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STONE AND SPA STUDIO  
CHAPEL HILL, NC

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# AYURVEDA FOR BODY WORKERS

WITH SHOSHANNA DIBETTA

AYURVEDA IS THE ANCIENT SCIENCE AND HEALING TRADITION OF INDIA WHICH EMPHASIZES BALANCE, VITALITY, AND WELL BEING THROUGH THE USE OF HERBS, OILS, DIET, MEDITATION, & YOGA.

EXPLORE THE PHYSICAL AND PSYCHOLOGICAL ATTRIBUTES OF THE THREE MIND- BODY TYPES KNOWN AS THE THREE DOSHAS~ VATA, PITTA, AND KAPHA.

USE TRADITIONAL AYURVEDIC OILS TO CREATE DOSHA SPECIFIC TREATMENTS.

## LEARN AND EXPERIENCE THESE AYURVEDIC TREATMENTS:

- ❖ Snehana /Abhyanga~ full body warm oil massage
- ❖ Garshana~ full body exfoliation
- ❖ Svedana~ hot towel steam & marma facial
- ❖ Shiroyhyanga~ warm oil scalp massage
- ❖ Rose water foot soak & Padabhyanga~ marma foot massage

## SELF CARE TECHNIQUES WILL INCLUDE:

- ❖ Alternate Nostril Breathing
- ❖ Warm oil self massage
- ❖ Neti Pot use & Naysa oil application
- ❖ Tongue Scraping
- ❖ Castor oil packs

## FOR REGISTRATION & INFORMATION:

SHOSHANNA @ 703-307-1523

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