

ASIS MASSAGE EDUCATION

701 S. BROADWAY, CLARKDALE, ARIZONA 86324

Ayurvedic Bodywork

Enjoy a 3 Day Ayurvedica Retreat Intensive for massage therapists, deepening an exploration of preventative health, external detox spa modalities or herbal treatments, medical Ayurvedic massage and mindful preparation for oneself and the clients space for healing, all of which afforded by the ancient lineage of Ayurveda.

WITH DR P. HARI FROM KERALA INDIA

APRIL 20TH, 21ST & 22ND

Ayurvedic massage and Bodywork therapies helps your body detoxify gently and develops a sense of calmness and relaxation throughout the body, both at the physiological and psychological aspects.



* You will learn about Ayurvedic Skin and beauty treatments , stress management therapies
* Different aspects of massage and body work which encompasses the variety of different marma points, and cleansing of our subtle energy channels called the nadis. Treatments you will learn in the class.

- 1) Abhayanga AYURVEDIC BODY MASSAGE
- 2) Shirodhara : Use of the Dhara pot
- 3) Shirovasthi : Big Cap around the head
- 4) Mukha Abhayanga . Facial Massage
- 5) Mukha Lepam : Facial massage with herbal mask
- 6) Kizhi : for the Back
- 7) Pichu (Head Massage with cloth tied around your head)
- 8) Udvarthanam : Abhayanga using dry powder and oil
- 9) Uthsadanam : Abhayanga using herbal paste and oil

Instructor Dr. P.N. Hari, a senior disciple of Sri V. Vasudevan has had the opportunity to learn Ayurveda, Yoga and arka Sasthra with him over a period of 12 years. After completing his BAMS (Ayurvedic Medical Degree) from Ayurveda College, Coimbatore, he assisted his Guru in his mission and travelled widely in India and Abroad conduction educational programs. Presently, he is the Deputy Director of Arsha Yoga Vidya Peetam Trust.

THREE DAYS, FRIDAY, SATURDAY & SUNDAY 9AM - 6PM

24 CE Contact Hours
Cost \$400

For more information or to Register
928-639-3455 or toll-free 866-334-3348

WWW.ASISMASSAGE.COM

