



Shirobhyanga

Learn Ayurvedic Head Massage

With Jacinta McEwen ND

Saturday 28th June 2008
9.30am to 4.30pm

Discover and enjoy this powerful healing technique
in a beautiful setting near Mullumbimby, NSW

The head has many marma's, or vital energy centres, and is a map or energetic reflection of the entire body. Ayurvedic Head Massage (or Shirobhyanga) promotes rejuvenation to the whole being. It helps relieve insomnia, headaches and stress related disorders while boosting the immune system. Shirobhyanga relaxes and balances mind body and spirit. You will both learn and receive this massage during the workshop.

Ayurveda recognizes the unique blend of the elements within each of us supporting us to bring more balance into our lives. In this workshop you will also learn the basics of Ayurveda and how to incorporate these into your life.

*** Ayurvedic lunch included**

*** Detailed handouts provided for you to take away**

\$175 (including lunch)

To book ring Jacinta on 02 66843165

If you'd like to do it but can't afford it – talk to me



Read more about Jacinta and Ayurveda at www.ayurvedicwomenshealth.com