

If you are interested in a treatment, attending a workshop or doing an online course, please contact us at:

grooverm@ayurvedayogatraining.com

Phone:

858-427-4908

760-707-3184

We are available 9 AM to 7 PM Monday to Saturday.

Spa Therapies are conducted at participating Spas and local Massage Colleges (Vitality College Carlsbad), San Diego, San Marcos and Escondido.

For HOLISTIC HEALTH and AYURVEDIC DIET CONSULTATION, please contact Monica at

858-427-4908

760-707-3184

To buy Ayurvedic Herbs, please go to our website

www.ayurvedayogatraining.com/specials.

Or, order on the phone. We customize our herbs according to your need, so please be patient in answering our numerous questions! We may also ask you to do an online questionnaire to determine your Prakruti or body constitution before recommending you herbal supplements.



ADMINISTRATION OFFICE:
428 MONIQUE WAY
ESCONDIDO

AYURVEDA



Ayurveda Yoga
Spreading Vedic Wellness



WWW.AYURVEDAYOGATRaining.COM

We provide Ayurvedic Body Constitution Analysis, Ayurvedic Diet Plans, Training and Ayurvedic Therapies, Detoxification consultation for weight loss, Acne, Joint Pains, Stress, Migraines, Emotional Trauma, Sluggish metabolism, headaches, and insomnia through Herbs, Diet and Therapies.



AYURVEDIC RICE BOLUS/LEAF TREATMENTS

Rice Bolus and Herbal Leaves that soothe, pain and provide relief are dipped in hot Ayurvedic oils and dabbed on all parts of the body after a full body massage. Rejuvenating and Healing for muscular stiffness, fatigue, stress and reducing swelling and inflammation.



THERAPIES

Shiroabhyangam Head, Face and Shoulder Massage with energy healing and freshly prepared herbal Ayurvedic oil, followed by washing of hair with Ayurvedic Herbal Decoction - Beneficial for Hairfall and greying of hair, when administered 3 to 7 days) (\$40 per session x 3 days)

Padabhyangam Ayurvedic Foot Massage beneficial for emotional trauma, releasing negative energy and relaxing sore muscles. Aids Movement of Prana in the body. A rejuvenating experience that aids the circulation of blood and lymph in the 'nadis' of the body. 30 minutes (\$30 dollars)

Sarvangabhyangam Ayurvedic Body Massage with that balances the chi energy or Prana in the body beneficial for those suffering from constipation, muscular and joint stiffness, sore muscles. Leads to better circulation, benefits those with skin disorders, anti ageing, rejuvenating for those recovering from illnesses) (\$45 per session)

Skin Care Ayurvedic Facial Massage, and customized herbal face ubatan for mild eczema, moles, sunburn and other skin issues (\$45 per session)

Shirodhara Shirodhara involves gently pouring herbal oil or decoction over ajna chakra on the forehead (the 'third eye'). Used in suk-hachikitsa (restorative therapy) as part of Panchakarma. Complimentary to Cranio Sacral Therapy, Shirodhara assists in treating eye diseases, sinusitis, allergic rhinitis, greying of hair, neurological disorders, memory loss,

insomnia, hearing impairment, tinnitus, vertigo, and neuro-muscular disorders.

There are specialized forms of shirodhara called tailadhara (herbal oil), ksheeradhara (herbal milk decoction), takradhara (Buttermilk with essential oils) and jaladhara (lukewarm water kept in the sun with essential oils of sandalwood, patchouli and rose.) (\$45)

Signature Ayurveda Yoga Massage for Head, Shoulders, Neck and Back - Lymph drainage followed by head massage, OR therapeutic maneuvers of Ayurveda marma combined with energy work. Excellent for upper and lower back, cervical issues, water retention, or insomnia, stress and frozen shoulder.

NOTE: PRICES DO NOT INCLUDE THE COST OF MATERIAL.

THERAPY	TIME	RATE
ABHYANGA	45 MIN	45
MARMA	30 MIN	40
DHARAS	30 MIN	30
PAIN (BOLUS/BASTS) RELIEF	40	45

Sarvanga Dhara Beneficial for mild Skin disorders and skin irritation, anti ageing and strengthes muscles. Excellent anti ageing therapy. Is preceded by Sarvangabhyangam for maximum benefit.

Basti (for Backache, Joint Stiffness, Cervical Stiffness, Mild Spinal related injuries, and most aches and pains resulting from sports and when recovering from mild illness) \$50 per session

Ayurvedic Cold/Sinus/Migraine Therapy Marma of the face, neck, shoulders, followed by facial massage and herbal steam therapy. \$45 per session

Ayurvedic Marma Massage - Ayurvedic sports massage that releases muscle soreness. It is the Ayurvedic version of Accupressure and uses 107 vital marma points, that are gently massaged in a circular stroke then pressed to release pain. (\$60)

Ayurvedic Body Wraps and Dharas Ayurvedic body wraps for cellulite, detoxification are available along with dhara treatment with a concoction made of milk, honey, triphala, neem, turmeric, sandalwood, essential oils of rosemary, patchouli, and lavender. Excellent beautifying treatment that also adds luster to the skin and detoxifies. Can be used post partum as well. (\$45)

Post Partum - 'Chest' and Abdomen Abhyanga for 35 minutes using TrimBalm oils. (\$45)

For a 15% discount coupon, please leave your name, email account and sign up for our newsletter.

15% DISCOUNT COUPON

Code: CNSLT 20091020A

THIS COUPON ENTITLES THE BEARER A DISCOUNT OF 20% on AYURVEDIC CONSULTATION, DIET PLAN or a THERAPY for 15% OF THE TOTAL PRICE. Not applicable with other discounts.

EXPIRATION: December 30, 2009.

PACKAGES Ayurveda Yoga provides Packages that may include a consultation, massage, Dhara Therapy, Facial Massage and even organic, natural holistic make up.

Package of 5: Buying a package of 5 massages cost \$190. (Massage time: 45 minute Abhyanga)

Package of 10: Buying a package of 10 Massages cost \$380.00. Free Horoscope and Free Ayurvedic Consultation

Pampering Packages: A pampering spa service for \$140 includes (Takes 3-4 hours). You save \$60!

1. An Ayurvedic Abhyanga Massage
2. Ayurvedic Facial Massage with Rose, Sandalwood, Saffron oil for 30 minutes

3. An Ayurvedic Body Wraps and/or Ubatan Treatment

4. Hair Therapy or Bolus Bag Treatment or

Pain Relief Treatment

Ayurvedic Dharas (Dhara is used with essential oil of rose, jasmine, kumkum in milk or rose water)

5. Ayurvedic Consultation

(If you would like a consultation in your own home, a transportation fee is charged. Herbs and Diet Plans consultation can also be done at your own home.)

NOTE: PRICES DO NOT INCLUDE THE COST OF MATERIAL.		
THERAPY	TIME	RATE (\$)
COLD/SINUS THERAPY	35	45
BASTI	30 MIN	45
DHARA-BODY WRAPS	30 MIN	45
POST PARTUM	35	45

Blended Training

AYURVEDA YOGA KEEPS COSTS LOW!

AYURVEDA YOGA WAS FOUND ON THE PREMISE OF AYURVEDIC TREATMENTS SHOULD BE AFFORDABLE FOR ALL.

Our goal is to 'spread VEDIC WELLNESS'. Hence, we are offering courses in a blended format. By using Open source Learning Management Formats like Moodle, we save costs and pass the savings to the student. The student picks and chooses their blend. A course is offered in a distant learning, online as well as classroom format. A Student can choose which one they want to do most, hence, keeping the costs low and quality high. Course content is provided by Pundits of Ayurvedic Studies as well as ancient Ayurvedic texts like Charaka, Astanga. Experts teach Sanskrit, Ayurvedic Anatomy and Philosophy. Other teachers include Monica Bhatia, PHD. Dr. Ashutosh Guleri and Ayurvedic Vaidyas who facilitate from India. Some of the lessons are prepared by Ayurvedic Physicians in India. Text books include Secrets of Healing by Maya Tiwari, Bhagavat Gita by Srila Bhaktivendanta Swami Maharaj and Some texts by Dr. Deepak Chopra, David Frawley and Dr. Vasant Lad.

Introduction to Ayurvedic Therapies - 50 Hours **Course Fees: \$420**

Ayurvedic Therapies Level 1
100 Hours **Course Fees \$630**

Note :If paid in two installments, there is a 10% non returnable surcharge.

INTRODUCTION TO AYURVEDIC THERAPIES- LEVEL 1		
SUBJECT	AYURVEDIC THERAPIES - 50 HOURS	AYURVEDIC THERAPIES -100 HOURS
AYURVEDIC ANATOMY AND PHYSIOLOGY	20 HOURS	40 HOURS
THERAPIES (ABHYANGAM, INTRO TO MARMA, CHAKRA, DHARAS)	14 HOURS	36 HOURS
PREPARATION OF OILS, HERBS	10 HOURS	14 HOURS
TESTING	6 HOURS	10 HOURS

Ayurvedic Wellness Counsellor
250 Hours **Course Fees \$1290**
(open to those who have finished 100 Hour Level 1)

Ayurvedic Practitioner - Level 1
500 Hours **Course Fees \$2500**
(open to those who have finished 250 Hours Level 1)

Panchakarma Practitioner Level 1
100 Hours **Course Fees \$900**
(open to those who have finished 250 Hours Level 1)



PREPARATION OF AYURVEDIC HERBAL STEAM POWDERS (SVEDANAM & FOR NASYA)

In our Ayurvedic workshops - you will learn how to prepare Ayurvedic Bolus Bogs for treatment, Ayurvedic Aherbal Steam Powders for Svedanam and even prepare your own Nasya treatment for Cold, Sinus blockages or headaches. In this photo, you see, a herbal mix powder prepared by the Ayurvedic Practitioners that includes Organic Eucalyptus leaves, Organic and Fresh Camphor Leaves, Fresh Spearmint Leaves, Dried Rose Petals, Organic Dried Rosemary Leaves. When used after a treatment, it not only clears the chakras, energy blockages but also removes any kapha. This is part of the course.

