

ASP1 24-25 Class Schedule

TRIMESTER 1

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

Session 1: September 16-27, 2024

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|----------------|-----------------|--------------|---|
| Ayuryoga | Monday-Thursday | 8am-9:30am | |
| Vihāra Cikitsā | Monday-Thursday | 10am-12:30pm | |
| Ahara | Monday-Thursday | 2pm-4:30pm | No Class 9/16, make up class on Friday 9/20 9am-11:30am |

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

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| 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)

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| 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

Last day of Ahar & Vihara in Session 1 flipped on times

TRIMESTER 2

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

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| 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*)

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|---|--------------------|----------------|
| 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

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| 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

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| 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