Your Invitation to Join the CAISH September 2026 AHE Cohort

Begin Your Career Path as an Ayurvedic Health Educator (AHE)

Learn to see the whole person, and to support others with wisdom, discernment and care.

The Ayurvedic Health Educator (AHE) pathway is **CAISH's 700-hour professional Ayurvedic education program** for students who feel called to make Ayurveda part of their career, their existing profession, their community, or their long-term path of service.

If you are reading this invitation, you have probably reached the point where learning Ayurveda for yourself is no longer enough.

AHE is not simply a program you complete. **It is a journey through which Ayurveda becomes a way of seeing that gradually shapes how you understand health, how you care for people, and how you serve your community. As knowledge deepens into wisdom through experience, so does your ability to help others.**

If that is the path you feel ready to begin, we would be honoured to welcome you into the September 2026 AHE cohort.

What Becomes Possible After AHE

The AHE pathway prepares you to educate and empower others through Ayurvedic wisdom.

As an Ayurvedic Health Educator, you are equipped to share Ayurveda in practical, meaningful ways that help people better understand themselves, their health, and the everyday choices that support their wellbeing. The focus is always on the person, not the disease.

Graduates take this foundation in many different directions. For example, they may:

- Educate individuals through one-to-one consultations, coaching or health education.
- Teach workshops, community programs or corporate wellness sessions.
- Integrate Ayurveda into an existing profession, such as yoga, coaching, education or other wellness fields.
- Build a practice around an area they feel called to, such as fertility, healthy ageing or sustainable living.

- Create and share Ayurvedic education through articles, newsletters, podcasts, videos, online courses or by supporting the educational work of clinics, schools or wellness organisations.
- Continue their studies through the Ayurvedic Associate Wellness Counsellor (AAWC) pathway to deepen their preparation for individualized care.

Our graduates are already doing this in inspiring ways. One graduate has built a fertility education practice, bringing Ayurvedic principles to community groups and workplaces. Another has applied Ayurveda to supporting healthy ageing through caring for older adults. Another has woven Ayurvedic principles into sustainable living, helping people reconnect with the rhythms of nature through the way they grow food, care for the land and live each day.

AHE gives you a strong foundation from which you can educate, guide and contribute in ways that reflect your own interests, experience and community.

Why AHE Now

Modern health information is abundant, yet many people still feel overwhelmed, disconnected from their bodies, and unsure how to make sense of what they are experiencing.

Ayurveda offers a way to understand the whole person, including digestion, food, lifestyle, emotion, senses, season, environment, and daily rhythm. **AHE helps you study these relationships in a structured way and apply them responsibly in real life.**

When others may look to you for guidance, depth, discernment, and clear boundaries matter.

Three Challenges Future Ayurvedic Health Educators Face

1. You know a lot, but it still feels like pieces.

You may have read books, listened to podcasts, taken workshops, explored your dosha, or used Ayurveda in your own life. But knowing individual ideas is different from understanding how they all work together. You may sense that everything is connected, without yet seeing clearly how.

2. You're learning the principles, but are not always sure how they fit into modern life.

Real life is rarely simple. People may be seeing a doctor, taking medication, following nutrition advice, practising yoga, or using natural therapies alongside Ayurveda. It can be difficult to know how to respond with clarity and confidence.

3. You want to help, but you also want to get it right.

Perhaps friends, family, clients, or students are already asking for your advice. You want to support them, but what worked for you may not work for them. You need clarity about your scope, your responsibilities, and when someone needs additional care.

The CAISH Approach

AHE is designed to help you move through each of these challenges.

At CAISH, learning begins by helping you **understand Ayurveda as a complete system** rather than a collection of ideas. As your understanding grows, you begin to see the relationships between body, mind, lifestyle, environment and nature, and to apply Ayurvedic principles through guided practice and experience.

Alongside this, you develop enough understanding of Western and **integrative health** sciences to communicate responsibly with the people you serve, while remaining **firmly rooted in the principles of Ayurveda.**

Most importantly, you develop the **discernment to know not only what you can do, but also what you should not do**. Through practical experience and professional responsibility, knowledge deepens into wisdom and confidence grows.

What It Looks Like Inside AHE

Inside AHE, students move between structured study, practical application, and guided support.

Program Pathway

- 700 hours / 75 credits total
- AHE Core Curriculum
- Integrative Health Science Level I
- Ayurvedic Self & Community Care Online (ASCCO) or equivalent prior learning

What You'll Study

AHE provides a structured foundation in Ayurvedic philosophy, dosha theory, constitution and imbalance, preventive health, mind-body-spirit wellbeing, Ayurvedic anatomy and physiology, digestion, nutrition, lifestyle, herbology, person-centred assessment, practical application, case studies, and Integrative Health Science Level I. Students also learn how Ayurveda can work alongside Yoga and other natural health modalities, while recognising scope, referring appropriately, and understanding when medical care is needed.

For full module details, see the AHE Curriculum Guide.

Learning Format

- Hybrid learning
- Live online classes
- In-person intensive components
- Five hours of one-to-one mentorship following the gurukul philosophy

Practical Application and Assessment

- 15 case studies
- Module-based quizzes and assessments
- Scheduled case study review sessions

Future Pathway Support

- Guidance for students considering AAWC or further Ayurvedic study

Schedule

- Online classes take place on the first three Tuesdays of each month from 6–9 p.m., and on the third Saturday of each month from 10 a.m.–1 p.m.
- The program also includes approximately two in-person class weekends, running from Friday to Sunday, with one currently expected in 2026 and one in 2027.
- Final schedule details are confirmed during the admissions and enrolment process.

Who AHE Is For

AHE is for committed students and emerging or existing wellness professionals who want Ayurveda to become part of their career, practice, community role, or long-term path of service.

This may include yoga teachers, nutritionists, herbalists, naturopaths, coaches, bodyworkers, healthcare professionals, community educators, or students preparing for a future professional path in Ayurveda.

AHE may be right for you if you're ready for:

- **Structured study:** You are ready for a clear pathway into Ayurveda.
- **Lived knowledge:** You want understanding you can embody and apply, not just information.
- **Responsible guidance:** You want to support others with care, discernment, and clear boundaries.

- **Professional standards:** Experienced faculty, practical application, and study rooted in Ayurvedic tradition matter to you.
- **Modern relevance:** You want to understand how Ayurveda can be applied responsibly in real life today.
- **Future progression:** Your path may include AAWC, continuing education, or specialist Ayurvedic study after AHE.

Why CAISH

Established since 2002. CAISH has offered Ayurvedic education since 2002, welcoming students from many backgrounds into a serious and supportive learning community.

Rooted and relevant. Ayurveda is taught as a living wisdom tradition: firmly rooted in its principles, open to different Ayurvedic perspectives, and relevant to the world students will serve. Small cohorts and experienced faculty allow students to learn with both depth and personal guidance.

Learn from active practitioners. Students learn from a range of practitioners and educators who teach from experience and apply Ayurvedic principles in clinics, wellness practices, community care, and educational settings. Their learning is therefore grounded not only in theory, but in the realities of responsible practice.

A pathway for continued study. CAISH also offers a pathway for continued study through advanced Ayurvedic wellness counselling and specialist learning.

Recognized professional alignment. CAISH courses and programs are aligned with the WHO–AYUSH benchmark for global training in Ayurvedic medicine and with the Examining Board of Natural Medicine Practitioners Canada, which recognizes Ayurvedic doctors, practitioners, counsellors, and educators in Canada.

Graduates who complete the 700-hour AHE pathway are eligible to apply to the Examining Board of Natural Medicine Practitioners Canada (EBNMP) for registration as a Registered Management Lifestyle Practitioner (RMLP), subject to EBNMP requirements.

CAISH is a home for learning, healing, and support — a place where Ayurveda is taught seriously, warmly, and responsibly.

September 2026 AHE Intake

The next AHE cohort begins **Tuesday, September 15, 2026**.

To be considered for the September cohort, applications should be submitted by **September 1, 2026**.

Applying by this date allows time for application review, Prior Learning Review where relevant, tuition/payment planning, and enrollment steps before classes begin.

CAISH cohorts are intentionally small so students can learn in a more personal, supportive environment.

If you are unsure whether AHE is your right entry point, we recommend booking a 15-minute Pathway Call as soon as possible so CAISH can help you take the next step with clarity.

September Intake Fee

The AHE Core + ASCCO + Integrative Health Science Level I fee is:

CAD $6,900 + applicable tax

Application fee is $150 non-refundable. Minimum down-payment required to secure your place is $1,500. Payment plans are available for the remaining balance. If you've recently completed ASCCO or equivalent prior learning your fee may be adjusted.

September Intake Support

For students considering the September AHE cohort, CAISH provides support to help you enter with clarity. This includes:

- A clear application and admissions process
- Pathway guidance if you're unsure whether AHE is your right entry point
- Prior learning review guidance, where relevant
- Support understanding fees, payment options, and enrollment steps

AHE is a meaningful commitment of time, study, and resources. You do not need to navigate that decision alone.

How to Take Your Next Step

If AHE feels like your next step, apply now to begin the admissions review process. Once accepted, you can secure your place in the September cohort.

If you have prior study in Ayurveda, yoga, nutrition, herbology, health sciences, natural medicine, or holistic wellness, request a prior learning review so CAISH can advise whether your previous learning may affect your entry point or program plan.

If you have final questions about fit, schedule, fees, or readiness, book a 15-minute Pathway Call.

Apply for AHE

or

Book a 15-Minute Pathway Call

Your Invitation.

Perhaps you are someone who has been searching for a deeper understanding of health. Perhaps you have experienced the value of Ayurveda in your own life and now feel called to share it with others.

If so, you do not need to have all the answers before you begin.

You need curiosity. A willingness to learn. A willingness to observe, to experience, and to allow knowledge to deepen into wisdom.

At CAISH, you will not simply study Ayurveda. You will be guided, challenged, supported, and encouraged as you gradually develop the understanding, discernment, and confidence to help others with care.

Every student begins in a different place. Every graduate follows a different path. What they share is a commitment to learning deeply, serving responsibly, and allowing Ayurveda to become part of the way they understand life.

If this feels like your next step, we would be honoured to welcome you into the CAISH community.

The journey begins with a willingness to take the first step.

Centre for Ayurveda & Indian Systems of Healing