

Day 1

- 6:30 - 8:30 Morning Yoga & Opening Circle
- 8:30 - 9:30 Breakfast
- 9:30 - 12:30 Art of Observation Workshop: Learn essential techniques to gain deeper insights into the vikruti and prakruti of others
- 12:30 - 2:30 Lunch & Free Time
- 2:30 - 5:00 Peer Assessment Groups: In these interactive sessions, students will break into small groups to practice determining prakruti and vikruti using observation techniques.
- 5:00 - 6:00 Mentorship Session: Engage in an exclusive Mentorship Session with the Dean of Education, where you can ask questions, seek personalized advice, and gain valuable insights into your Ayurvedic studies and career aspirations
- 6:30 Set the tone of our 7-day immersion together by sharing our first dinner as a group





Day 2

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 The Art of Questioning Workshop: Learn effective questioning techniques and how to use the Ayurvedic intake form to thoroughly understand patient history and enhance your diagnostic skills

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Peer Assessment Groups: In these interactive sessions, students break into small groups and complete Ayurvedic assessments on one another

5:00 - 6:00 Your Community Workshop: Explore strategies to identify and engage your ideal audience while uncovering key techniques that will elevate your communication and strengthen your connection within your community

6:30 Nourishing Dinner



Day 3

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 Sparshana—The Ayurvedic Pulse Workshop: Delve into the ancient art of pulse diagnosis, learning foundational palpation techniques and how to interpret the pulse to gain deeper insights into a client's health and constitution

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Consultation Debriefs: In these sessions, students present their case studies and collaboratively develop treatment plans with the guidance of their Preceptor

5:00 - 6:00 Your Offering Workshop: Discover how to align your expertise with your clients' needs and craft a signature offering that sets you apart

6:30 Nourishing Dinner

Day 4

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 Sparshana—Taking Vital Signs Workshop: Learn how to accurately measure and assess vital signs, including pulse, blood pressure, and respiration, and discover how to integrate these key assessments into your Ayurvedic assessment

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Consultation Debriefs: In these sessions, students present their case studies and collaboratively develop treatment plans with the guidance of their Preceptor

5:00 - 6:00 Your Marketing Workshop: Explore how to authentically attract clients by developing marketing strategies that resonate with your values and feel genuine to both you and your audience

6:30 Nourishing Dinner





Day 5

- 6:30 - 8:30 Morning Yoga & Asana Lab
- 8:30 - 9:30 Breakfast
- 9:30 - 12:30 Snehana—Oleation Therapies Workshop:
Immerse yourself in the principles of oleation therapy, learning the art of preparing and applying medicated oils both internally and externally. Discover when and why to use snehana and explore various techniques to enhance your Ayurvedic practice.
- 12:30 - 2:30 Lunch & Free Time
- 2:30 - 5:00 Vasti Preparation & Administration Workshop:
Gain hands-on experience in preparing and administering therapeutic pastes, focusing on the specialized technique of Janu Vasti
- 5:00 - 6:00 Your Client Experience: Design a seamless client journey by creating effective systems that guide every interaction, from the initial contact to the offboarding process, ensuring a positive and lasting impression
- 6:30 Nourishing Dinner



Day 6

6:30 - 8:30 Morning Yoga & Asana Lab

8:30 - 9:30 Breakfast

9:30 - 12:30 Abhyanga Practice & Principles Workshop: Explore the foundational principles of abhyanga, including the selection of oils, application techniques, and the differences between self-administered and professional abhyanga. Learn when to use this nourishing practice and understand important contraindications

12:30 - 2:30 Lunch & Free Time

2:30 - 5:00 Peer Assessment Groups: In these interactive sessions, students will break into small groups to practice determining prakruti and vikruti using observation techniques

5:00 - 6:00 Your Marketing Workshop: Explore how to authentically attract clients by developing marketing strategies that resonate with your values and feel genuine to both you and your audience

6:30 Nourishing Dinner

Day 7

- 6:30 - 8:30 Morning Yoga & Asana Lab
- 8:30 - 9:30 Breakfast
- 9:30 - 11:30 Nasya Workshop: Learn the essentials of nasya, including the different types, indications, and contraindications. Explore the oils and herbs used, and gain insight into the preparation and procedures
- 11:30 - 12:30 Final Exam: A comprehensive written test designed to assess your knowledge and understanding of Ayurvedic principles, diagnostic techniques, and therapeutic practices
- 12:30 - 2:30 Lunch & Free Time
- 2:30 - 5:00 Nasya Preparation & Administration Practicum: Engage in a hands-on practicum where you'll prepare nasya oil and learn the proper techniques for administering this therapeutic Ayurvedic treatment
- 5:30 - 6:30 Closing Circle: We'll take a moment to connect, share insights, and celebrate the growth and experiences we've had together, marking the culmination of our time as a group
- 6:30 We'll close this 7-day immersion by sharing our last dinner together as a group

