

Ayurveda for Animals September 24-26, 2021

Date and Time	Topic	Description	Location
Friday, September 24 8:00-8:30	Registration, Breakfast		Breakfast Nook
8:30-9:00	Introductions, Intentions, Announcements	Overview of area, announcements, Introduce ourselves, Mindful opening	Classroom
9:00-10:30	General Theory	This lecture will start with a general introduction to Ayurveda. We will explain the Elements, Doshas (personality types), Gunas (traits of each personality type), Dhatus (tissues), and the concept of Agni (digestive fire). Gunas will have a tactile component.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	General Theory continued	Continued	Classroom
12:30-2:00	Lunch		
2:00-3:30	Food and Herb Theory	An Ayurvedic monograph has different categories than a Western Herbal monograph, or even a Chinese Herbal Monograph. This lecture will explain all the parts of the monograph and the Ayurvedic theory on herb and food use as medicine.	Classroom
3:30-4:00	Break	Qi Gong available	
4:00-5:30	Food and Herb Theory continued	Continued	Classroom
Saturday, September 25 7:5-8:20	Breakfast		Breakfast Nook
8:20-8:30	Daily Opening		Classroom
8:30-10:00	Ayurvedic Foods	In this lecture, we will present a variety of food monographs from an Ayurvedic perspective. We will explain how and when to use these foods medicinally. There will be an organoleptic component in which foods will be tasted.	Classroom
10-10:30	Break	Qi Gong available	
10:30-12:00	Ayurvedic Foods continued	Continued	Classroom
12:00-1:30	Lunch		
1:30-3:00	Ayurvedic Herbs	In this lecture, we will present a variety of Ayurvedic herbal monographs. We will explain how and when to use these herbs medicinally, both internally and topically. There will be an organoleptic	Classroom

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		component in which herbs will be tasted.	
3:00-3:30	Break	Qi Gong available	
3:30-5:00	Ayurvedic Herbs continued	Continued	Classroom
Sunday, September 26	Breakfast		Breakfast Nook
7:50-8:20			
8:20-8:30	Daily Opening		Classroom
8:30-10:30	Ayurvedic Lifestyle	One of the greatest benefits in Ayurveda is incorporating healthy habits into daily life. The Ayurvedic clock follows the natural rhythms of the day and of the seasons, making time for activity, rest, focused work, nourishment, self-care and other important aspects of health maintenance. In this lecture, we will go through the Ayurvedic schedules for day and seasons.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	Final "Quiz"	This class quiz will be a review of the gunas, elements, and maybe the tastes...on the beach!	Beach
12:30-1:00	Break		
1:00-4:30	Lab/Lunch: Food and Herb Preparation	This lab will be the organoleptic part of the food and herb lectures. We will demonstrate how to prepare certain herbs and foods, as well as sample what we make where appropriate.	Classroom
4:30-5:00	Closing		Classroom