



FOUNDATIONS OF AYURVEDA
September 21, 2021–April 10, 2022
Rosy Mann, Larissa Hall Carlson, Erin Casperson, and more

September	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24 9:00 am–12:00 pm 2:00–4:00 pm	25 9:00 am–12:00 pm 2:00–4:00 pm
	26 9:00 am–12:00 pm	27	28 4:00–6:00 pm	29	30		

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



FOUNDATIONS OF AYURVEDA
September 21, 2021–April 10, 2022
Rosy Mann, Larissa Hall Carlson, Erin Casperson, and more

October	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
3	4	5	6	7	8	9	
			4:00–6:00 pm				
10	11	12	13	14	15	16	
			4:00–6:00 pm				
17	28	19	20	21	22	23	
			4:00–6:00 pm				
24	25	26	27	28	29	30	
					9:00 am–12:00 pm 2:00–4:00 pm	9:00 am–12:00 pm 2:00–4:00 pm	
			4:00–6:00 pm				
31							
	9:00 am–12:00 pm						

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FOUNDATIONS OF AYURVEDA
September 21, 2021–April 10, 2022
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November	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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				
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
				1	2	3 9:00 am–12:00 pm 2:00–4:00 pm	4 9:00 am–12:00 pm 2:00–4:00 pm
	5 9:00 am–12:00 pm	6	7 4:00–6:00 pm	8	9	10	11
	12	13	14 4:00–6:00 pm	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

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FOUNDATIONS OF AYURVEDA
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January	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1
	2	3	4 4:00–6:00 pm	5	6	7	8
	9	10	11 4:00–6:00 pm	12	13	14 9:00 am–12:00 pm 2:00–4:00 pm	15 9:00 am–12:00 pm 2:00–4:00 pm
	16 9:00 am–12:00 pm	17	18 4:00–6:00 pm	19	20	21	22
	23	24	25	26	27	28	

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FOUNDATIONS OF AYURVEDA
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February	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4:00–6:00 pm	2	3	4	5
6	7	8 4:00–6:00 pm	9	10	11	12	
13	14	15 4:00–6:00 pm	16	17	18 9:00 am–12:00 pm 2:00–4:00 pm	19 9:00 am–12:00 pm 2:00–4:00 pm	
20 9:00 am–12:00 pm	21	22 4:00–6:00 pm	23	24	25	26	
27	28						

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FOUNDATIONS OF AYURVEDA
September 21, 2021–April 10, 2022
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March	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4:00–6:00 pm	2	3	4	5
	6	7	8 4:00–6:00 pm	9	10	11 9:00 am–12:00 pm 2:00–4:00 pm	12 9:00 am–12:00 pm 2:00–4:00 pm
	13 9:00 am–12:00 pm	14	15 4:00–6:00 pm	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

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September 21, 2021–April 10, 2022
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April	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
	3	4	5	6	7	8 9:00 am–12:00 pm 2:00–4:00 pm	9 9:00 am–12:00 pm 2:00–4:00 pm
	10 9:00 am–12:00 pm	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

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