Ayurvedic Apprenticeship with Anne McIntyre

Overview of Foundation Year:

February:
AA 01: The History of Ayurveda
AA 02: Ayurvedic Philosophy and Cosmology
AA 03: The Five Elements

March:
AA 04: The Three *Doshas*
AA 05: *Prakruti* & *Vikruti*

April:
AA 06: *Agni*; The Vital Role of the Digestive Fire
AA 07: Raising *Agni* and Clearing *Ama*

Workshop 1 – 26th & 27th April 2027

May:
AA 08: The Seven Tissues (*dhatus*) and the *Srotas*
AA 09: The *Subdoshas*
AA 10: Understanding the Six Tastes

June:
AA 11: Balancing the *Doshas*
AA 12: The 20 qualities
AA 13: Treatment of *Vata*
AA 14: Treatment of *Pitta*
AA 15: Treatment of *Kapha*

Workshop 2 – 30th June & 1st July 2027

July:
AA 16: *Ojas*, Rejuvenation and Longevity
AA 17: How to increase *ojas* (*Rasayana chitikitsa*)

August:
BREAK

September:
AA 18: The Subtle Anatomy of the Heart and the Mind
AA 19: The *Doshas*, the Heart and Mind
AA 20: Balancing Heart and Mind

Workshop 3 – 22nd & 23rd September 2027

October:
AA 21: Health and Harmony Through the Seasons

Workshop 4 – 19th & 20th October 2027