



Sri Sri AYURVEDA TRAINING FOR TECHNICIANS, Level 1 **North American Ashram**

August 12-28, 2005

This course is designed to train technicians in the basics of Abhyanga (an oil massage performed simultaneously by two technicians), Marma (a touch technique to balance the body's vital energy points), and Shirodhara (the famous pouring of oil on the forehead to settle the nervous system). The course also includes 8 hours basic anatomy and physiology and daily lectures and discussions on the theory of Ayurveda.

Held at the Art of Living's North American headquarters in Quebec, Canada, the basic training consists of two weeks in residence training plus 40 hours of practical work with clients supported by experienced technicians, these hours to be taken at the technician's convenience within the first year.

The qualifications for entry are:

- to have completed one Art of Living Workshop
- two Art of Living Advanced courses.
- good physical and mental health and regular Sadhana practice are essential.

Course Description

The maximum students on the course will be eight.

Two days will be devoted to the theory of anatomy and physiology, structured and taught by a medical professional to link to the principles of Ayurveda.

Twelve days will be devoted to practical training in Abhyanga, Shirodhara, and Marma.

Daily lectures on the theory of Ayurveda.

Daily Sadhana program.

Cost: \$1600. CND plus room and board (\$300 to \$800. depending on choice of accommodation)

This training is to prepare you to work as a technician at any one of our Ashrams, either full time or part time. If you already are a licensed therapist, you will be able to proceed directly as an independent practitioner. This training qualifies you to work with Sri Sri Ayurveda worldwide. Advanced Training will also be offered, and this could lead to certification recognized by professional associations, such as the Quebec Association of Natural Therapists (our accreditation is pending). Please see the Application Form for further details or ask us about the accreditation and licensing requirements.

For more information contact: Ann Revington, Director or Yvonne Macor, Program Coordinator:
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*This program is also offered in our European Centre, the Academy Bad Antogast in southern Germany.
For more information, please contact Karin Hennings, Akademie Bad Antogast, Maisach Strasse 1, D- 7728 Oppenau.
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