

aromatherapy & ayurveda

with maya cordes



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

sunday, august 15th

\$20 each (pre-register before 8/8): \$30 for both
At the door: \$25 each : \$50 for both

INTRODUCTION TO AROMATHERAPY

11:30am-1:30pm

Aromatherapy is an accessible and wonderful way to use plant medicine and to ignite our senses. Gain a general understanding of essential oils and how they can be used therapeutically. The goal is to discover and appreciate the world of aromatherapy and how it can most safely and effectively be used. There will be a slide show and a demonstration on how to make several products with essential oils. Leave with a newfound sense of gratitude and comfort level in relation to essential oils. Oils and products will also be available for sale.

AROMATHERAPY AND AYURVEDA

2:30pm-4:30pm

Introduction to Ayurveda is required before attending this class. This will be an exploration of the use of essential oils using basic ayurvedic concepts. Learn about the doshas and sub-doshas and how they interact with essential oils. Various recipes will be shared. Students will learn basic concepts of ayurveda, particularly as they pertain to aromatherapy.

MAYA CORDES RYT

Maya Cordes was first introduced to Aromatherapy in 1995. Immediately, the world of scent opened to her, and has been fascinating her ever since. Maya is a licensed massage therapist who practiced in Kalamazoo from 1997-2008. In her massage therapy practice, Maya would dabble in the use of essential oils. But at home, she was constantly experimenting with their multitude of uses. Recently, after the birth of her first child, Maya resumed her study oils, more intently this time. After completing a class in Nevada City, CA, she was inspired to teach again. Maya is also a certified yoga teacher. She began studying yoga in 1996, and completed her 200 RYT through the ParaYoga system in 2007. Before her relocation out West, May taught classes at Sangha Yoga. We are happy to welcome her back to her home studio!

PRE-REGISTRATION REQUIRED. Mail check with this form to Sangha Yoga

Name(s) _____

Contact # _____ E-mail _____

Please write the number of participants next to the event(s) and the total enclosed:

intro to aromatherapy _____ aromatherapy & ayurveda _____ x (\$)



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