



Ayurved Sadhana
Healing Begins Here...

“Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board.”

Fall 2021 Class Schedule

Incoming Students - Semester 1

Mark Orientation Date: July 30, 2021, 4:00 pm - 6:00 pm
MT

Hands-on Classes - 2021

1. Ayurvedic Cooking for Wellness:

**Dates: Classes are Saturday, September 25, 2021 through Sunday, September 26, 2021
10:00 am – 6:30 pm MT.**

- Sat, Sept 25, 10:00 am – 6:30 pm MT
- Sun, Sept 26, 10:00 am – 6:30 pm MT

2. Externship-Internship: Student Clinic:

**Dates: Classes are Thursday, October 28, 2021 through Saturday, October 30, 2021
10:00 am – 6:30 pm MT.**

- Thurs, Oct 28, 10:00 am – 6:30 pm MT
- Fri, Oct 29, 10:00 am – 6:30 pm MT
- Sat, Oct 30, 10:00 am – 6:30 pm MT

3. Graduation Ceremony and Dhanvantari Puja:

- Sat, Nov 6, 12:00 pm – 3:00 pm MT

4. Madhav Nidan Basics: Categories of Chikista: Part 1 - Clinical Examination:

**Dates: Classes are Saturday, December 4, 2021 through Sunday, December 5, 2021
10:00 am – 6:30 pm MT.**

- Sat, Dec 4, 10:00 am – 6:30 pm MT
- Sun, Dec 5, 10:00 am – 6:30 pm MT

Live-Webinar/Online Classes Fall 2021

1. History of Ayurveda: Journey of Significance:

Dates: Classes are Monday, August 9, 2021 through Friday, August 13, 2021

5:30 pm – 9:00 pm MT.

- Mon, Aug 9, 5:30 pm – 9:00 pm MT
- Tues, Aug 10, 5:30 pm – 9:00 pm MT
- Wed, Aug 11, 5:30 pm – 9:00 pm MT
- Thurs, Aug 12, 5:30 pm – 9:00 pm MT
- Fri, Aug 13, 5:30 pm – 9:00 pm MT

2. Fundamentals of Ayurveda:

Dates: Classes are Thursday, August 19, 2021 through Thursday, September 16, 2021

5:30 pm – 9:00 pm MT.

- Thurs, Aug 19, 5:30 pm – 9:00 pm MT
- Thurs, Aug 26, 5:30 pm – 9:00 pm MT
- Thurs, Sept 2, 5:30 pm – 9:00 pm MT
- Thurs, Sept 9, 5:30 pm – 9:00 pm MT
- Thurs, Sept 16, 5:30 pm – 9:00 pm MT

3. Dhatu and Srotamsi- Ayurvedic Pathologies:

Dates: Classes are Thursday, September 23, 2021 through Thursday, October 21, 2021

5:30 pm – 9:00 pm MT.

- Thurs, Sept 23, 5:30 pm – 9:00 pm MT
- **No Class on Sept 28 due to Student Clinic**
- Thurs, Sept 30, 5:30 pm – 9:00 pm MT
- Thurs, Oct 7, 5:30 pm – 9:00 pm MT
- Thurs, Oct 14, 5:30 pm – 9:00 pm MT
- Thurs, Oct 21, 5:30 pm – 9:00 pm MT

4. Meditation and Chanting:

Dates: Classes are Saturday, August 21, 2021 through Saturday, December 11, 2021

11:00 am – 1:30 pm MT.

- Sat, Aug 21, 11:00 am – 1:30 pm MT
- Sat, Sep 18, 11:00 am – 1:30 pm MT
- Sat, Oct 16, 11:00 am – 1:30 pm MT
- Sat, Nov 20, 11:00 am – 1:30 pm MT
- Sat, Dec 11, 11:00 am – 1:30 pm MT

5. Student's Enrichment and Mentoring:

Dates: Classes are Saturday, August 21, 2021 through Saturday, December 11, 2021

2:00 pm – 5:00 pm MT.

- Sat, Aug 21, 2:00 pm - 5:00 pm MT
- Sat, Sep 18, 2:00 pm - 5:00 pm MT
- Sat, Oct 16, 2:00 pm - 5:00 pm MT
- Sat, Nov 20, 2:00 pm - 5:00 pm MT
- Sat, Dec 11, 2:00 pm - 5:00 pm MT

6. Sanskrit – Part 1:

Dates: Classes are Saturday, August 18, 2021 through Saturday, December 8, 2021

6:00 pm – 8:00 pm MT.

- August:
 - Wed, Aug 18, 6:00 pm – 8:00 pm MT
 - Wed, Aug 25, 6:00 pm – 8:00 pm MT
- September:
 - Wed, Sep 1, 6:00 pm – 8:00 pm MT
 - Wed, Sep 8, 6:00 pm – 8:00 pm MT
 - Wed, Sep 15, 6:00 pm – 8:00 pm MT
 - Wed, Sep 22, 6:00 pm – 8:00 pm MT
 - Wed, Sep 29, 6:00 pm – 8:00 pm MT
- October:
 - Wed, Oct 6, 6:00 pm – 8:00 pm MT
 - Wed, Oct 13, 6:00 pm – 8:00 pm MT
 - Wed, Oct 20, 6:00 pm – 8:00 pm MT
- November:
 - Wed, Nov 3, 6:00 pm – 8:00 pm MT
 - Wed, Nov 10, 6:00 pm – 8:00 pm MT
 - Wed, Nov 17, 6:00 pm – 8:00 pm MT
- December:
 - Wed, Dec 1, 6:00 pm – 8:00 pm MT
 - Wed, Dec 8, 6:00 pm – 8:00 pm MT

7. Padartha Vigyana: Metaphysical Aspects of Ayurveda:

Dates: Classes are Saturday, October 2, 2021 through Saturday, October 9, 2021

11:00 am – 6:60 pm MT.

- Sat, Oct 2, 11:00 am – 6:30 pm MT
- Sun, Oct 3, 11:00 am – 6:30 pm MT
- Sat, Oct 9, 11:00 am – 6:30 pm MT

8. Ayurvedic Ethnobotany:

Dates: Classes are Saturday, October 23, 2021 through Sunday, October 24, 2021

11:00 am – 6:00 pm MT.

- Sat, Oct 23, 11:00 am – 6:00 pm MT
- Sun, Oct 24, 11:00 am – 6:00 pm MT

9. Swasthavritta: Ayurved and Hygiene:

Dates: Classes are Thursday, November 4, 2021 through Thursday, December 9, 2021

5:30 pm – 9:00 pm MT.

- Thurs, Nov 4, 5:30 pm – 9:00 pm MT
- Thurs, Nov 11, 5:30 pm – 9:00 pm MT
- Thurs, Nov 18, 5:30 pm – 9:00 pm MT
- Thurs, Dec 2, 5:30 pm – 9:00 pm MT
- Thurs, Dec 9, 5:30 pm – 9:00 pm MT