



FOUNDATIONS OF AYURVEDA

September 28, 2022–April 16, 2023

Rosy Mann, Scott Blossom, Kate O'Donnell, Jyothi Bhatt, Larissa Carlson, Erin Casperson

SEPTEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28 4:00–6:00 pm	29	30 9:00–12:00 pm 2:00–4:00 pm	

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



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OCTOBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022							1 9:00–12:00 pm 2:00–4:00 pm
	2 9:00–12:00 pm	3	4	5 4:00–6:00 pm	6	7	8
	9	10	11	12 4:00–6:00 pm	13	14	15
	16	17	18	19 4:00–6:00 pm	20	21	22
	23	24	25	26	27	28	29
	30	31					

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NOVEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022			1	2	3	4	5
				4:00–6:00 pm			
	6	7	8	9	10	11	12
				4:00–6:00 pm		9:00–12:00 pm 2:00–4:00 pm	9:00–12:00 pm 2:00–4:00 pm
	13	14	15	16	17	18	19
	9:00–12:00 pm			4:00–6:00 pm			
	20	21	22	23	24	25	26
	27	28	29	30			
				4:00–6:00 pm			

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DECEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022					1	2	3
	4	5	6	7	8	9 9:00–12:00 pm 2:00–4:00 pm	10 9:00–12:00 pm 2:00–4:00 pm
	11 9:00–12:00 pm	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

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

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FEBRUARY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023				1	2	3 9:00–12:00 pm 2:00–4:00 pm	4 9:00–12:00 pm 2:00–4:00 pm
	5 9:00–12:00 pm	6	7	8 4:00–6:00 pm	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				

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MARCH	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023				1 4:00–6:00 pm	2	3 9:00–12:00 pm 2:00–4:00 pm	4 9:00–12:00 pm 2:00–4:00 pm
	5 9:00–12:00 pm	6	7	8 4:00–6:00 pm	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	30	31	

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

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