

ASP3 25-26 (Year 1) 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

Research Skills	Monday-Thursday	8am-11am	ONLINE
Herbology	Monday-Thursday	2pm-4:30pm	ONLINE
Clinic	Friday	8am-5pm	ONLINE

Session 2: October 20-October 31, 2025

Ayuryoga	Monday-Thursday	8am-10:30am	ONLINE
Medical Reports	Monday-Thursday	11am-1:30pm	ONLINE
Clinic	Friday	8am-5pm	ONLINE

Session 3: November 3-November 14, 2025

Medical Reports	Monday-Thursday	9am-11:30am	ONLINE
Psychology I	Monday-Thursday	5:00pm-7:00pm	ONLINE
Clinic	Friday	8am-5pm	ONLINE

Session 4: November 17-December 5, 2025

Pharmacology	Monday-Thursday	9am-11:30am	ONLINE
Psychology II	Monday-Thursday	5:00pm-7:00pm	ONLINE
Clinic	Friday	8am-5pm	ONLINE

Session 5: December 8- December 19, 2025

Clinic Supervision	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

Gurukula Consultations	Monday & Thursday	3pm-6pm	Online/SoHum
Gurukula Lecture	Friday	10am-1pm	Charaka Classroom
Herbology	Monday & Wednesday	8am-10:30am	Sushruta Classroom
Clinic	Wednesday	2pm-6pm	Clinic/Online
Psychology III	Thursday	11am-1pm	Online

Session 2: February 23-March 27, 2026

Gurukula Consultations	Monday & Thursday	3pm-6pm	Online/SoHum
Gurukula Lecture	Friday	10am-1pm	Charaka Classroom
Ayuryoga	Monday	8am-12pm	Sushruta Classroom
Clinic	Tuesday	9am-4pm	Clinic/Online
Psychology III	Thursday	11am-1pm	Online
Women's Health	Friday	3pm-5pm	Charaka Classroom

TRIMESTER 3

Session 1: April 6-May 1, 2026

Gurukula Consultations	Monday & Thursday	3pm-6pm	Online/SoHum
Gurukula Lecture	Friday	10am-1pm	Charaka Classroom
Ayuryoga	Monday & Thursday	8am-10am	Sushruta Classroom
Pharmacology	Tuesday & Wednesday	9am-12pm	Online
Women's Health	Friday	3pm-5pm	Charaka Classroom

Session 2: May 4-May 29, 2026

Gurukula Consultations	Monday & Thursday	3pm-6pm	Online/SoHum
Gurukula Lecture	Friday	10am-1pm	Charaka Classroom
Herbology	Monday & Thursday	9am-11:30am	Sushruta Classroom
Clinic	Tuesday & Wednesday	3pm-6pm	Clinic/Online
Women's Health	Friday	3pm-5pm	Charaka Classroom

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



THE AYURVEDIC
INSTITUTE