



Sample Daily Schedule

Kripalu School of Ayurveda Trainings

This schedule is designed to provide an intensive, experiential exploration of Ayurveda. A typical day might be:

6:30–8:00 am	Sadhana (This is mainly yoga, pranayama, and meditation.)
8:00–9:00 am	Breakfast
9:00 am–12:00 pm	Program Session
1:00–2:00 pm	Lunch
2:00–6:00 pm	Program Session
7:00–9:00 pm	Occasional Program Session

[View the Kripalu Guest Guide.](#)