

## Application Form

### PERSONAL DETAILS

Surname	First Name
Address: _____ _____	
State: _____	Postcode: _____
Phone : _____	
Email: _____	

### Terms & Conditions

1. The workshop is available to students of the AIAS Ayurvedic Lifestyle Consultant (Certificate 4) or students who hold a similar qualification from another Ayurvedic institution.
2. Registration is on a first come, first served basis.
3. Registration excludes all airfares, travel costs, food & accommodation.
4. Students are required to bring with them x3 large towels, x2 hand towels, x1 small & x2 large steel bowls.
5. Students are responsible for determining whether their knowledge level is suitable to attend the workshop. AIAS will not be responsible for any dis-satisfaction that may arise from an inability to grasp complex principles due to a lack of basic knowledge.
6. AIAS reserves the right to deny an applicant's registration if their qualifications are considered inadequate for the knowledge level required for the workshop.
7. Cancellations received up to 7 working days prior to the workshop commencement will receive a refund, less \$100.00 administration fee. No refunds are available after this time.
8. AIAS reserves the right to cancel the course at any time. All students will receive a full refund of their registration.
9. Decisions pertaining to any disputes arising from the interpretation of these terms & conditions will be made by AIAS, whose decision will be final.

- I submit my registration to the AIAS Practical Workshop, 2-11 July, 2010 to be held at Planet Ayurveda, 578 Mt Eden Rd, Auckland.
- I enclose a copy of my relevant qualifications.
- I enclose my payment of \$2,500.00. (Cheque, Visa or MasterCard only)
- I have read and accepted the terms & conditions.

Signed : \_\_\_\_\_ Date: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiry: \_\_\_\_\_

Cheques payable to Australasian Institute of Ayurvedic Studies

For further information contact:  
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Email: [admin@aias institute.com](mailto:admin@aias institute.com)

[www.aias institute.com](http://www.aias institute.com)



**AUSTRALASIAN INSTITUTE OF  
AYURVEDIC STUDIES**

*Learn with Intention. Serve with Dedication.*

# Advanced Ayurvedic Practical Workshop

**2 – 11 July, 2010**

**At Planet Ayurveda  
Wellness Centre & Spa  
578 Mt Eden Rd  
Auckland**

The Australasian Institute of Ayurvedic Studies present a unique opportunity to extend your knowledge of Ayurveda with a practical workshop to deepen your knowledge of Ayurvedic bodywork therapies.

Taught by Dr. S. Ajit, Australasia's most experienced Ayurvedic Doctor, you will receive "hands on" practical experience in the administration of these therapies as well as the opportunity to experience them as a client.

The workshop will be held at Planet Ayurveda Wellness Centre & Spa, 578 Mt Eden Rd, Auckland.

**Cost is \$2,500.00 (excludes airfares, accommodation & food)**

The workshop is available to students of the AIAS Ayurvedic Lifestyle Consultant (Certificate 4) or students who hold a similar qualification from another Ayurvedic institution.

Students are required to bring with them x3 large towels, x2 hand towels, x1 small & x2 large steel bowls.

The workshop will run from 9.30am to 5.30 pm each day.

**Book Now – Limited  
places available!**

**Registration closes: 10 June, 2010**

## Subjects Covered:



### Advanced Pulse Examination

Deepen your knowledge of pulse examination to aid in the diagnosis of your clients as well as how to use the pulse to monitor a client's progress.

Learn to:

- \* Read the pulse of individual channels
- \* Identify mental Prakruti & Vrikruti
- \* Access various pathologies

NB: Students must have a good knowledge of the qualities of the pulse to benefit from this subject.



### Kizzi Bolus Treatment

One of the most profound Ayurvedic treatments for the removal of deep seated Ama in Mamsa, Meda, Asthi & Majja Dhatus.

Learn to:

- \* Understand principles behind treatment
- \* Cook & prepare bolus
- \* Administer the treatment
- \* Administer a herbalised steam treatment



### Udwarthanam

Traditional Ayurvedic treatment specifically designed for weight loss, cellulite & water retention.

It is also good for sluggish lymphatic flow and low immune system strength

Learn to:

- \* Understand principles behind treatment
- \* Administer the treatment
- \* Administer a herbalised steam treatment



### Netra Basti

A traditional treatment to enhance eye sight, counter fatigue & heaviness and slow retinal deterioration.

Learn to:

- \* Prepare & knead the basti dough
- \* Administer treatment
- \* Locate & massage selected marma points

### Ayurvedic Cooking (Level2)

Deepen your knowledge of Ayurvedic cooking with new recipes, snack foods & recipes for the infirmed & young children.