

## **Ayurveda lesson plan Bridge year Ayuryoga 2021-2022**

**Lesson dates:** April 25, June 20, September 5, October 3.

**Time: 10.00 - 17.00 hr**

During the internship May 25 through May 30, Saturday and Sunday are Ayurveda class days and Monday through Friday morning are Yoga class days. The Program will follow later.

**Ayurveda teacher: Sashvin Bhoelai, (BAMS)**

**Lesson location:** Centrum Djoj Antony Duykiaan 5, Rotterdam. After September Vlaardingen, Rotterdamseweg 180.

**Internship address:** Ashram Sada Siva Dam, Vrijenbergweg 60, Loenen

**Topics Ayurveda for this year are:**

1. Introduction and Philosophy of Ayurveda and basic principles
2. Principles of Ayurveda
3. Imbalance of the tri dosha, Trikatu
4. Dhatu & Upadhatu, Agni & Ama
5. Summary of test

Preparation: Read through the teaching material from **Syllabus 1** in Dropbox and this will be discussed in detail during class. Sometimes Power point will be used during class.