

May

Living Ayurveda Internship 2021 SAMPLE CLASS CALENDAR—BOTH 10-WEEK SESSIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7am start 9:30am break 11:30 lunch 3pm end of day						1
2	3 9:30am-11:30am Program Orientation 11:30am-12:30pm Lunch 12:30pm-2:30pm Farm Tour 2:45pm-4:30pm Community Living Guidelines	4 5pm-8pm Planting Seeds and Setting Intention	5	6 5pm-8pm Medicine Crafting / Anupan (Water)	7 9am-4pm Introduction to Ayurveda (history, system of philosophy, elemental and Dosha theory)	8
9	10 7:30am-9am Yoga	11 5pm-8pm A Look into Daily & Seasonal Routines (Dinacharya / Ritucharya)	12	13 5pm-8pm A Look into Daily & Seasonal Routines (Dinacharya / Ritucharya)	14 9am-4pm A Look into Daily & Seasonal Routines (Dinacharya / Ritucharya)	15
16	17 7:30am-9am Yoga	18 5pm-8pm Conversations in Plant Communication Seed to Harvest (Tulsi)	19	20 5pm-8pm Nutrition	21	22
23	24 7:30am-9am Yoga	25 5pm-8pm Seed to Harvest (Ashwagandha)	26	27 5pm-8pm Nutrition	28 9am-4pm Plant Walk Off-Site (Connecting to plants and people, and the practice of bio-regional Ayurveda)	29
30	31 7:30am-9am Yoga					

June

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7am start 9:30am break 11:30 lunch 3pm end of day		1 5pm-8pm Foundations in Sanskrit & Mantra	2	3 5pm-8pm Foundations in Sanskrit & Mantra	4 9am-4pm Foundations in Sanskrit & Mantra	5
6	7 7:30am-9am Yoga	8 5pm-8pm Seed to Harvest (Gotu Kola and Bacopa)	9	10 5pm-8pm Medicine Crafting / Anupan (Milk / Ghee)	11	12
13	14 7:30am-9am Yoga	15 5pm-8pm Seed to Harvest (Bhringaraj, Bhumyamalaki, and Fennel)	16	17 5pm-8pm Medicine Crafting / Anupan (Infused Oils)	18	19
20	21 7:30am-9am Yoga	22 5pm-8pm Seed to Harvest (Skullcap, Peppermint, and Lemon Balm)	23	24 5pm-8pm Medicine Crafting / Anupan (Tinctures / Formulations)	25	26
27	28 7:30am-9am Yoga	29 5pm-8pm Dharma, Spirituality, and Living Ayurveda Beyond the Program	30			

July

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7am start 9:30am break 11:30 lunch 3pm end of day				1 5pm-8pm Dharma, Spirituality, and Living Ayurveda Beyond the Program	2 9am-4pm Dharma, Spirituality, and Living Ayurveda Beyond the Program	3
4	5 7:30am-9am Yoga	6 5pm-8pm Plants & Allies (Closing Ceremony)	7 12pm-2pm All Farm / Intern Lunch	8	9	10
11	12	13	14	15	16	17
18	19 7am-9am Opening Ceremony (Agnihotra) 9:30am-11:30am Program Orientation 11:30am-12:30pm Lunch 12:30pm-2:30pm Farm Tour 2:45pm-4:30pm Community Living Guidelines	20 5pm-8pm Planting Seeds and Setting Intention	21	22 5pm-8pm Medicine Crafting / Anupan (Water)	23 9am-4pm Introduction to Ayurveda (history, system of philosophy, elemental and Dosha theory)	24
25	26 7:30am-9am Yoga	27 5pm-8pm A Look into Daily & Seasonal Routines (Dinacharya / Ritucharya)	28	29 5pm-8pm A Look into Daily & Seasonal Routines (Dinacharya / Ritucharya)	30 9am-4pm A Look into Daily & Seasonal Routines (Dinacharya / Ritucharya)	31

August

Living Ayurveda Internship
2021 SAMPLE CLASS CALENDAR—BOTH 10-WEEK SESSIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7am start 9:30am break 11:30 lunch 3pm end of day	1	2	3	4	5	6
	7:30am-9am Yoga	5pm-8pm Seed to Harvest (Gotu Kola and Bacopa)		5pm-8pm Nutrition	9am-4pm Plant Walk Off-Site (Connecting to plants and people, and the practice of bio-regional Ayurveda)	7
8	9	10	11	12	13	14
	7:30am-9am Yoga	5pm-8pm Seed to Harvest (Bhringaraj, Bhumyamalaki, and Fennel)		5pm-8pm Nutrition		
15	16	17	18	19	20	21
	7:30am-9am Yoga	5pm-8pm Foundations in Sanskrit & Mantra		5pm-8pm Foundations in Sanskrit & Mantra	9am-4pm Foundations in Sanskrit & Mantra	
22	23	24	25	26	27	28
	7:30am-9am Yoga	5pm-8pm Seed to Harvest (Skullcap, Peppermint, and Lemon Balm)		5pm-8pm Medicine Crafting / Anupan (Infused Oils)		
29	30	31				
	7:30am-9am Yoga	5pm-8pm Conversations in Plant Communication Seed to Harvest (Tulsi)				

September

Living Ayurveda Internship
2021 SAMPLE CLASS CALENDAR—BOTH 10-WEEK SESSIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7am start 9:30am break 11:30 lunch 3pm end of day			1	2 5pm-8pm Medicine Crafting / Anupan (Milk / Ghee)	3	4
5	6 7:30am-9am Yoga	7 5pm-8pm Seed to Harvest (Ashwagandha)	8	9 5pm-8pm Nutrition	10	11
12	13 7:30am-9am Yoga	14 5pm-8pm Dharma, Spirituality, and Living Ayurveda Beyond the Program	15	16 5pm-8pm Dharma, Spirituality, and Living Ayurveda Beyond the Program	17 9am-4pm Dharma, Spirituality, and Living Ayurveda Beyond the Program	18
19	20 7:30am-9am Yoga	21 5pm-8pm Plants & Allies (Closing Ceremony)	22	23	24 12pm-2pm All Farm / Intern Lunch	25
26	27	28	29	30		