



5-Day Ayurvedic Cooking Course - Daily Sample Schedule

Day 1

09:30 - 10:30 | Arrival

10:30 - 12:30 | Practical Training:

- Introduction to Agni & Dosha-Based Cooking
- Practice: kitchari, chutney, breakfast ideas

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 16:00 | Integration / Rest / Optional self-study

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Day 2

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 12:30 | Practical Training:

- Spices and Herb Combinations
- Practice: making ghee and spice mixes

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 16:00 | Integration / Rest / Optional self-study

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Day 3

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 12:30 | Practical Training:

- Digestive Soups & Cleansing Meals
- Practice: detoxifying lunch & dinner

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 16:00 | Integration / Rest / Optional self-study

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Day 4

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 12:30 | Practical Training:

- Tridosha Cooking Techniques
- Creating a balanced Ayurvedic buffet

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 16:00 | Integration / Rest / Optional self-study

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Day 5

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 12:30 | Practical Training:

- Fermentation & Celebration Meal
- Integration & Final Lunch

12:30 - 13:30 | Ayurvedic Lunch