



**Ayurved Sadhana**  
Healing Begins Here...

# Authentic Ayurvedic Experience In India

November 18 to December 8, 2020



## A Day by Day Glance

- Day 1 – Mantra Yoga and Meditation; visit to Prabhuram Jivanram Vaidya's Maha Samadhi, Mumbai, and visit to many temples nearby
- Day 2 – Yoga, Meditation and Chanting; perform Special Puja by all students in temple for ancestors and good will of family and friends
- Day 3 – Yoga, Meditation and Chanting; visit Ayurvedic Doctors' (B.A.M.S) clinics; introducing the students to Ayurvedic doctors' work and research; clinical visits by students and shadowing; visit to Ayurvedic factory by students
- Day 4 – Yoga and Meditation; visit to Ayurvedic book library and bookstores; visit to herbal stores, and discussion on different Ayurvedic formulas and medicines available in India
- Day 5 – First free Ayurvedic Medical Camp at Ayurved Sadhana Charitable Clinic at Borivali, Mumbai -
- Day 6 – Second free Ayurvedic Medical Camp at Ayurved Sadhana Charitable Clinic at Borivali, Mumbai

- Day 7 – Yoga, Meditation and Chanting; visit to Ayurvedic Botanical Garden and collect/discuss major herbs near Mumbai; visit Goshala and Ayurvedic production factories
- Day 8 – Yoga, Meditation and Chanting; visit to Ayurvedic College in Mumbai; shadow B.A.M.S. doctors in outpatient and in-patient wards; visit to Panchakarma centers and clinical experiences in Ayurvedic College
- Day 9 – Free Ayurvedic Medical Camp – Skin Diseases
- Day 10 – Free Ayurvedic Medical Camp – Vata Diseases
- Day 11 – Free Ayurvedic Medical Camp – Female Diseases
- Day 12 – Free Ayurvedic Medical Camp – Children's Diseases
- Day 13 – Free Ayurvedic Medical Camp – GI Diseases
- Day 14 – Free Ayurvedic Medical Camp – General Diseases
- Day 15 – Free Ayurvedic Medical Camp – General Diseases
- Day 16 – Yoga, Meditation and Chanting; Ayurvedic Conference and Presentations by BAMS Graduate Association and each Ayurved Sadhana Students
- Day 17 – Yoga, Meditation and Chanting; visit to Panchakarma Center and hands-on practice
- Day 18 – Yoga, Meditation and Chanting; visit to Yoga Ashram and learn/practice yoga techniques



*"Sometimes over two hundred people would gather for the free Medical Camp, all ages, waiting quietly in queues to speak with us about the illnesses they were facing, a chance for medicines they might not get otherwise and most importantly human kindness. I received much from them including a more honest perceptive of the people of India."*

**Ren Wilson**



**Free Ayurvedic Medical Camp—Skin Diseases  
Palghar, Maharashtra, India, 2017**



**Special Puja by Students in Temple  
Mumbai, India, 2017**