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PRESENTED BY INDIGO YOGA & HOLISTIC HEALING
AND AYURVEDA SEMINARS & CONSULTING

TURIYA THERAPY : Marma Chikitsa - Treatment via Energy Point Therapy

with

Jaisri Lambert

TURIYA THERAPY is a powerful hands-on healing science based in Ayurvedic Marma Chikitsa or treatment via trigger points. Learn the secrets of ancient Marma therapy healing through the subtle energy doorways to the deep unconscious, sub-conscious and super-conscious minds.

Turiya Therapy (TM) has its roots in Polarity Therapy and Ayurvedic medicine and recognizes unresolved emotions as pathogens, while offering powerful hands-on techniques for emotional self-healing.

In this workshop you will learn the basic skill point concepts, assessment techniques, chakra balancing, marma point names, cranial protocols, mind/body principles and much more.

The protocols are safe, effective, powerful, deep acting and support the individuals path of self-healing and self-realization.

Turiya can be practiced on its own or in conjunction with other hands on body work therapies such as massage, cranial sacral therapy, shiatsu, Reiki, TCM, acupressure, yoga therapy and so on.

PERSONAL CONSULTATIONS

Mon 21st July - Wed 23rd July

2 hour full Ayurvedic consultation \$250



ABOUT JAISRI LAMBERT

Jaisri Lambert, Ayurveda Consultant trained for twelve years as an Ayurvedic practitioner with Vaidya Vasant Lad, B.A. .M.S, M.A. Sc. and others in all aspects of Ayurvedic therapies. She is a gifted teacher, offering personal health consultations, panchakarma, and Ayurvedic training internationally.
www.ayurveda-seminars.com

SCHEDULE

Friday 18th July, 6 - 9pm

Saturday 19th July, 12 - 8pm

Sunday 20th July, 12 - 8pm

TUITION INVESTMENT - \$295

Early bird before July 4th, \$345 after July 4th

LOCATION

East West Yoga & Healing Centre
3574 West 4th Avenue, Vancouver
(1/2 block East of Banyen Books)

Please contact MADHURI for registration : at 604-215-0037
www.indigoyogahealing.com / info@indigoyogahealing.com