

# Ayurvedic Internship

HANDS-ON CLINICAL TRAINING IN BALI

October 18 - 25, 2025







Congratulations on considering an Ayurvedic internship. Taking the time to read this guide is an important step in advancing your Ayurvedic journey. Perhaps you're interested in an internship because your Ayurvedic program requires in-person training. Or maybe you're seeking to deepen your understanding of Ayurveda by studying alongside fellow students, cultivating collaboration in a supportive community. Or maybe you simply want to travel to a beautiful location steeped in holistic healing and spiritual traditions. Whatever your motivation, an internship is an incredible opportunity.

There are a few important points to consider while finding the right internship for you. We'll touch on those points and we'll tell you more about studying under Dr. Resmi V. Rajagopal and Brittany Woodard so you can consider us as an option. Wherever you choose to advance your Ayurvedic journey, we encourage you to continue sharing your passion wherever you go.

Sincerely,

Dr. Resmi V. Rajagopal & Brittany Woodard

When choosing an internship, there are several factors to consider that will help you make an informed decision. Start by ensuring the program meets any in-person or clinical hour requirements for your Ayurvedic studies. Our internship is tailored for Yoga Veda Institute's Ayurvedic Health Counselor and Practitioner students. This program includes 60 in-person hours, with 25 clinical hours, and is open to all students and practitioners. Even if your program does not require in-person training, this experience offers valuable opportunities to refine your skills and knowledge.

Next, think about the expertise of the preceptors and whether their backgrounds align with your learning goals. Dr. Resmi V. Rajagopal, with her advanced specialization in Ayurvedic Gynecology, provides a thorough understanding of client care, blending traditional Ayurvedic knowledge with practical clinical skills. Brittany, as Dean of Education at Yoga Veda Institute, offers a holistic, student-centered approach, ensuring that each participant receives personalized mentorship. Together, they cultivate an environment that goes beyond typical classroom learning, helping you refine your practice and apply Ayurvedic principles more effectively.


Location plays a crucial role—consider whether you prefer a local part-time internship experience or an immersive retreat. This program is held in Ubud, Bali, offering a 7-day immersion in a setting known for its deep spiritual energy, traditional healing practices, and lush landscapes that create a serene environment for personal and professional growth.

Evaluate the learning environment. Consider whether you prefer group settings or one-on-one mentorship, and ensure the experience matches your level of practice. Our preceptor experience is offered in a small group setting, with 8 to 10 participants, allowing for personalized attention while fostering a collaborative learning atmosphere. The curriculum focuses on practical skills like client assessment. While this experience is designed within the Ayurvedic Health Counselor scope of practice, it's beneficial for students and graduates at all levels, and meets the requirements for Ayurvedic Practitioner students.

Finally, consider the cost of the program. We've priced our internship to allow you to focus fully on your education without the distractions of daily life.





A close-up, low-angle shot of a person's neck and shoulders. They are wearing a light-colored, possibly white, t-shirt. The person's head is tilted slightly to the right, and their mouth is closed in a neutral expression. The background is blurred, suggesting an outdoor setting. A semi-transparent white rectangular box is overlaid on the lower half of the image, containing text.

Before choosing which hands-on clinical training is best for you, we invite you to take a moment to set your intention.

Reflect on what you hope to gain from this opportunity—whether it's deepening your knowledge, refining specific skills, or finding inspiration in a new environment. Setting a clear intention can guide your experience, helping you stay focused on your personal and professional growth. Consider how this experience aligns with your broader goals in Ayurveda and how it can support your journey forward. Your intention will serve as a compass, helping you make the most of this valuable opportunity.

Inhale...

# Day 1

- 6:30 - 8:30 Morning Yoga & Opening Circle
- 8:30 - 9:30 Breakfast
- 9:30 - 12:30 Art of Observation Workshop: Learn essential techniques to gain deeper insights into the vikruti and prakruti of others
- 12:30 - 2:30 Lunch & Free Time
- 2:30 - 5:00 Peer Assessment Groups: In these interactive sessions, students will break into small groups to practice determining prakruti and vikruti using observation techniques.
- 5:00 - 6:00 Mentorship Session: Engage in an exclusive Mentorship Session with the Dean of Education, where you can ask questions, seek personalized advice, and gain valuable insights into your Ayurvedic studies and career aspirations
- 6:30 Set the tone of our 7-day immersion together by sharing our first dinner as a group







## Day 2

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 The Art of Questioning Workshop: Learn effective questioning techniques and how to use the Ayurvedic intake form to thoroughly understand patient history and enhance your diagnostic skills

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Peer Assessment Groups: In these interactive sessions, students break into small groups and complete Ayurvedic assessments on one another

5:00 - 6:00 Your Community Workshop: Explore strategies to identify and engage your ideal audience while uncovering key techniques that will elevate your communication and strengthen your connection within your community

6:30 Nourishing Dinner



## Day 3

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 Sparshana—The Ayurvedic Pulse Workshop: Delve into the ancient art of pulse diagnosis, learning foundational palpation techniques and how to interpret the pulse to gain deeper insights into a client's health and constitution

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Consultation Debriefs: In these sessions, students present their case studies and collaboratively develop treatment plans with the guidance of their Preceptor

5:00 - 6:00 Your Offering Workshop: Discover how to align your expertise with your clients' needs and craft a signature offering that sets you apart

6:30 Nourishing Dinner

# Day 4

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 Sparshana—Taking Vital Signs Workshop: Learn how to accurately measure and assess vital signs, including pulse, blood pressure, and respiration, and discover how to integrate these key assessments into your Ayurvedic assessment

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Consultation Debriefs: In these sessions, students present their case studies and collaboratively develop treatment plans with the guidance of their Preceptor

5:00 - 6:00 Your Marketing Workshop: Explore how to authentically attract clients by developing marketing strategies that resonate with your values and feel genuine to both you and your audience

6:30 Nourishing Dinner







## Day 5

- 6:30 - 8:30 Morning Yoga & Asana Lab
- 8:30 - 9:30 Breakfast
- 9:30 - 12:30 Snehana—Oleation Therapies Workshop:  
Immerse yourself in the principles of oleation therapy, learning the art of preparing and applying medicated oils both internally and externally. Discover when and why to use snehana and explore various techniques to enhance your Ayurvedic practice.
- 12:30 - 2:30 Lunch & Free Time
- 2:30 - 5:00 Vasti Preparation & Administration Workshop:  
Gain hands-on experience in preparing and administering therapeutic pastes, focusing on the specialized technique of Janu Vasti
- 5:00 - 6:00 Your Client Experience: Design a seamless client journey by creating effective systems that guide every interaction, from the initial contact to the offboarding process, ensuring a positive and lasting impression
- 6:30 Nourishing Dinner



## Day 6

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 Abhyanga Practice & Principles Workshop: Explore the foundational principles of abhyanga, including the selection of oils, application techniques, and the differences between self-administered and professional abhyanga. Learn when to use this nourishing practice and understand important contraindications

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Peer Assessment Groups: In these interactive sessions, students will break into small groups to practice determining prakruti and vikruti using observation techniques

5:00 - 6:00 Your Marketing Workshop: Explore how to authentically attract clients by developing marketing strategies that resonate with your values and feel genuine to both you and your audience

6:30 Nourishing Dinner



# Day 7

- 6:30 - 8:30 Morning Yoga & Asana Lab
- 8:30 - 9:30 Breakfast
- 9:30 - 11:30 Nasya Workshop: Learn the essentials of nasya, including the different types, indications, and contraindications. Explore the oils and herbs used, and gain insight into the preparation and procedures
- 11:30 - 12:30 Final Exam: A comprehensive written test designed to assess your knowledge and understanding of Ayurvedic principles, diagnostic techniques, and therapeutic practices
- 12:30 - 2:30 Lunch & Free Time
- 2:30 - 5:00 Nasya Preparation & Administration Practicum: Engage in a hands-on practicum where you'll prepare nasya oil and learn the proper techniques for administering this therapeutic Ayurvedic treatment
- 5:30 - 6:30 Closing Circle: We'll take a moment to connect, share insights, and celebrate the growth and experiences we've had together, marking the culmination of our time as a group
- 6:30 We'll close this 7-day immersion by sharing our last dinner together as a group







## Where You'll Stay

You'll be staying in the village of Ubud, Bali, surrounded by lush rice terraces and steeped in rich cultural heritage. Ubud is a global yoga haven and a hub for holistic healing, with an array of yoga studios, wellness centers, and vibrant vegan cafes. This serene environment offers the perfect backdrop for deepening your practice, nourishing your body, and engaging in personal growth. Your accommodations will be at a peaceful retreat center within this tranquil village, featuring shared rooms with ensuite bathrooms and the option to upgrade to a private room.



# What You'll Eat

Breakfast, lunch, and dinner are included in your tuition, allowing you to focus solely on your Ayurvedic training. All meals are vegetarian and rooted in Ayurvedic cooking principles, offering fresh, flavorful dishes that nourish both body and soul. Your meals will be thoughtfully prepared with a focus on balance, using local spices and ingredients to create authentic Balinese cuisine that supports your overall well-being. This ensures that your dietary needs are met in a way that aligns with the holistic teachings of Ayurveda.



# Frequently Asked Questions

Can I participate in this internship if I am not enrolled in an Ayurvedic Health Counselor (AHC) or Ayurvedic Practitioner (AP) program?

*Absolutely! Our internship is open to both practitioners and enthusiasts of Ayurveda, even if you're not currently enrolled in an Ayurvedic program. However, a foundational understanding of Ayurvedic principles is essential for participation.*

Are there any prerequisites to participate in this internship?

*A foundational knowledge of Ayurveda is essential for participating in our internship. Participants should be familiar with diet, lifestyle, and herbal recommendations according to an individual's vikruti.*

How many In-Person and Clinical Hours will I complete?

*Our internship is specifically tailored for Yoga Veda Institute's (YVI) AHC and AP students, offering 60 hours of in-person training, including 25 Clinical Hours. This program is designed to seamlessly align with YVIs 3-level Gurukul module.*

Do you offer scholarships?

*Currently, we do not offer scholarships for our experience. However, we offer a 15% discount for those who pay in full.*

What is the Cancellation Policy?

*Due to the nature of this training and the planning required, all bookings are non-refundable. To protect your investment from unforeseen circumstances, selecting a travel insurance that includes cancellation coverage is highly advised.*

Where exactly is the accommodation in Ubud?

*Accommodation locations may vary depending on enrollment numbers, with options currently being explored in the Laplapan region of Ubud.*

Will I have free time to explore Bali or work from my computer during the internship?

*While the internship is immersive, you'll have a 2-hour lunch and free time in the afternoon, as well as free evenings after dinner at 6:30. That said, with a 30-day visa on arrival, you'll have ample opportunity to explore Bali either before or after the internship, should you choose to do so.*



# What's Included

- 8 nights accommodation
- Daily nourishment — breakfast, lunch, and dinner
- Daily yoga & embodied movement classes
- Workshops & lectures
- Official transcripts sent to YVI

# What's Not Included

- Airfare
- Visa (roughly \$30 USD depending on your country of citizenship)
- Bali tourist tax (roughly \$9.50 USD)
- Travel insurance
- Airport transfers (available with the Ojas Experience)

# The Ojas Experience

- Airport transfers to and from the retreat
- Ayurvedic consultation
- 1-hour massage









# Investment

Shared Room (Double Occupancy): \$500 deposit + 8 monthly payments of \$209

Private Room: \$500 deposit + 8 monthly payments of \$252

Pay in full and save 15%

The Ojas Experience Add-On: \$250

Schedule a Discovery Call with Brittany or Reserve Your Spot

