



un tocco dal cuore
accademia di massaggi orientali

2011-2012 Program

To **professionals** who want to expand their technical knowledge including eastern massages and to **anybody fond of eastern massages**, the Academy "A touch from the heart" proposes two one-year masters:

Eastern massages & wellbeing	Ayurveda	Planning
Hawaiian Massage		1-2 / 22-23 October 2011
Sea Malay massage (Indonesian)		3-5 December (sat-mon) 2011
Crystal Energy massage		11-12 / 25-26 February 2012
Full body Ayurvedic Massage (<i>abhyangam</i>)	Full body Ayurvedic Massage (<i>abhyangam</i>)	10-11 / 24-25 March 2012
	Ayurvedic Stretching (<i>Muryabhyangam</i>)	14-15 / 28-29 April 2012
Kerala Ayurvedic massage for head neck and face	Kerala Ayurvedic massage for head neck and face	19-20 May 2012
	<i>Snehana</i>	9-10 June 2012
Theory of Ayurveda Customizing the Massage	Theory of Ayurveda Customizing the Massage	23 June 2012
Ayurvedic Path: head and body full treatment and facial cleansing with ayurvedic products	Ayurvedic Path: head and body full treatment and facial cleansing with ayurvedic products	24 June 2012

Attendance to single courses is allowed.

Monographic courses

In addition to annual Masters, the Academy proposes the following courses:

- 🌸 **Atmabhyangam** (soul massage): 8-11 December 2011
- 🌸 **Hawaiian massage:** 3-4 / 17-18 March 2012
- 🌸 **Stone massage:** 31 march / 1-2 April 2012
- 🌸 **Sea Malay massage:** 12-13 / 26-27 may 2012
- 🌸 **Advanced Hawaiian massage (residential):** 7-9 July 2012
- 🌸 **Ayurvedic Treatments** (Shirodhara, Ubatan, Garshan, Pindasweda): **on demand**

Courses location: Milan, via Cesare Balbo 10 (underground MM3- Porta Romana, bus 9)

Study holidays

In January 2012, the Academy organizes a study holiday in India: the first part will be spent in Varkala (Kerala) to study Ayurveda and have a beach holiday, the second part to tour in South India.

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