

## Advanced Ayurvedic Bodywork: Session I

Northwest Noetic School of Massage  
and Education Center, Inc.

Join us for a continuation of study in Ayurvedic Bodywork as we begin to expand the opportunities for our practices. After completion of Introduction to Ayurvedic Bodywork, which focused on ayurvedic theory and practice relative to a spa field, ayurvedic massage techniques, and other ayurvedic treatments.

Students in this Advanced Ayurvedic Bodywork class will gain knowledge and experience in the preparation and uses of herbs in spa and detoxification treatments, as well as proficiency in administering these treatments.

Ayurvedic Hydrotherapy treatments will be emphasized, including making and administering therapeutic herbal plasters for pain and detoxification, castor oil packs, and detoxifying tea wraps. Students will also spend time practicing and continuing to gain proficiency in treatments learned in their first introduction class, including Ubyartan Aromatic Herbal exfoliations, and Shirodhara.

Prerequisite: Introduction to Ayurvedic Bodywork Class or equivalent.

Instructor: Michelle Scandalis is a Certified Ayurvedic Practitioner, Herbalist, and Licensed Massage Practitioner specializing in ancient herbal preparations, and Ayurvedic Bodywork. She received rigorous training in Ayurvedic herbal energetic, palliative therapies, and Pancha Karma detoxification through Dr's Light and Brian Miller in Sarasota, FL as an intern. Michelle had the opportunity to work with clients in all stages of health and observed the impact that daily routine, whole foods, herbs, and essential oils had on their healing process. This inspired her to spread the word. Her known purpose is to empower herself and individuals alike to create health, balance, prosperity, and joy in our lives.