



Ayurved Sadhana
Healing Begins Here...

Authentic Ayurvedic Experience In India

November 18 to December 8, 2020



A Day by Day Glance

- Day 1 – Mantra Yoga and Meditation; visit to Prabhuram Jivanram Vaidya's Maha Samadhi, Mumbai, and visit to many temples nearby
- Day 2 – Yoga, Meditation and Chanting; perform Special Puja by all students in temple for ancestors and good will of family and friends
- Day 3 – Yoga, Meditation and Chanting; visit Ayurvedic Doctors' (B.A.M.S) clinics; introducing the students to Ayurvedic doctors' work and research; clinical visits by students and shadowing; visit to Ayurvedic factory by students
- Day 4 – Yoga and Meditation; visit to Ayurvedic book library and bookstores; visit to herbal stores, and discussion on different Ayurvedic formulas and medicines available in India
- Day 5 – First free Ayurvedic Medical Camp at Ayurved Sadhana Charitable Clinic at Borivali, Mumbai -
- Day 6 – Second free Ayurvedic Medical Camp at Ayurved Sadhana Charitable Clinic at Borivali, Mumbai

- Day 7 – Yoga, Meditation and Chanting; visit to Ayurvedic Botanical Garden and collect/discuss major herbs near Mumbai; visit Goshala and Ayurvedic production factories
- Day 8 – Yoga, Meditation and Chanting; visit to Ayurvedic College in Mumbai; shadow B.A.M.S. doctors in outpatient and in-patient wards; visit to Panchakarma centers and clinical experiences in Ayurvedic College
- Day 9 – Free Ayurvedic Medical Camp – Skin Diseases
- Day 10 – Free Ayurvedic Medical Camp – Vata Diseases
- Day 11 – Free Ayurvedic Medical Camp – Female Diseases
- Day 12 – Free Ayurvedic Medical Camp – Children's Diseases
- Day 13 – Free Ayurvedic Medical Camp – GI Diseases
- Day 14 – Free Ayurvedic Medical Camp – General Diseases
- Day 15 – Free Ayurvedic Medical Camp – General Diseases
- Day 16 – Yoga, Meditation and Chanting; Ayurvedic Conference and Presentations by BAMS Graduate Association and each Ayurved Sadhana Students
- Day 17 – Yoga, Meditation and Chanting; visit to Panchakarma Center and hands-on practice
- Day 18 – Yoga, Meditation and Chanting; visit to Yoga Ashram and learn/practice yoga techniques



"Sometimes over two hundred people would gather for the free Medical Camp, all ages, waiting quietly in queues to speak with us about the illnesses they were facing, a chance for medicines they might not get otherwise and most importantly human kindness. I received much from them including a more honest perceptive of the people of India."

Ren Wilson



**Free Ayurvedic Medical Camp—Skin Diseases
Palghar, Maharashtra, India, 2017**



**Special Puja by Students in Temple
Mumbai, India, 2017**