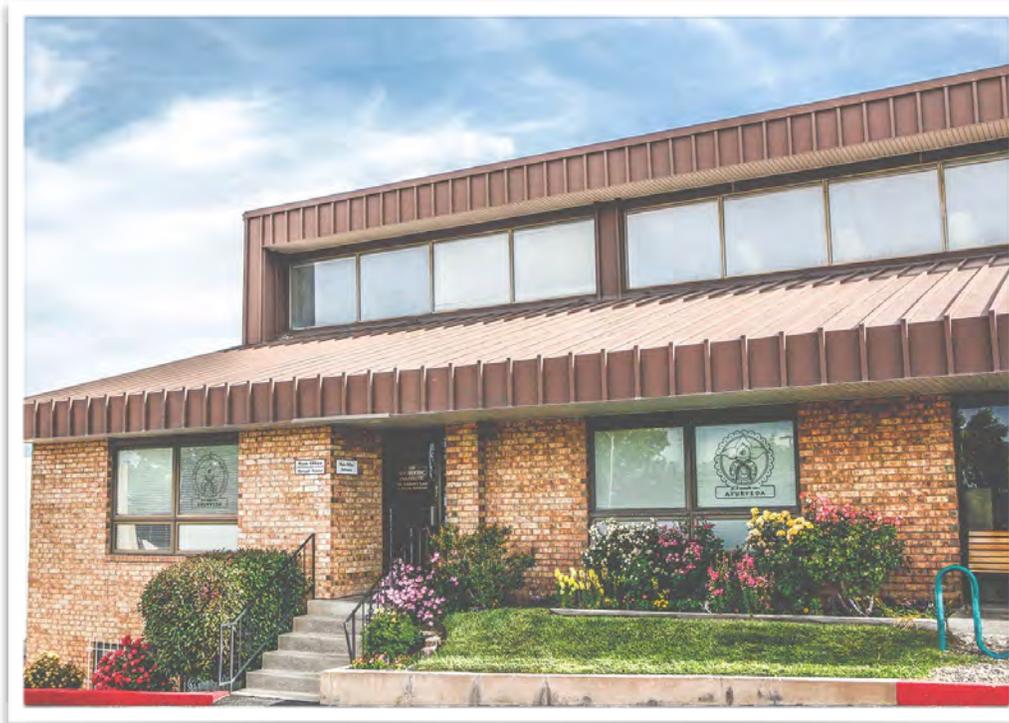


Welcome to
The Ayurvedic Institute
2017 Seminars, Webinars, and Intensives



Namaste and Welcome!

For more than 30 years, The Ayurvedic Institute has offered Weekend Seminars and 7-day Summer Intensives in addition to our on-campus academic programs. We are honored by the diverse group of people from all over the country and the world who have joined us to deepen their understanding of Ayurveda, the Science of Life.

Whether this will be your first time here or you are a long-time friend of The Ayurvedic Institute, we appreciate your presence in our Seminar and Intensive program and want your time with us to be one of profound learning, healing, transformation, and fun! Many of our participants who meet here make connections that last a lifetime.

These pages will introduce you to the unique context of our campus and classroom culture, founded on the traditional Vedic principles of respect, trust, and modesty. Our intention is to provide a safe, nurturing environment for all students, guests, clients and employees of The Ayurvedic Institute, and we ask you to help us collectively achieve this by reviewing and observing our rules of etiquette, found in this handout. Staff and student assistants are always available during Seminars and Intensives to answer your questions and offer guidance.

Thank you again for joining us!

GUIDELINES AT A GLANCE

Attendees of our seminars and intensive programs have requested how they can be respectful of Vasant Lad and the Ayurvedic Institute, as they realize this is a unique campus and classroom culture. We have made it easy for you with these Guidelines at a Glance:

Modest Dress Code: Please refrain from wearing clothing that is tight, low cut, revealing, offensive, or sheer. Please keep your shoulders, chest, stomach, and above your calves covered (pg. 3).

Arrive Early: Please arrive 10-15 minutes prior to the scheduled session time (pg. 4).

Chanting: If opening chants have begun, please remain outside until they have completed (pg. 5).

Foods and Drinks: Please do not bring food into the classroom. Drinks are welcome, but must be in a stable container with a lid (pg. 4).

Cell phones: Cell phones are turned off before entering the room (pg. 4).

Electronics and Recording Devices: Electronics, Cameras, Laptops, Tablets, or other Recording Devices are not used during class (pg. 4).

Smoke Free Campus: Help us keep our campus smoke free, including electronic cigarettes (pg. 5).

Vegetarian Campus: Please help us keep our campus meat free (pg. 4).

Babies, Children and Pets: Babies, Children, and Pets (with the exception of service dogs) are not allowed in the classroom when class is in session. If you will have a certified service dog present with you in class, please inform a member of the staff (pg. 5).

Soles of your Feet: Please do not point the uncovered soles of your feet toward the teacher or your classmates. You may cover your feet with a shawl or blanket if needed (pg. 5).

Questions: Please keep your questions relevant to the topic being discussed and during the indicated question times only (pg. 6).

Consultations with Vasant Lad: Consultations with Vasant Lad are reserved for PK Clients only (pg. 6).

We encourage you to read the remainder of this packet in its entirety, as more detailed information and other topics are included.

Thank you for being part of the Ayurvedic Institute family!

Vedic Classroom Etiquette

“Those who, day and night, moment to moment, ask themselves, ‘How do I spend my time? How do I act toward other beings?’ are always present, always aware, always remembering, and are not a part of the misery and pain (of the world).”
-Vasant Lad, MAsC (The Value of Self-Inquiry)



BEFORE YOU ARRIVE

Dress Code

Please note that we have a modest dress code at The Ayurvedic Institute to help foster a respectful and professional classroom environment in which profound learning, healing and transformation can manifest.

In the classroom, bare shoulders, including tank tops, tops with thin straps and strapless or low cut tops are inappropriate attire, as are low-cut bottoms, shorts, tight-fitting pants such as “yoga pants”, revealing clothing, t-shirts with negative or crude slogans, and hats. Skirts are required to be mid-calf or longer. If you are here for a weeklong Summer Intensive, please bring casual professional wear for our Monday morning clinical session.

Planetary Colors

In addition to the standard dress code, many students at The Ayurvedic Institute enjoy the tradition of wearing particular colors on particular days. According to Vasant Lad, “The colors relate to certain days of the week and astrological planets. A person can wear clothes of appropriate color for each day of the week, in order to absorb the planetary energy in the light in a positive way.”

If you would like to experiment with this choice, here is a list of the colors and planets for each day of the week.

Day	Planet	Colors
Monday	Moon	White
Tuesday	Mars	Pink, Orange
Wednesday	Mercury	Green
Thursday	Jupiter	Yellow
Friday	Venus	Purple, Gray
Saturday	Saturn	Blue
Sunday	Sun	Bright Colors: Red, Orange

Perfumes and Fragrances

For the comfort and safety of those who are chemically sensitive, we ask that heavily-scented perfumes, oils and other products not be used.

ARRIVING AT THE INSTITUTE

In order to have enough time to find a seat, enjoy some tea, and settle in, we ask that you arrive 10-15 minutes prior to the start of each session.

Parking

A map of our campus parking areas is located on the last page of this handout. As Albuquerque is an urban area, you are advised to keep your car locked and valuables tucked out of sight. If you are biking, there are several bike racks on campus for your convenience – remember to lock your bike!



beverage or are enjoying a cup of complimentary tea, we ask that all cups and bottles have lids on them to protect both our floors and your neighbor's belongings. We have seen notes accidentally destroyed, clothing stained, and classes disrupted. In addition, we would like to avoid the need to use cleaning chemicals due to spills.

Cell Phones

To limit disruptions in the classroom, please turn cell phones and pagers off before entering. If an emergency situation prevents you from being able to do so, inform a classroom monitor before the start of class, and find a seat near the door. During breaks, all calls should be made outside of the classroom.

Laptops, Tablets, Cameras, & Recording Devices

While you are welcome to take notes with a pen and paper, The Ayurvedic Institute does not allow use of electronic devices in the classroom, including recording or photographing classes. Occasionally a teacher will invite you to photograph notes or drawings on the white board. Please wait until invited to do so. Participants may purchase professional audio recordings of our seminars at a discount. Please ask for information at the Main office.

ENTERING THE CLASSROOM

Upon entering, a classroom monitor will remind you to sign the attendance sheet and, according to Vedic custom, to remove your shoes and place them neatly in the shoe rack provided.

Food and Drink

Please note that The Ayurvedic Institute is a meat free campus.

While we may sometimes share an afternoon sweet together, individual meals and eating are not allowed in the classroom. Beverages are allowed.

Whether you have brought your own

beverage or are enjoying a cup of complimentary tea, we ask that all cups and bottles have lids on them to protect both our floors and your neighbor's belongings. We have seen notes accidentally destroyed, clothing stained, and classes disrupted. In addition, we would like to avoid the need to use cleaning chemicals due to spills.



Children and Pets

Babies, young children and pets (with the exception of service animals) are not allowed in the classroom during class sessions.

Smoking

Please keep our campus smoke-free.

Seating

When you arrive, the classroom will be set with folding chairs and back-jacks. For your comfort you may help yourself to a bolster, cushion or blanket or simply request one from a classroom assistant.



"Thank you very much for a beautiful seminar. It was a wonderful balance of science and spirit."
-J.D., 2015

Arriving Late

Should you arrive after chants have started, a classroom monitor will request that you wait outside until chanting is finished, at which time you will be welcomed in.

DURING CLASS

It is a sign of disrespect in Vedic culture to point the bottoms (soles) of one's feet toward the teacher, altar, or fellow classmates. If you need to stretch your legs out straight in front of you, please cover your feet with a blanket/shawl.

Volunteers

We love it when as many participants as possible have a chance to take part in practicums and demonstrations — please volunteer only once per seminar so everyone has the opportunity!

STARTING CLASS

Vedic learning is based on the concept of transmission. Sitting in silent reflection/meditation before Vasant Lad or another instructor arrives in the classroom helps to establish a calm, grounded atmosphere in which the subtle yet powerful exchange of teaching and learning can begin immediately.

Chanting

Classes begin with chanting, at which time we ask that participants remain seated. All are welcome to participate and chant sheets are available from the classroom monitors. If you choose not to join in chanting, please observe silence.

I liked the sense of community I felt." -T.G., 2015



Questions

Inquiry is a valuable part of the learning process. However, to help the instructor stay in the flow and move through the program's scheduled curriculum, we ask that questions be held until the instructor asks for them or until the last 15 minutes of class. Wait for the microphone to be passed to you before asking your question, as this will insure everyone can hear your question, and allow for the sweet sattvic pause.

Though we understand these classes are very insightful and that many of you have questions, making personal inquiries about one's individual health, jyotish chart, etc. during lecture or group practice takes valuable time from the whole group and is not appropriate. Please keep questions relevant to the session's topic. We recognize the desires of those who would prefer more time for questions, while others would prefer less, in order to have more time given to lecture. These various desires in themselves represent the beautiful doshic qualities of which Vasant Lad regularly speaks.

Consultations

Due to his demanding schedule, Vasant Lad no longer does personal consultations except within the context of our 5-day Panchakarma treatment programs. Visit Ayurveda.com/panchakarma for more information about panchakarma (PK), or call the Panchakarma Department at (505) 291-9698 x114. If you are desiring to spend more time with Vasant Lad, consider participation in his upcoming training programs in Pune, India. Visit Ayurveda.com/education/pune-training-programs for more information.

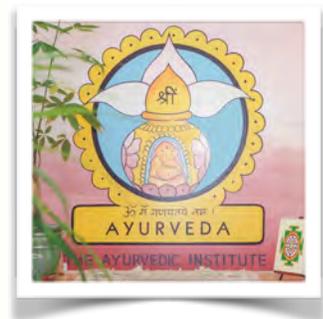
DURING BREAKS

As a sign of respect, remain seated and settled until Vasant Lad or the other instructors have left the classroom. Also allow them to take a rest during breaks by not approaching them for photos, book signings and personal inquiries. Student assistants will be available during break times to answer general questions and assist you.

ENDING CLASS

Classes conclude with chanting, during and after which we ask that you again remain seated, meditative and settled, refraining from packing up your belongs or putting away your notes until Vasant Lad or the other instructors have left the room. Please make sure their path to the door is clear of book bags, cups, and other belongings!

Both students of The Ayurvedic Institute and seminar participants have found great value in ending the day mindfully by taking a few minutes to quietly reflect before moving on to the hustle and bustle of the evening's activities. On certain nights, class may conclude with announcements from staff or student assistants.



RECEIVING A CERTIFICATE OF COMPLETION IS EASY

1. Make sure tuition is paid in full before arriving.
2. Attend 100% of the Seminar or Intensive sessions.
3. Personally initial our attendance sheet for each session.
4. On the last day, complete and hand in our evaluation form.
5. Your certificate will be available after the final session ends.

PARKING MAP



YOU CAN PARK:

In front of 11311 Menaul anytime, and in back of 11311 Menaul only after 6:00PM.

In front of 11405 Menaul and in back of 11405 Menaul anytime.

On Paisano St next to the Ayurvedic Institute campus buildings only. Please DO NOT park in the neighborhood to the north of the campus.

Across Menaul in the ROSS parking lot.

THE AYURVEDIC INSTITUTE'S PROGRAMS AND SERVICES

The Ayurvedic Institute has multiple programs and services that allow one to learn and better understand the wisdom of Ayurveda. These include:

Ayurvedic Education Programs: Offering the Ayurvedic Studies Program, Level I and Level II, advanced study in Pune India, and various weekend seminars and summer intensives with Vasant Lad, MASc, and others.

Ayurvedic Consultations: The Ayurvedic Center for Healing, Life, and Longevity offers Ayurvedic consultations to the public.

Products Available: Ayurvedic and Western herbs, books, incense, audio CDs from our programs and a variety of Ayurvedic and other products.

Panchakarma: Traditional Ayurvedic therapies for purification and rejuvenation that include oil massage, herbal steam treatment, shirodhara, cleansing diet, herbal therapy and other treatments.

Membership in the Ayurvedic Institute supports the aims and objectives of the Institute. Members receive the quarterly journal, Ayurveda Today, and a 10% discount on products and seminars.



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