



DINacharya presents **Master Classes in Āyurveda**

The best teachers. The best techniques for student-centered instruction. Ayurvedic experts from India teaching in English. Integrative and practical instruction guided by global practitioners. Passion for teaching. Use of authentic source textbooks/*granthas*. Guided learning. Practical applications. Moderated live discussions. Guided Sanskrit. Resources for intellectual exploration. Face-to-face community of fantastic international colleagues. Case-based studies. Optional self-assessments. Open sharing of knowledge.

Course. DIN 116: Aṣṭāṅga-Hṛdayam śloka-by-śloka

DATE: every **Wednesday**, from **04 September** 2019 until 03 June 2020 (except holidays)

TIME: **9:30am-11am EDT** (=1:30-3pm UTC, 7p-8:30p IST, 6a-8a PDT)

Find your time zone: <https://www.timeanddate.com/time/map/>

LOCATION: The **DINacharya classroom via Zoom** software*

Access through a connected computer or smartphone with a strong internet connection.

Classes are hosted by The DINacharya Institute, New York, NY, USA

*The link will be sent to you after acceptance to the class.

STUDENTS: International, from Alaska to Florida, Argentina to Belgium, Toronto to CapeTown, Jerusalem to Bombay, Delhi to Malaysia, Kathmandu to Sydney

FACULTY: Master Teachers are trained on Zoom use, interviewed, trained for international teaching to adult students, then vetted for competence, diversity, and content expertise. Master Teachers 2019-2020 include Prof. Vd. Nambi Namboodiri, Vd. Pallavi Gupta, Vd. Satyajith Kadkol, Professor Vd. Chandra Bhushan Jha, Vd. Paritosh Bhatt, Dr. Bhaswati Bhattacharya, and other newly trained teachers. The course moderators are Chitra Mirit Eder BA LMT CIM and Bhaswati Bhattacharya MPH MD PhD (Ayu).

The course begins **04 September 2019**, with **A.H.Sū. 11.1. The AH Sutrasthana Prathama Adhyaya** will be re-viewed and re-visited during the classes.

*To join us, please write to dinacharyanyc@gmail.com.

COURSE AGENDA

There are no breaks, no meals. Homework assignments are created according to the class discussion and competence of participants.

Holiday	Wednesdays		Chapters11,12	
Labor Day-Sept 2	9/4/19 9:30am EDT	Q4.01	Vāta	Nirukti & Nishpatti of Vāta Sū1.11 1.18/19 Sū 11.1, 11.5/6, 15, 19
	9/11/19 9:30am EDT	Q4.02	Vāta	Sū 11.26 - 29 - Dhatu Asthi
	9/18/19 9:30am EDT	Q4.03	Vāta	Seats of Vata/ divisions
Rosh Hashanah- Sept 29	9/25/19 9:30am EDT	Q4.04	Vāta	Chaya Prakopa
	10/2/19 9:30am EDT	Q4.05	Pitta	Nirukti & Nishpatti of Pitta Sū1.11 1.18/19 Sū 11.2, 11.7a, 16a, 19
Yom Kippur-Oct 8	10/9/19 9:30am EDT	Q4.06	Pitta	Sū - Dhatu Rakta
Columbus Day - Oct 14	10/16/19 9:30am EDT	Q4.07	Pitta	Seats of Pitta/ divisions
	10/23/19 9:30am EDT	Q4.08	Pitta	Chaya Prakopa
Diwail - Oct 27	10/30/19 9:30am EDT	Q4.09	Kapha	Nirukti & Nishpatti of Kapha Sū1.11 1.18/19 Sū 11.3, 11.7b, 16b, 19
DST changes Nov 3	11/06/19 9:30am EST	Q4.10	Kapha	Seats of Kapha/ divisions
Veterans Day - Nov 11	11/13/19 9:30am EST	Q4.11	Kapha	Sū - Dhatu Rasa, Mamsa Medha Majja śukra
	11/20 9:30am EST/19 9:30am EST	Q4.12	Kapha	Chaya Prakopa
Thanksgiving - Nov 26	11/27/2019 9:30am EST			No class Thanksgiving week
	Wednesdays		Chapter 13	
	12/4/19 9:30am EST	Q5.01	13.1-3	Chapt 13 (41 ślokāḥ)
	12/11/19 9:30am EST	Q5.02	13.4-9	management of pitta
	12/18/19 9:30am EST	Q5.03	13.10-13.13	management of kapha
Christmas - Dec 25	12/25/19 9:30am			No Class 2 week holiday
New Year 2020 - Jan 1	12/18/19 9:30am			No Class 2 week holiday
	1/8/20 9:30am EST	Q5.04	13.14-13.15	rtucarya and timing and priorities of management
MLK Day - Jan 20	1/22/20 9:30am EST	Q5.05	13.16-13.19	therapeutic procedures, transit of dosas, latency/idle dosas
Chinese Lunar New Yr-Jan25	1/29/20 9:30am EST	Q5.06	13.20-13.21	management of dosas in transit
	2/5/20 9:30am EST	Q5.07	13.21-13.22	chronicity of disease and migration
	2/12/20 9:30am EST	Q5.08	13.23-13.24	symptoms and doshas with ama, definition of ama

Prez Day - Feb 17	2/19/20 9:30am EST	Q5.09	13.25-13.28	definition of ama, management of ama dosa
	2/26/20 9:30am EST	Q5.10	13.29-13.32	modification of doshas with ama for elimination, dosha ripening, ama flow
	3/4/20 9:30am EST	Q5.11	13.33-13.36	rtu elimination of doshas, sodhana in rut sandhi, timing of sodhana
DST USA returns+1hr- Mar 8	3/11/20 9:30am EDT	Q5.12	13.37-13.41	aushadha kala
	Wednesdays		Chapter 5	
	3/18/20 9:30am EDT	Q6.01	5.1-5.13	water (1)
Holi - Mar 10	3/25/20 9:30am EDT	Q6.02	5.13 - 5.19	water types and practical clinical use
	4/1/20 9:30am EDT	Q6.03	5.20-28	coconut milk, different animal milks, discussion on plant milks
Passover - Apr 8	4/8/20 9:30am EDT	Q6.04	5.20-22,5.29-37	milks, curd, buttermilk, butter, ghee
Easter - Apr 12	4/15/20 9:30am EDT	Q6.05	5.37-40, 5.41	ghee, other milk products
Earth Day - Apr 22	4/22/20 9:30am EDT	Q6.06	5.42-50	sugar cane, jaggery
	4/29/20 9:30am EST	Q6.07	5.51-5.54	honey
Mother's Day - May 10	5/6/20 9:30am EST	Q6.08	1.14-1.15 ++	Madhura rasa and intro to two books devoted to foods as medicine
	5/13/20 9:30am EST	Q6.09	5.55-5.61	vegetable oils, sesame, castor oil, mustard oil, other oils, animal fats
	5/20/20 9:30am EST	Q6.10	5.62 - 68-69, 70-71,72	alcohol, beers/sura, vāruṇi / toddy, arista, grape red wine
Memorial Day - May 25	5/27/20 9:30am EST	Q6.11	5.73-75,76-77,78,79-80	sugar drinks , vinegar, pickles, acetic acid preps
	6/3/20 9:30am EST	Q6.12	5.81-5.84	urines
