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ABHYANGA
AYURVEDIC OIL MASSAGE THERAPY
March 24-28 inclusive



The skill of Ayurvedic Abhyanga is much in demand today because of its efficacy, natural oleation and historic proof of being a most effective method of treating

so many disorders including headaches, digestive disturbances, pain conditions, disalignment, stress disorders, sleeplessness, constipation, frozen shoulder, anxiety, debility, osteo-arthritis and so many more. It improves sensory and motor function, dry conditions and psychological well-being, among many other benefits.



Abhyanga is especially useful for helping mitigate the aging process and to promote healthy growth in children, indeed anyone seeking nature-based solutions to common health concerns. Oils are precious and have been used from time immemorial as whole food healing substances with no preservatives! Learn the art of choosing which oils are suitable for which clients and when. There are many methods and styles of massage worldwide. This method was learned by watching my Ayurveda mentor, Vaidya Vasant D. Lad, demonstrate it in the year 1991. Since then, I've practised and refined it to impart expertise and success with countless clients.

Abhyanga is also one of the important 'purva karmas' or preparatory actions for panchakarma, the cleansing and rejuvenation science of Ayurveda. For nearly 30 years I've made much of my living in the field of bodywork and massage techniques, and now at age 68, I feel it's time to pass on these skills to younger practitioners coming up. Oh, if only I had a mentor to guide me in clinical practice this way! This is a golden opportunity to increase referrals, gain deeper professional competence and enjoy watching clients become well and inspired again.

Priority is given to licensed therapists and those with prior Ayurveda background. Space in this special class is limited, so please convey your qualifications to me by email at jaisri@ayurveda-seminars.com. One participant may be able to stay at my home at a nominal cost of \$40/night.

Times: 10am-6pm daily. Please bring your lunch.

Investment: \$997 - can be earned back in a short time. Class size is limited.

Location: TBA

For more information and registration, contact Jaisri at 604-290-8201 (Can.)

Pay Online at Ayurveda-Seminars.com or contact Jaisri for instructions to send a check.

Name: _____	Email: _____
Address: _____	City: _____
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Date: _____	Amount Enclosed: _____