

# An Indie Approach to Headaches

Sunday, March 11, 2018, 10:00-6:00

**Instructor:** Margo Gal, CAP, LMT

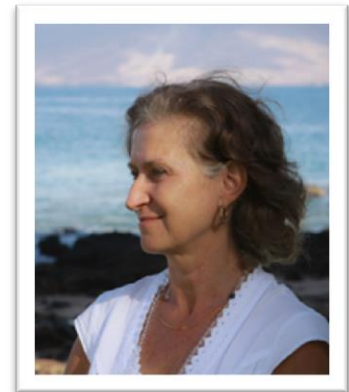
**Max Participant #:** 20



In the ancient Indian healing system called Ayurveda, headache is called Shira Shula. There are three classifications of headaches that are connected with the five elements and are located in specific locations in the head. They can be triggered by various types of weather conditions, eye strain, foods, digestive problems, neck pain, and environmental or emotional stress. Headaches and migraines can be caused by too much mental activity relating to the wind element, excess heat in the body caused by fire element, or too much mucus caused by the earth/water element. We will discuss how to manage these different kinds of headaches by applying pressure points gently on the head, face, hands and feet. A gentle face sequence using essential oils will be introduced. The properties of particular herbs used both internally and externally as an herbal paste to the face will be taught, as well as dietary recommendations and helpful essential oils.

## Instructor:

*Margo graduated from Sutherland-Chan in 1980. She completed Ayurvedic studies under Dr. Vasant Lad, graduating in 1987, and then worked under his guidance at the Ayurvedic Institute in Albuquerque NM. In 2004, she completed a certification under Dr. Sunil Joshi in Nagpur, India. This involved mastering practical applications and various Ayurvedic body treatments including Ayurvedic Massage. Margo interweaves her deep practical knowledge of Buddhism into her work. She taught Ayurvedic Massage and Indie Head and Scalp Massage at the Four Seasons Spa Resort on Maui as well as at Lumeria Resort. She has also worked with Hospice Maui. Margo moved back to Canada in 2014, and is presently in private practice as an Ayurveda Practitioner.*



## Cost:

**Regular:** \$199.00 + HST  
**Early Bird:** \$175.00 + HST by February 20, 2018

**S-C Alumni:** \$170.00 + HST  
**Early Bird:** \$150.00 + HST by February 20, 2018

## Location:

[Sutherland-Chan School](#)  
330 Dupont St, Suite 400  
Toronto ON

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