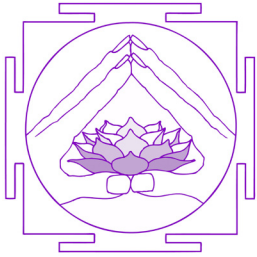


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ABHYANGA

AYURVEDA OIL MASSAGE THERAPY

With Jaisri M. Lambert, Ayurveda Practitioner

www.ayurveda-seminars.com

The ancient skill of Ayurveda Abhyanga massage therapy remains in demand today because of its efficacy, natural oleation and strengthening properties. Use for treatment of headaches, digestive diseases, pain, misalignment, stress, sleeplessness, constipation, frozen shoulder, anxiety, metabolic weakness, general debility, osteo-arthritis and much more.

Abhyanga is invigorating for children, sustaining in middle age and rejuvenating for the elderly. Oils are precious and have been used since ancient times as whole food healing substances with no preservatives.

Learn: Sites, Functions of the Doshas
Properties of Oils
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Single and Dual Style
Important Marmani (Energy Centres)
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Much more



This method was demonstrated to me directly by my mentor, Vaidya Vasant D. Lad in 1991. For more than thirty years, I've professionally practiced and refined this method for today's wellness-seekers, who often spontaneously dub this, 'the best massage I've ever had! Learn this method within 60 hours.

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For more information, please contact Jaisri M. Lambert, 9 am - 9 pm pacific time: 604-290-8201
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