

ASP1 25-26 Class Schedule

TRIMESTER 1

Orientation: September 29- October 3, 2025 (8-5pm)

Thanksgiving Break: November 24-28, 2025

Session 1: October 6- October 17, 2025

Vihāra Cikitsā	Monday-Thursday	8am-10:30am
Foundations of Ayurveda	Monday-Thursday	11am-12:30pm
Ayuryoga*	Monday-Thursday	2pm-4pm
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm

Session 2: October 20-October 31, 2025

Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Becoming A Clinician	Monday-Thursday	10am-12:30pm
Ahara Cikitsā	Monday-Thursday	2pm-4:30pm
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm

Session 3: November 3-November 14, 2025

Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Introduction to Yogic Philosophy	Monday-Thursday	10am-12:30pm
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm

Session 4: November 17-December 5, 2025

Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Becoming A Clinician	Monday-Thursday	10am-12:30pm
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm

Session 5: December 8- December 19, 2025

Becoming A Clinician & Clinic Observation	Monday-Friday	8am-5pm
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TRIMESTER 2

Session 1: January 14-February 20, 2026

First Full Week of Classes: 1/19/26

MLK Holiday: 1/19; Week of 1/14 Reserved for Puja & Make Up Classes

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 23-March 27, 2026

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
Ayuryoga*	Tuesday & Thursday	3pm-5pm
Samskrta	Friday	8am-10:30am
Becoming a Clinician: Clinic Observation*	Friday	1pm-5pm

TRIMESTER 3

Session 1: April 6-May 1, 2026

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
Introduction to Yogic Philosophy	Wednesdays	8am-10am
Samskrta	Tuesday & Thursday	3:00pm-5:30pm
Clinic	Friday	8am-6pm

Session 2: May 4-May 29, 2026

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-6pm

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

Oral Exam Allocated between May 29 & June 10, 2026

Graduation: June 11, 2026



THE AYURVEDIC
INSTITUTE