



FOUNDATIONS OF AYURVEDA  
April 19–July 30, 2023  
Larissa Carlson, Kate O’Donnell, Erin Casperson, and more

APRIL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
				4:00–6:00 pm			
	23	24	25	26	27	28	29
				4:00–6:00 pm			
	30						

**Please note** Times are subject to change. All times are EST and will be streamed live via Zoom.



FOUNDATIONS OF AYURVEDA

April 19–July 30, 2023

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MAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023		1	2	3	4	5	6
				4:00–6:00 pm			
	7	8	9	10	11	12	13
				4:00–6:00 pm			
	14	15	16	17	18	19	20
				4:00–6:00 pm		Residential Immersion at Kripalu begins 7:00–9:00 pm	6:30–7:30 am 8:30–12:00 pm 2:00–6:00 pm
	21	22	23	24	25	26	27
	6:30–7:30 am 8:30–12:00 pm 2:00–6:00 pm	6:30–7:30 am 8:30–12:00 pm 2:00–6:00 pm	6:30–7:30 am 8:30–12:00 pm 2:00–6:00 pm	6:30–7:30 am 8:30–12:00 pm 2:00–6:00 pm	6:30–7:30 am 8:30–12:00 pm 2:00–6:00 pm 7:00–9:00 pm	6:30–7:30 am 8:30–12:00 pm	
	28	29	30	31			

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JUNE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023					1	2	3
	4	5	6	7	8	9	10
				4:00–6:00 pm			
	11	12	13	14	15	16	17
				4:00–6:00 pm			
	18	19	20	21	22	23	24
				4:00–6:00 pm			
	25	26	27	28	29	30	
				4:00–6:00 pm			

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April 19–July 30, 2023

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JULY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
				4:00–6:00 pm			
	16	17	18	19	20	21	22
				4:00–6:00 pm			
	23	24	25	26	27	28	29
	Residential	6:30–7:30 am	6:30–7:30 am	6:30–7:30 am	6:30–7:30 am	6:30–7:30 am	6:30–7:30 am
	Immersion	8:30–12:00 pm	8:30–12:00 pm	8:30–12:00 pm	8:30–12:00 pm	8:30–12:00 pm	8:30–12:00 pm
	at Kripalu	2:00–6:00 pm	2:00–6:00 pm	2:00–6:00 pm	2:00–6:00 pm	2:00–6:00 pm	2:00–6:00 pm
	begins				7:00–9:00 pm		7:00–9:00 pm
	7:00–9:00 pm						
	30	31					
	6:30–7:30 am						
	8:30–12:00 pm						

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