

AYURVEDIC ENERGETICS OF WESTERN HERBS AND SPICES

with **Sonia Elisa Masocco**

February 26 - 28, 2010



Having studied a multitude of disciplines in subtle energy and energy medicine, **Sonia Elisa Masocco** specializes in and practices integrated 'clinical' aromatherapy and lymphatic drainage therapy (LDT). An ITEC qualified practitioner in Aromatherapy and Reflexology as well as Massage Therapy, she enhanced her specific aromatic studies with Michael Scholes and French Dr. Philippe Goeb. After over 10 years in Asia, she is currently based in Albuquerque. She is a graduate of the Ayurvedic Studies Program and has studied with Vasant Lad in India as well. She can be reached at smasocco@ayurveda.com.

HERBS AND SPICES have been used throughout the ages to aid the body in healing, give relish to food and preserve food by preventing growth of bacteria. In Ayurveda they are thought to be food as well as medicine. In this seminar you will learn the Ayurvedic energetics of key western herbs and spices and how they can accordingly be used for one's needed taste, health and prevention.

You will also learn major contraindications and drug interactions. With years of experience in clinical practice and culinary passion, Sonia Masocco will give you the in-depth scoop on what should be in the pantry.

FREE Friday evening lecture!

Call (505) 291-9698
for more information or visit
us at www.ayurveda.com



The
**Ayurvedic
Institute**

11311 Menaul Blvd NE • Albuquerque, NM

WEEKEND SCHEDULE

Friday	7 - 9 PM
Saturday	10 AM - 6 PM
Sunday	10 AM - 4 PM

PRICING

\$252 Members, seniors and graduates
\$280 Standard enrollment

Continuing Education Units (CEU) are approved for Acupuncturists/DOM (10 PDA) and Yoga Alliance (12 YA credits); and pending approval for Cosmetologists (12).