

Ayurvedic Certification - Red Ribbon (1st Chakara)

Ayurveda, Wellness, Anti-Aging, and Ayurvedic Aromacology

DATE: March 14th, 15th, & 16th
TIME: 14th & 15th: 9am-5pm 16th: 9am-4pm
PLACE: 7725 Commercial Way Suite 100
Henderson, NV 89011
COST: \$100 per day or \$175 for 2 days and \$255 for 3 days

CE CREDIT ONLY: March 8, 2010

Register via Peace at Hand: www.ce4lmts.com
(50% deposit required)

* all others please register via www.hylunia.com *

CREDITS: 20 CE (for massage therapists) & 50 AAOMA

Course Directors: Dr. Link and Charlie Queeno

DAY ONE:

- 9am-10:30am: Introduction to Ayurveda Chakra Ribbon Certification, Universe & Energy, What is Wellness and Happiness, Why Happiness is Important, Perception of Anti-Aging and Wellness, Stress & Aging, Mind & Stress, Basic Instincts.
- 10:45am-12:15pm: Ayurveda, Body types (Doshas), Great elements (Maha Bhutas), Energy & Balance, What cause imbalances, Free radicals, Sun, Ingredients, Stress, Inflammation & Aging, Disease & Cancer, Good Bad & Ugly Energy, Ingredients: dirty dozen and beyond.
- 12:15pm-12:45pm: Lunch Provided
- 12:45pm-2:15pm: Energy Balancing through five senses, Introduction to Sound, Sight, Touch, Taste and Smell, Introduction to Ayurvedic Aromacology, Body type essential oil blends, Body type analysis and work shop
- 2:30pm-4:00pm: Chakras blockages and Mind, Introduction to Basic Instincts - Food, Sleep, Reproduction/ Sexual health, Love, Relationship, Marriage and Tantra.
- 4:00pm-5:00pm: Workshops for sleep, Letting the past go, Stress reduction & energy, Laughter Yoga

DAY TWO:

- 9:00am-10:30am: Toxic and inflammatory Ingredients linked to aging, Diseases & cancer, Benefits of anti-oxidants to slow down progression of aging & cancer, In depth explanation of irritation & inflammation from free radicals, Inflammation & the immune system response to ingredients, Free radicals, DNA mutation by Endocrine Disruptors, Genotoxins, Carcinogens & Allergens.
- 10:45am-12:15pm: Products evaluation, Invitro, Invivo & clinical studies, How to read labels and determine performance, Functions & benefits of ingredients, Ingredient penetration.
- 12:15pm-12:45pm: Lunch Provided
- 12:45pm-2:15pm: Hyper pigmentation & Hyperkeratinization - Aging, Sun Damaged, Dry, Mature Skin, Different types of Moisturizers, Exfoliants - Alpha Hydroxy acids, Enzymes; Ester C Vs L-Ascorbic Acids, Peptides
- 2:30pm-4:00pm: Sun Screens & Sun Block, Rx for skin types - Mature/Dry, Normal/Dry, Normal/Combination, Acne/Oily, Rosacea, Psoriasis/Eczema.
- 4:00pm-5:00pm: Workshop - Meditation for Happiness

DAY THREE:

- 9:00am-12:00pm: Demos & Hands on workshop: Rejuvenation Facials, Kaya Kalpa Ageless facial, Raj Kumari Acne Facial
- 12:30pm-3:30pm: Demos & Hands on workshop: Shanthi Sun burn remedy facial. Cellular ionic and Cellular Detox Treatments (ionic Detox with cellular far Infra Red sauna with Sea weed detox Body wrap)

US Advanced Medical Research reserves the right to cancel this class for any reason.

A minimum two week notice will be given to all attendees.

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