

May

Living Ayurveda Internship 2021 SAMPLE CLASS CALENDAR—SESSION 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7:30am start 9:30am break 11:30 lunch 3pm end of day						1
2	3 6pm-8pm Under the Banyan Tree	4 5pm-8pm The Practice of Bioregional Ayurveda and Place Based Herbalism	5 5pm-8pm Intro to Ayurveda	6 5pm-8pm Intro to Ayurveda	7 9am-5pm Foundations of Ayurvedic Cooking	8 8am-2:30pm Foundations of Ayurvedic Cooking
9	10 7:30am-9am Yoga & Nature Awareness 4pm-5pm Market Training	11 5:30pm-8pm Decolonizing Ayurveda	12 5pm-8pm Intro to Sanskrit	13 5pm-8pm Intro to Sanskrit	14 9am-4pm Plant Walk	15
16	17 7:30am-9am Yoga & Nature Awareness	18 5pm-8pm Safe Space: Yamas and Niyamas	19	20 5pm-8pm Infused Oils	21 9am-12pm Farm Class	22
23	24 7:30am-9am Yoga & Nature Awareness	25 5pm-8pm Materia Medica	26	27 5pm-8pm Herbal Syrups	28 1pm-4pm Ojas, Tejas, Prana	29
30	31 7:30am-9am Yoga & Nature Awareness					

June

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FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7:30am start 9:30am break 11:30 lunch 3pm end of day		1 5pm-8pm Feeding Your Wild	2	3 5pm-8pm Infused Honeys	4 9am-4pm Plant Walk	5
6	7 7:30am-9am Yoga & Nature Awareness	8 5pm-8pm Materia Medica	9	10 5pm-8pm Daily and Seasonal Routine	11 9am-4pm Daily and Seasonal Routine	12
13	14 7:30am-9am Yoga & Nature Awareness	15 5pm-8pm Feeding Your Wild	16	17 5pm-8pm 4 Aims of Life	18 9am-4pm 4 Aims of Life	19
20	21 7:30am-9am Yoga & Nature Awareness	22 5pm-8pm Materia Medica	23	24 5pm-8pm Embodying Justice	25 9am-12pm Farm Class 1pm-4pm Vedic Astrology	26
27	28 7:30am-9am Yoga & Nature Awareness	29 5pm-8pm Feeding Your Wild	30			

July

Living Ayurveda Internship

2021 SAMPLE CLASS CALENDAR—SESSION 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FARMING SCHEDULE: Mondays 9:30am start 11:30am lunch 3pm end of day Tues.-Thurs. 7:30am start 9:30am break 11:30 lunch 3pm end of day				9am-4pm Plant Walk	1 1pm-4pm Vedic Astrology	2 3
4	5 7:30am-9am Yoga & Nature Awareness	6	7 1pm-3pm Closing Circle and Celebration	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31