



Balandi Ayurveda Gurukul

Class Schedule 2023-2024; Year D

Fall 2023: August 16 - December 1 (Make up class days - December 6, 8)		
Day	Time	
Wednesday	9:00 a.m. - 9:50 a.m.	1st and 2nd year students: Meditation: Loving-kindness & Non-violent Communication 3rd and 4th year students: Sing the Sutras
	10:00 a.m. - 1:00 p.m.	Nighantu, Botany & Phytochemistry
	1:00 p.m. - 2:15 p.m.	Ayurvedic Diet and Nutrition (Lunch)
	2:15 p.m. - 5:00 p.m.	Case Based Studies in Family Practice: Jara Tantra
Tuesday & Thursday	9:00 a.m. - 5:30 p.m.	Clinical Internship
Friday	9:00 a.m. - 10:00 a.m.	Satsang
	10:00 a.m. - 1:00 p.m.	Fundamentals of Ayurveda (First Year Students) Round Table (All Other Students)
	1:00 p.m. - 2:15 p.m.	Ayurvedic Diet and Nutrition (Lunch)
	2:15 p.m. - 5:00 p.m.	Prasuti Tanta: Fertility, Pregnancy, Post-Partum

Fall Weekend Classes (1st Year only):

- Medicine Making: Aug. 19-20
- Self Care: Sept. 2-3
- Lifestyle Counseling: Nov 4-5

Daily Breaks:

Morning: 11:30-12pm

Lunch: 1-2:15pm

Afternoon: 3:45-4pm

Spring 2024: January 14 - May 3 (Make up class days - May 8, 10)		
Day	Time	
Wednesday	9:00 a.m. - 9:50 a.m.	1st and 2nd year students: Meditation: Loving-kindness & Non-violent Communication 3rd and 4th year students: Sing the Sutras
	10:00 a.m. - 1:00 p.m.	Nighantu Botany & Phytochemistry
	1:00 p.m. - 2:15 p.m.	Ayurvedic Diet and Nutrition (Lunch)
	2:15 p.m. - 5:00 p.m.	Case Based Studies in Family Practice: Manas Chikitsa
Tuesday & Thursday	9:00 a.m. - 5:30 p.m.	Clinical Internship
Friday	9:00 a.m. - 10:00 a.m.	Satsang: 21 st Century Spirituality
	10:00 a.m. - 1:00 p.m.	Round Table
	1:00 p.m. - 2:15 p.m.	Ayurvedic Diet and Nutrition (Lunch)
	2:15 p.m. - 5:00 p.m.	Medical Tests x 10 weeks Subtle Therapies x 5 weeks

Spring Intensive: Panchakarma

- January 8-12