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Day One: Turiya Therapy

"Join us to learn the secrets of "Marma" (energy points of ancient Ayurveda), their Sanskrit names, locations and purpose. Marma is truly a complete healing science, and this beginner's one-day overview will help you understand disease, wellness, Patanjali and so much more. This is a day of studying 'prana', especially it's role in awareness and cellular healing. Please come prepared to give and receive bodywork - plan to be warm and comfortable. Further study in Marma science is offered April 28-May 7, 2016 in Nelson, BC for those who choose to go deeper."

Jaisri M. Lambert. *Jaisri has evolved these techniques based in the Invisible Anatomy © of Ayurveda over thirty years of clinical practice. Turiya Therapy brings transformation through realization, engaging stillness as a doorway to mental health.*



Day Two: Ayurveda Aromatherapy

Earth, Air, Fire, Water, Ether - Discover your 'Elemental Nature' We will challenge you to: develop an 'olfactory vocabulary'; discover your dosha and current imbalance; learn the basics of using essential oils daily in your yoga practice and life; and have some fun making personal blends. Q & A will be a big part of our learning experience and how to use essential oils safely at home and with your students.

Anita Kalnay has been a full-time Practicing Aromatherapist since the early 1990's with 25 years of clinical observation and custom blending for clients. She is also an Intuitive Healer, Natural Perfume Designer and Practitioner of Spiritual Phyto-Essencing ® known for its psycho-spiritual use of essential oils.

AYURVEDA SEMINARS

Trainings in Nanaimo



DAY 1

TURIYA THERAPY

Sunday May 28

9:30am - 5pm

\$180 before May 19

\$210 after

maximun12 people

DAY 2

AYURVEDA
AROMATHERAPY

Monday May 29

9:30am-5pm

\$180 before May 19

\$210 after

CONTACT:

ISLAND

YOGA

VISTA

1330 Discovery

Avenue, Nanaimo,,

250-754-0939

islandyogavista.com

yogavista@shaw.ca