

Ayurveda for Animals March 10-12, 2023

Date and Time	Topic	Description	Location
Friday, March 10 8:00-8:30	Registration, Breakfast		Breakfast Nook
8:30-9:00	Introductions, Intentions, Announcements	Overview of area, announcements, Introduce ourselves, Mindful opening	Kitchen Classroom
9:00-10:30	General Theory	This lecture will start with a general introduction to Ayurveda. We will explain the Elements, Doshas (personality types), Gunas (traits of each personality type), Dhatus (tissues), and the concept of Agni (digestive fire). Gunas will have a tactile component.	Kitchen Classroom
10:30-11:00	Break		
11:00-12:30	General Theory continued	Continued	Kitchen Classroom
12:30-2:00	Lunch		
2:00-3:30	Food and Herb Theory	An Ayurvedic monograph has different categories than a Western Herbal monograph, or even a Chinese Herbal monograph. This lecture will explain all the parts of the monograph and the Ayurvedic theory on herb and food use as medicine.	Kitchen Classroom
3:30-4:00	Break		
4:00-5:30	Food and Herb Theory continued	Continued	Kitchen Classroom
Saturday, March 11 7:5-8:30	Breakfast		Breakfast Nook
8:30-10:00	Ayurvedic Foods	In this lecture, we will present a variety of food monographs from an Ayurvedic perspective. We will explain how and when to use these foods medicinally. There will be an organoleptic component in which foods will be tasted.	Kitchen Classroom
10-10:30	Break		
10:30-12:00	Ayurvedic Foods continued	Continued	Kitchen Classroom
12:00-1:30	Lunch		
1:30-3:00	Ayurvedic Herbs	In this lecture, we will present a variety of Ayurvedic herbal monographs. We will explain how and when to use these herbs medicinally, both internally and topically. There will be an organoleptic component in which herbs will be tasted.	Kitchen Classroom

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3:00-3:30	Break		
3:30-5:00	Ayurvedic Herbs continued	Continued	Kitchen Classroom
Sunday, March 12	Breakfast		Breakfast Nook
7:50-8:30			
8:30-10:30	Ayurvedic Lifestyle	One of the greatest benefits in Ayurveda is incorporating healthy habits into daily life. The Ayurvedic clock follows the natural rhythms of the day and of the seasons, making time for activity, rest, focused work, nourishment, self-care and other important aspects of health maintenance. In this lecture, we will go through the Ayurvedic schedules for day and seasons. This schedule is as pertinent to our companion animals as it is to us.	Kitchen Classroom
10:30-11:00	Break		
11:00-12:30	Final "Quiz"	This class quiz will be a review of the gunas, elements, and maybe the tastes...on the beach!	Garden
12:30-1:00	Break		
1:00-4:30	Lab/Lunch: Food and Herb Preparation	This lab will be the organoleptic part of the food and herb lectures. We will demonstrate how to prepare certain medicinal herbs and foods, as well as sample what we make where appropriate.	Kitchen Classroom
4:30-5:00	Closing		Kitchen Classroom