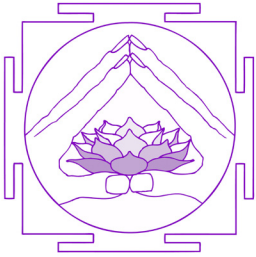


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ABHYANGA – AYURVEDA OIL MASSAGE THERAPY
With Jaisri M. Lambert, Ayurveda Practitioner
www.ayurveda-seminars.com

The ancient skill of Ayurveda Abhyanga massage therapy remains in demand today because of its efficacy, natural oleation and strengthening properties, for example, for treatment of headaches, digestive diseases, pain, disalignment, 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
Contra-Indications
Single and Dual Style
Important Marmani (Energy Centres)
Posture & Breathing for Sustained Therapy
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!'

Now is the time I feel to pass on this most valuable technique from Ayurveda. Priority is given to licensed massage therapists, physiotherapists and those who have a background in Ayurveda.

Abhyanga is one of the important 'purva karmas' or preparations for panchakarma, the classic cleansing and rejuvenation science of Ayurveda. Graduates may work in a clinic or spa setting. Please sign up early to ensure your spot. Your investment is quickly earned back.

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Your Certificate of Attendance is awarded by Ayurveda Seminars upon successful completion.

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