



## ***Upcoming Dates for Ayurvedic Courses***

### **Spring & Summer 2006**

- May 18<sup>th</sup>                    **Ayu Cooking** with Dr. Ismat Nathani  
A "Healthy Balanced Approach To Your Foods"  
5:30 - 7:30 pm  
Cost is \$35.00
- May 20<sup>th</sup>                    **Mandala Making Workshop** with Yvette Aloha  
2:00 pm – 6:00 pm  
Cost: \$135 including art material
- May 27<sup>th</sup> & 28<sup>th</sup>            **Nadi Marma "Chikitsa" Massage course**  
From: 10 -5 pm both days  
Traditional techniques to increase the flow of prana  
Cost is \$350.00
- May 30, 31,  
June 1<sup>st</sup>                    Certified "**Abayanga**" **Ayurvedic Massage Course**  
**3 day Intensive**  
Includes practicum, Ayu intro., Ayu concepts of massage,  
traditional applications & herbs  
From: 10 – 5pm. All days  
Please call the Centre for more details  
Cost is \$550.00
- June 10<sup>th</sup> & 11<sup>th</sup>            **Ayu Herbology Weekend** – Understanding the physical and  
energetic properties of herbs  
10 am—5 pm  
Cost is \$350.00
- June 25<sup>th</sup> to 28<sup>th</sup>            **Ayurvedic Spa Therapies 4 day Intensive program .**  
Please call the School for further details@ 416-233-2049
- July 13<sup>th</sup>                    Ayu Cooking "**The Right Foods for Your Body**"  
From: 5:30 – 7:30 pm.  
Cost: \$35.00
- July 15<sup>th</sup> & 16<sup>th</sup>            Ayu Nutrition "**The Wisdom For the Right Diet**"  
From: 10 – 4pm  
Cost: \$350.00
- Aug 19<sup>th</sup>                    **Ayu Head Massage** "Shiroabhayanga" workshop  
10 am – 5 pm  
Cost is \$175.00