



*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
<b>Ayurvedic Path:</b> head and body full treatment and facial cleansing with ayurvedic products	<b>Ayurvedic Path:</b> 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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