



LANGARA  
COLLEGE

Continuing Studies

in partnership with Inner Peace Solutions, Inc.

## **Panch Karma Therapist Program**

An intensive Ayurvedic therapy for profound detoxification, rejuvenation and healing

Panch Karma ('the five methods of purification') is a unique method to purify the body and mind of deepseated toxins and negative influences. It opens subtle channels and corrects metabolic disturbances associated with vata ('wind'), pitta ('bile') and kapha ('phlegm').

### 210 hours Certified Professional Training

- Learn various Ayurvedic therapies and principles of nutrition from both a theoretical and practical standpoint
- Receive practical training in abhyanga ('full-body massage') shiro abhyanga ('head massage'), svedana ('steaming and fomentation'), and nasya ('nasal therapy')
- Develop Ayurvedic treatment plans based on Panch Karma concepts and perform designated therapies

Program details (Winter 2008)

1. Information Session: January 8, 2008 (7 PM – 8:30 PM)
2. Class begins: Saturday February 2, 2008

For further information contact:

Neelam Toprani at 604.323.1198, or [neelam@sewanti.com](mailto:neelam@sewanti.com)  
Sharlene Oliver at 604.323.5263, [soliver@langara.bc.ca](mailto:soliver@langara.bc.ca)