



## **Online & Distant Learning 'Ayurveda' College Launched in San Diego**

*Ayurveda Yoga LLC, Escondido, an Ayurvedic health care provider, has launched San Diego College of Ayurveda that will provide blended courses in Ayurveda, Panchakarma, Ayurvedic Massage Therapies and Bodywork at a very reasonable price. Online courses, classroom workshops as well as distant learning will be available to students from all over U.S, U.K. and Europe. By using open source learning, the cost benefits will be passed to the students.*

San Diego, CA, January 06, 2010 --([PR.com](http://PR.com))-- Ayurveda is an ancient holistic health and medicinal science from India that focuses on 'food', 'herbs', 'meditation', and Ayurvedic Therapies. Ayurveda focuses on healing the multi dimensional living being by healing the physical body, mind, intellect, emotions and spirituality. Just like Chinese medicine, the focus is on Prevention.

Ayurveda Yoga LLC was founded by Monica Bhatia, PHD, Dr. Raj Baldev, Ayurvedic Physicians and Henry Groover, Sanskrit and Vedic Scholar on the premise of providing affordable Ayurvedic Health Care in San Diego county through Ayurveda.

However, with popular demand and endless enquiries, now Ayurveda Yoga LLC has joined hands with Ayurvedic Physicians from India and Dr. Parmela Sawhney, M.D. who is also an Ayurvedic Practitioner to provide courses via San Diego College of Ayurveda.

Online, distant learning, classroom and blended courses in Ayurvedic Nutrition, Ayurvedic Health and Disease, Ayurvedic Wellness Counsellor, Ayurvedic Panchakarma Workshops, Ayurvedic Bodywork & Massage Workshops.

By using Open Source Learning like Moodle, the cost benefit shall be passed to the student.

Ayurveda Yoga LLC not only provides affordable Diet Plans, Herbal supplements, Emotional Support and Consultation to Women, Meditation and Hatha Yoga classes, but, also provides Ayurvedic Massage and Panchakarma Therapies, Ayurvedic Retreats and Panchakarma Retreats in Coronado and Solana Beach.

For those who cannot afford anything - sometimes therapies and consultation are kept at minimal. If you would like to get a holistic health consultation or a diet plan at minimal cost, you can go to the website [www.ayurvedayogatraining.com](http://www.ayurvedayogatraining.com).

Ayurveda Yoga's new San Diego College of Ayurveda will incorporate the past, present and future of Ayurveda and teach students how to integrate it with western modalities.

Dr. Parmela Sawhney, Monica Bhatia PHD, Henry Groover, - Sanskrit and Vedic Scholar, Dr. Raj Baldev have been working to create the courses. Most course material has been developed by Ayurvedic Vaidyas in India, some of whom will facilitate online from India. Again, the cost benefit will be passed to the students.



A 100% subsidiary of Ayurveda Yoga LLC, this online college will provide courses in Ayurveda Therapy and Theory, Panchakarma, Philosophy as well as 8 hour daily workshops on Ayurveda related modalities.

The courses will be blended as workshops, clinics, online, distant learning and real time teaching methodologies will be used online (Email, Chat, Whiteboard, Webcasts, Podcasts and Videocasts).

Out of a 500 hour, 250 Hour can be done online - rest with interactive real time online learning and classroom learning at your own pace. Online course hours will be \$6 per hour only. The costs cut up to 40% less than traditional colleges. The classroom charges will be \$12 per credit hour.

The format will be traditional. Their Sanskrit expert, Atul Krishna has been translating Ayurvedic Texts and Sanskrit verses from Caraka Samhita as well as Astanga Samagraha and providing a commentary from different scholars in India as well as his own.

To register, contact Manjulali at [grooverm@ayurvedayogatraining.com](mailto:grooverm@ayurvedayogatraining.com).

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**Contact Information:**

Ayurveda Yoga LLC

Monica Groover

760-707-3184

grooverm@ayurvedayogatraining.com

www.ayurvedayogatraining.com

www.ayurvedayogatraining.com/courses

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