

ARC Alumni Special Feature

May 2018

FREE LECTURE

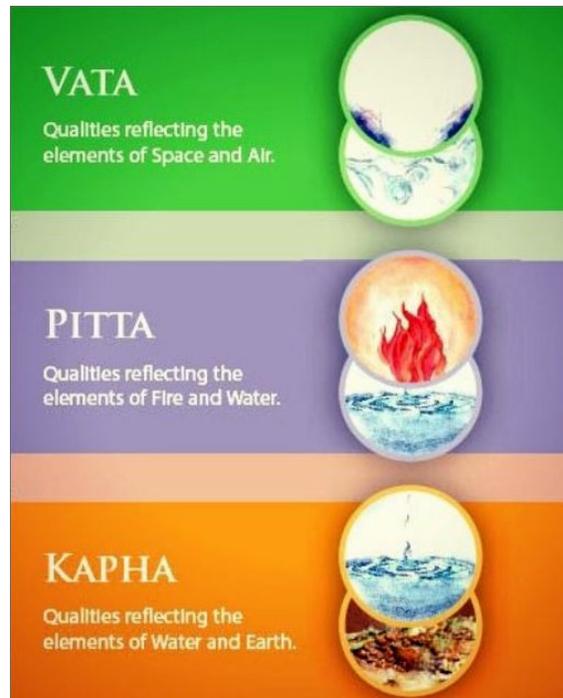
Ayurvedic Body Types A New Perspective for Massage Therapists

DATE

Monday, May 28
7:00-9:00 p.m.

LOCATION

Sutherland-Chan
School, Room 4



In the ancient science of Ayurveda, body/mind is described as being made up of the five great elements, which are divided among three *doshas*, or biological humors. These are Vata (Ether & Air), Pitta (Fire & Water) and Kapha (Earth & Water). Knowing a person's dosha, based on close observation of body frame, skin attributes and qualities of the mind, we are able to apply compatible massage techniques and oil types (base oils and specialty oils). Each body/mind type has qualities or "gunas" such as warm versus cold, heavy versus light, etc., and sensitivities to times of day and season. Understanding these principles can help the therapist understand how to promote a healthy balance for each individual.

PRESENTER: **MARGO GAL**, CAP, LMT

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. She taught Ayurvedic Massage and Indie Head and Scalp Massage at the Four Seasons Spa Resort on Maui and the Maui School of Therapeutic Massage. She also worked in end-of-life care at Hospice Maui. Margo moved back to Canada in 2014, and is in private practice as an Ayurveda Practitioner. She interweaves her deep practice of Buddhism into her work.

This free lecture is open to S-C alumni, faculty and current students.

There is no cost, but we have a room capacity limit of 60 people, so please contact us to reserve your space: Robert Rodbourne at 416-924-1107 ext. 19, or robert@sutherland-chan.com