

ASP1 25-26 Class Schedule

TRIMESTER 1

Orientation September 30-October 2, 2025			
Thanksgiving Break: November 24-28, 2025			
Session 1: October 6- October 17, 2025			
Foundations of Ayurveda	Monday-Thursday	8am-9:30am	Caraka classroom
Vihāra Cikitsā	Monday-Thursday	10am-12:30pm	Caraka classroom
Ahara	Monday-Thursday	2pm-4:30pm	Caraka classroom
Anatomy & Physiology	Friday	8am-11am	Caraka classroom
Samskrta	Friday	11:30am-1:30pm	Caraka classroom
Ayuryoga*	Friday	3pm-5pm	Caraka classroom
Session 2: October 20-October 31, 2025			
Foundations of Ayurveda	Monday-Thursday	8am-9:30am	Caraka classroom
Becoming A Clinician	Monday-Thursday	2pm-4:30pm	Caraka classroom
Anatomy & Physiology	Friday	8am-11am	Caraka classroom
Samskrta	Friday	11:30am-1:30pm	Caraka classroom
Ayuryoga*	Friday	3pm-5pm	Caraka classroom
Session 3: November 3-November 14, 2025			
Foundations of Ayurveda	Monday-Thursday	8am-9:30am	Caraka classroom
Becoming a Clinician	Monday-Thursday	10am-12:30pm	Caraka classroom
Ahara	Monday-Thursday	2pm-4:30pm	Caraka classroom
Anatomy & Physiology	Friday	8am-11am	Caraka classroom
Samskrta	Friday	11:30am-1:30pm	Caraka classroom
Ayuryoga	Friday	3pm-5pm	Caraka classroom
Session 4: November 17-December 5, 2025			
Foundations of Ayurveda	Monday-Thursday	8am-9:30am	Caraka classroom
Yogic Philosophy	Monday-Thursday	10am-12:30pm	Caraka classroom
Anatomy & Physiology	Friday	8am-11am	Caraka classroom
Samskrta	Friday	11:30am-1:30pm	Caraka classroom
Ayuryoga	Friday	3pm-5pm	Caraka classroom
Session 5: December 8- December 19, 2025			
Becoming A Clinician & Clinic Observation	Monday-Friday	8am-5pm	Clinic/Online

TRIMESTER 2

Session 1: January 14-February 20, 2026			
First Full Week of Classes: 1/19/26			
Foundations of Ayurveda*	Monday-Thursday	10am-1pm	Caraka classroom
Becoming a Clinician*	Monday & Wednesday	3:00pm-5:30pm	Sushruta classroom
Introduction to Yogic Philosophy	Tuesday & Thursday	3pm-5pm	Sushruta classroom
Samskrta	Friday	8am-10:30am	Sushruta classroom
Becoming a Clinician: Clinic Observation*	Friday	1:00pm-5pm	Clinic/Online
Session 2: February 23-March 27, 2026			
Foundations of Ayurveda	Monday-Thursday	10am-1pm	Caraka classroom
Anatomy & Physiology	Monday & Wednesday	3:00pm-6:00pm	Sushruta classroom
Becoming a Clinician	Tuesday & Thursday	8:00am-9:30am	Caraka classroom
Ayuryoga*	Tuesday & Thursday	3pm-5pm	Sushruta classroom
Samskrta	Friday	8am-10:30am	Sushruta classroom
Becoming a Clinician: Clinic Observation*	Friday	1pm-5pm	Clinic/Online

TRIMESTER 3

Session 1: April 6-May 1, 2026			
Foundations of Ayurveda	Monday-Thursday	10am-1pm	Caraka classroom
Anatomy & Physiology	Monday & Wednesday	3:00pm-6:00pm	Sushruta classroom
Becoming a Clinician	Tuesday	8:00am-9:30am	Caraka classroom
Introduction to Yogic Philosophy	Wednesday&Thursday	8am-9:30am	Caraka classroom
Samskrta	Tuesday & Thursday	3:00pm-5:30pm	Sushruta classroom
Clinic	Friday	8am-6pm	Clinic/Online
Session 2: May 4-May 29, 2026			
Foundations of Ayurveda	Monday-Thursday	10am-1pm	Caraka classroom
Becoming a Clinician	Tuesday	8:00am-9:30am	Caraka classroom
Ayuryoga	Tuesday	3:00pm-6:00pm	Sushruta classroom
Introduction to Yogic Philosophy	Wednesday	8am-9:30am	Caraka classroom
Clinic	Friday	8am-6pm	Clinic/Online

PLEASE NOTE ALL SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE AS OF JUNE 6

Oral Exams June 1-10

Graduation: June 11, 2026



THE AYURVEDIC
INSTITUTE