

# ASP1 24-25 Class Schedule

## TRIMESTER 1

Orientation: September 9-13, 2024, 8am-5pm

Session 1: September 16-27, 2024

Ayuryoga	Monday-Thursday	8am-9:30am
Vihāra Cikitsā	Monday-Thursday	10am-12:30pm
Ahara	Monday-Thursday	2pm-4:30pm

Session 2: September 30-November 1, 2024 (Last week no classes, just exams)

Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Introduction to Yogic Philosophy	Monday & Wednesday	10am-11:30am
Anatomy & Physiology	Tuesday & Thursday	10am-1pm
Samskrta	Friday	8am-10am

Session 3: November 4- December 13, 2024\* (Last week no classes, just exams)

Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Becoming a Clinician	Monday & Wednesday	10am-12:30pm
Samskrta	Friday	8am-10am
Becoming a Clinician: Clinic Observation	Friday	1:00pm-5pm

\*THANKSGIVING BREAK: November 25-29, 2024\*

## TRIMESTER 2

Session 1: January 13-February 14, 2025 (Last week check notes for any classes)

Ayuryoga*	Monday & Tuesday	8am-10am
Foundations of Ayurveda*	Monday-Thursday	10:30am-1:30pm
Becoming a Clinician*	Monday & Wednesday	3:00pm-5:30pm
Āhāra Cikitsā*	Tuesday & Thursday	3:00pm-5:30pm
Introduction to Yogic Philosophy	Wednesday & Thursday	8am-10am
Samskrta	Friday	8am-10:30am
Becoming a Clinician: Clinic Observation*	Friday	1:00pm-5pm

Session 2: February 17-March 21, 2025 (Last week no classes, just exams\*)

Foundations of Ayurveda	Monday-Thursday	10:30am-1:30pm
Anatomy & Physiology	Monday & Wednesday	3:00pm-6:00pm
Becoming a Clinician	Tuesday & Thursday	8:00am-9:30am
Samskrta	Friday	8am-10:30am
Becoming a Clinician: Clinic Observation*	Friday	1:00pm-5pm

Trimester 2 Notes:

-First day of classes will be January 15, with a puja and Ahara (regular time) on January 14.

-Week 1&2 of Session 1:

Becoming a Clinician will be held normal time on Wednesday & 2:30pm-5:00pm Friday Jan 17 & 24

-Ayuryoga will be held 11am-1pm on Friday Jan 17 & 24 and normal class time on Monday, Feb 10

-Clinic Observation for Session 1 will begin on Friday 1/31/24

## TRIMESTER 3

Session 1: March 31-April 25, 2025

Foundations of Ayurveda	Monday-Thursday	10:30am-1:30pm
Anatomy & Physiology	Monday & Wednesday	3:00pm-6:00pm
Becoming a Clinician	Tuesday	8:00am-9:30am
Samskrta	Tuesday & Thursday	3:00pm-5:30pm
Clinic	Friday	8am-5pm

Session 2: April 28-May 23, 2025

Foundations of Ayurveda	Monday-Thursday	10:30am-1:30pm
Becoming a Clinician	Tuesday	8:00am-9:30am
Ayuryoga	Tuesday	3:00pm-6:00pm
Introduction to Yogic Philosophy	Wednesday	8am-10am
Clinic	Friday	8am-5pm

\*\*PLEASE NOTE ALL SCHEDULES ARE SUBJECT TO CHANGE\*\*

Oral Exam Allocated between May 27 & June 11, 2025

Graduation: June 12, 2025



THE **AYURVEDIC**  
INSTITUTE