

Pancha Karma Training & Certification

Learn all aspects of
Pancha Karma
combining traditional and
modern approaches.

You will get two weeks of
intensive hands on, giving
and receiving of the
Pancha Karma therapies.



Testimonials:

“After finishing my Pancha Karma training
I realized that I was only doing Purva
Karma and now all I want to do is to apply
Pancha Karma the proper way”
M. Scandalis, A.P.

Having studied Ayurveda for over ten years,
I feel that Drs. Light & Bryan Miller provide
the most comprehensive Pancha Karma
training for Ayurvedic practitioners outside
of India. It is in many ways better suited to
needs of westerners and their clients than the
training one would receive in India, due to
their integrative approach of addressing both
psychological and physiological imbalances.
Both Millers are healers in the truest sense of
the word.

- Dean Campbell, founder of Ayurveda West
“This training was innovative and easily appli-
cable here in the West” J. Tanner, A.P.



Dr. Light Miller has over 35 years of experience as a health practitioner. Light's mission is to create a greater global awareness of the science of Ayurveda and she teaches Ayurvedic Practitioners so they may spread the knowledge throughout the world. Because of her love of Ayurveda, she and her husband, Dr. Bryan Miller, became Directors of the Sarasota Branch of the Florida Vedic College offering college degrees in Ayurveda and Aromatherapy.

AYURVEDIC CENTER
2017 Fiesta Drive Sarasota, FL 34231
941-806-7760
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Light Miller And THE AYURVEDIC CENTER Present



Pancha Karma Training and Certification

August 22-
September 5, 2008

For more information call
941-806-7760
www.AyurvedicHealers.com
Email: earthess@aol.com

Pancha Karma Training

Hands-on training covers the following:

Purva Karma: - palliative or preparatory process designed to loosen and liquefy toxins (ama) using oil (snehana) and sweating (svedhana) methods.

What you will be learning:

- External oleation (abhyanga)
- Indian Massage, marma points,
- Lymphatic drainage
- Shirodhara, Shiro Basti
- Internal oleation (snehapana) according to body type (dosha)
- Svedhana: Body Wrap, Lepa, Pinda Svedhana, Pizichili, Bashpa Svedhana
- Daily Yoga practice
- Appropriate diet (recipes and food preparation according to dosha)

Pancha Karma: "Pancha" means "five"; "Karma" means "actions", used not only for healing but also for seasonal prevention and rejuvenation.

Therapies you will learn:

- Nasya: nasal administration of medicated oils for different body types
- Basti: medicated enemas, colima application,
- Virechana: administration of purgative substances.
- Vaman: emesis
- Rakta Moksha: bloodletting, discussion of but not direct application.

Uttara Karma: follow-up practices after Pancha Karma to rebuild the tissues through proper diet and lifestyle.

Requirements: to register -
must be an Ayurvedic Practitioner.

Other therapeutic procedures you will learn and receive:

- Tarpana: relationship healing ceremony
- Ayurvedic facials for different body types
- Karma Purana: ear treatment
- Liver and Gallbladder flush
- Ayurvedic application of essential oils for Pancha Karma
- Pizhichil: continuous pouring of warm oil over the entire body
- Uttara Basti: douching enema
- Netra Basti: medicated eye bath
- Katti Basti: lower back bath therapy
- Udvartana: body scrub with medicated herbs and spices.
- Indications and contra-indications for all treatments

Cost— \$2195 early registration \$1995
(before June 22, 2008)