



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	Ayurveda	Planning
Hawaiian Massage		1- 4 November 2012
Sea Malay massage (Indonesian)		7-9 December 2012 (Friday-Sunday)
Crystal Energy massage		16-17 February / 2-3 March 2013
Full body Ayurvedic Massage (Abhyangam)	Full body Ayurvedic Massage (Abhyangam)	23-24 March / 6-7 April 2013
	Ayurvedic Stretching (Muryabhyangam)	25-28 April 2013
Kerala Ayurvedic massage for head neck and face (Mukhashiroabhyangam)	Kerala Ayurvedic massage for head neck and face (Mukhashiroabhyangam)	4-5 May 2013
	Ayurvedic Massage (Snehana)	8-9 June 2013
Theory of Ayurveda Customizing the Massage	Theory of Ayurveda Customizing the Massage	22 June 2013
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	23 June 2013

Attendance to single courses is allowed.

Monographic courses

In addition to annual Masters, we propose the following courses:

- 🌸 **Abhyangam** 10-11 November / 1-2 December 2012
- 🌸 **Hawaiian massage:** 23-24 February / 9-10 March 2013
- 🌸 **Sea Malay massage:** 18-19 May / 1-2 June 2013
- 🌸 **Advanced Hawaiian massage (residential):** 13-15 July 2013
- 🌸 **Ayurvedic Treatments** (Shirodhara, Ubatan, Garshan, Pindasweda): **on demand**

New proposal

- 🌸 **Introduction to massage:** 27-28 October 2012 or midweek course from 19 February 2013 on
- 🌸 **Oneness bliss massage:** 13-14 April 2013
- 🌸 **Massage for couples:** 20-21 April / 25-26 May 2013

Courses location: Milan, via Cesare Balbo 10 (MM3- Porta Romana, linee 9, 90/91)

Study holidays & detoxification pathway

Study holidays in India: January / February 2013

We will spend the first part in Varkala (Kerala) to study Ayurveda and have a beach holiday, while in the second part we will discover an Indian Region

- 🌸 **Panchakarma** (Ayurvedic detoxification) 30 June – 5 July 2013

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