignment.

Duration: 150 hours

Final Project: 100 hours

Ayurveda And Food

Overview: Using the Eat, Taste Heal book students will be diving into a culinary experience and how creating healthy meals using Ayurveda will be powerful methods in the healing and rejuvenation process. This section is very hands on after completing the intense foundations section. At this point you will need to grasp and use the prior knowledge you have attained on Ayurveda. We will require all students to learn to cook and make food according to Ayurveda. OM Wellness Institute believes cooking and preparation of foods and drinks is very essential in becoming a well versed Ayurvedic Lifestyle Consultant.

There will be book work and many assignments that will require cooking and Ayurvedic lifestyle immersion.

Duration: 50 hours

40 days of Ayurveda

Develop and complete a personal Ayurvedic Experience over 40 days using the concepts of Ayurveda and dincharya. The manual must document the following: Create a personal protocol of yourself of a 40 day period. As a student / practitioner we expect each student to immerse themselves completely in Ayurveda, eat, sleep and breathe Ayurveda for 40 days. The manual must be very complete and detailed on where you are as a student/practitioner and the experience of living Ayurveda for 40 days. Example: recipes, food, meditation, any health changes all need to be documented. OM Wellness Institute has incredible expectations on creating this final assignment; if the assignment is not well done we will not accept it. Students will have one other opportunity to redo the final project.

- Prakruti
- Current vikruti
- Follow and document 40 days of dincharya
- Document any and all health changes
- Create a custom intake form
- Submit professional manual to be graded

Ayurvedic Lifestyle Consultant + Holistic Health Practitioner 800 Hours

Admissions and Policies

DISCRIMINATION

OM Wellness Institute, Inc. does not discriminate on the basis of religion, race, gender, age, sexual orientation, national or ethnic origin, etc. OM Wellness Institute, Inc. does not offer English as a second language classes.

ADMINISTRATIVE OFFICE HOURS

The administrative offices is open Tuesday- Friday 10:00 a.m. to 4:00 p.m. Eastern Standard Time (EST). For the quickest response time the best way to contact OM Wellness is via email at info.omwellnessinstitute@gmail.com

DISCLAIMER REGARDING ALL PROGRAMS

Graduation from any of our programs does not qualify you as a licensed primary health care provider—i.e. a medical doctor. You cannot diagnose, prescribe, treat symptoms, defects, injury, or disease pursuant to State designated health code. Please call us should you have questions.

HOW TO ENROLL

- You may enroll by downloading the application, complete it and send it in to our office or attaching it an email and sending to info.omwellnessinstitute@gmail.com . Payment may be made online via PayPal – there is a direct link on our website. If you prefer to pay directly to the school, enrollments are accepted with check by mail. Additionally, you can stop into our clinic Blue Lotus Healing Center, LLC or call to pay with a credit card.
- Enrollment at OM Wellness Institute constitutes a commitment or intention to complete the program. The completion time for the Holistic Health Practitioner program is approximately 12 months; 24 months will be allocated to allow for students to complete the HHP. Ayurvedic Lifestyle Consultant Program is approximately a 6-9-month program. 12 months will be granted to complete this program.
- Should you find it difficult to complete the program in the time indicated, you may contact OM Wellness Institute for a time extension of 6 months for the Holistic Health Practitioner program at a nominal fee of \$250 for the FINAL extension. There will be no more extensions after that the final 6-month extension. Applications and funds for extensions must be received within 90 days of program expiration.
- You will graduate from our program when all academic and financial obligations have been fulfilled.
- After graduation, an official Certificate of completion will be granted. An email must be sent from the student with how they want their name to appear on their certificate. This process may take 2 - 4 weeks.

TUITION

Holistic Health Practitioner Course: \$2950

Ayurvedic Lifestyle Consultant Course: \$950 entire course

Discounts available if HHP and ALC are both prepaid.

The tuition and fee schedules are designed to make enrolling in OM Wellness Institute, Inc. affordable and easy. All fees quoted are in U.S. dollars and must be paid in U.S. dollars. OM Wellness Institute reserves the right to invoice the student for increased costs to ship internationally, beyond the continental United States, or for 2nd or 3rd day UPS or FedEx delivery service.

POLICY REGARDING STUDENT ASSIGNMENT SCHEDULES

Lessons are to be completed and assignments are required to be turned in on a timely manner.

There are deadlines with each assignment and students are expected to adhere to these deadlines.

GRADING STANDARDS

To receive course credit, the student is expected to obtain a 70% grade or higher on all project assignments, quizzes, and tests. All projects and tests are done at home and are designed to be a helpful learning experience for you. Grades will be promptly posted and communicated to you as the course progresses.

Satisfactory Academic Progress: Students who are deemed by the instructor or Director not to be making satisfactory academic progress will be asked to schedule an academic counseling session over the telephone or given assignment(s) via email for the purpose of guiding the student toward improved performance. If the student cannot make satisfactory progress within one (1) month, then the student will be withdrawn from the program. Evidence of failing to make satisfactory academic progress includes: exceeding the permitted level of absences in audio conferencing, student grades continuing to fall below passing in lessons, and/or continuing failure to demonstrate satisfactory application of practical skills in those courses which have a practicum section.

Behavioral/Disciplinary Action: Students must maintain a sattvic manner while enrolled and as a graduate. Repetitive phone calls and emails will not be tolerated. Students are to follow the protocol of study that has been approved by the Board and the Director. Any information detrimental to the reputation of the Director, and instructors or anyone else associated with OMWI that has been made public or private will be grounds for expulsion as a student or graduate seeking CE credits. Any type of disruption to the institute, instructors or other students will not be tolerated. Any student that has behavioral issues will first be warned followed by probation or expulsion at the discretion of the board and/or the Director. There are no refunds other than the posted refund policy.

GRADUATION REQUIREMENTS

A student shall be graduated from a program and be granted a certificate of completion and transcript only upon completion of all class assignments and overall evaluation in the course work of 70% or better.

The full grading standard for evaluation is as follows:

90% -- Excellent/Passing

80% -- Good/Passing

70% -- Satisfactory/Passing

Less than 70% -- Unsatisfactory/Not Passing Unsatisfactory Evaluations may be repeated.

PLEASE NOTE: No one will be eligible for graduation from a course until tuition and all applicable fees are paid in full. Furthermore, all school properties rented, borrowed, or damaged must be returned or paid for before a Diploma/Certificate of completion, and transcript will be issued.

CAREER COUNSELING

OM Wellness Institute, Inc. recognizes that financing a quality education is a major commitment. We offer individualized career counseling by appointment on the telephone, via e-mail, mail or in-person.

CANCELLATION/WITHDRAWAL

- Refund Policy for the HHP Program and Ayurvedic Lifestyle Consultant Program:**
Enrollment is defined as accepted into the program and made your 1st payment or payment in full.
 - After 7 days of enrollment 90% of tuition returned
 - After 14 days of enrollment 60% of tuition returned
 - after 15 days no refunds
- No refunds are available for administrative fees or shipping.
- Notification of cancellation/withdrawal and request for a refund is required to be made in writing.** You may drop off, certified mail, or e-mail your notice of cancellation/withdrawal.
- Refunds are issued by check only and are mailed within 30 days of less.

STUDENT COMPLAINT / DISPUTE RESOLUTION PROCEDURE

The Director and/or Administrator are the designated person to receive student complaints. The Director will investigate complaints thoroughly, interview those concerned, and review all documents related to the complaint. The Director has full authority to determine if a complaint is valid and to take all steps necessary to resolve it. After the complaint is delivered in writing, the school will provide the student with a written response within 10 days of receiving the complaint, including a summary of the investigation and disposition of the complaint with

reasons for accepting or rejecting it. Persons needing to resolve problems or complaints should first contact the instructor in charge.

ADMINISTRATIVE RECORD KEEPING POLICY

Student records are retained for at least ten (10) years after a student completes their training or at least five (5) years after withdrawal from a program. It is the student's responsibility to maintain homework, quiz and exam copies and records.

*All rules, interpretations, outlines, policies and curriculum can and will change without notice.
Thank you and good luck in your studies!*