

# INTRODUCTION TO AYURVEDA, PART ONE

## ONLINE WEB-BASED SEMINAR WITH SONIA MASOCCO

May 15, 22, 29 and June 5, 2010

Saturday Classes Online



Having studied a multitude of disciplines in subtle energy and energy medicine, **Sonia Elisa Masocco** specializes in and practices integrated 'clinical' aromatherapy and lymphatic drainage therapy (LDT). An ITEC qualified practitioner in Aromatherapy and Reflexology as well as Massage Therapy, she enhanced her specific aromatic studies with Michael Scholes and French Dr. Philippe Goeb. After over 10 years in Asia, she is currently based in Albuquerque. She is a graduate of the Ayurvedic Studies Program and has studied with Vasant Lad in India as well. She can be reached at [smasocco@ayurveda.com](mailto:smasocco@ayurveda.com).

Learn the fundamentals of Ayurveda in a 4-week course!

**12 Contact Hours Certificate of Completion** issued upon satisfactory completion of attendance and online exams.

To enroll, call (505) 291-9698

Details available at

[www.ayurveda.com](http://www.ayurveda.com)



The  
**Ayurvedic  
Institute**

11311 Menaul Blvd NE • Albuquerque, NM

Explore a new approach to wellness. Experience the richness of this ancient healing tradition. Enrich the holistic nature of your life or your practice by incorporating proven methods with a 5000 year history of success.

Ayurveda places emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life. Knowledge of Ayurveda enables one to understand how to create this balance of body, mind and consciousness according to one's own individual constitution and how to make lifestyle changes to bring about and maintain this balance. By learning the basic principles of Ayurveda, you and your clients will become empowered to bring about balance and wellness.

Who can attend:

- \* Alternative health practitioners
- \* Conventional medical practitioners
- \* Students of Ayurveda
- \* Anyone wanting to learn more about Ayurveda

### CLASS SCHEDULE

Class begins	9:00 AM, MST
Break from	10:30 AM – 11:00 AM
Class ends	12:30 PM, MST

### PRICING

Before 5 PM on April 23	
\$198	Early Bird
\$178.20	Early Bird for members, seniors, graduates
After April 23	
\$225	Standard Enrollment
\$202.50	Members, seniors and graduates