

1. PROGRAM

Daily Schedule (Monday –Thursday)

13:30	–	15:30	Aromatherapy Class
15:15	–	15:30	Afternoon tea break
15:45	–	17:30	Yoga Therapy

The first class in the afternoon, students will learn Aromatherapy foundation course which focuses on an up-to-dated of healing skill along with blending of essential oils.

The Yoga Therapy session which focus on learning Pranayama, Asana, Meditation, Charka and more, **all in a comfortable environment.**

Friday – Friday Field Trip Activities. We are going to have a one day return trip to Harrison Spa, Local Spa tour, Whistler, Victoria Island Reiki retreat, Herb Garden walk. The student will have opportunity to meet and experience Aromatic Journey with other practitioner from related industries.

PACKAGE PRICE – One week, \$ 480, sign up 4 weeks ONLY
CAD \$1,500 for ALL as following

Package includes:

- Registration fee
- 20 hours / week classes
- Free Whistler day trip
- Harrison Spa one day round trip
- Study materials / hand-out / Essential oils use in class
- Graduation party
- AIHI Certificate
- NAHA Level One Certificate



Artiscent International Holistic Institute

Summer Aromatherapy Camp 2010



Registration :

Artiscent International Holistic Institute
Unit A - 7569 Royal Oak Avenue,
Burnaby, B.C. V5J 4J8, Canada
TEL: (604) 339-5717
FAX: (604) 569 –0103
www.aihi.ca , info@aihi.ca



Aromatherapy Summer Camp Daily Schedule

July 5 (Mon)	1:30 – 5:30 - Burnaby neighborhood tour, Metrotown - Introduction to Aromatherapy - Yoga Pranayama ∩ Asana
July 6 (Tue)	1:30 – 5:30 - Introduction to Essential oils, EO extraction - Yoga Pranayama ∩ Asana
July 7 (Wed)	1:30 – 5:30 - EO production and quality ∩ Chrystal Massage demo - Yoga Pranayama ∩ Yoga Asana
July 8 (Thu)	1:30 – 5:30 - EO Safety ∩ Chrystal Massage hands-on - Yoga Pranayama ∩ Yoga Asana
July 9 (Fri)	Free activities Downtown Garden Walk, Herb afternoon tea, Spa tour
July 10,11	WEEKEND, BBQ at Dear Lake
July 12 (Mon)	1:30 – 5:30 - EO ∩ Method of use ∩ Chrystal Massage Hands-on - Yoga Asana ∩ Chakra
July 13 (Tue)	1:30 – 5:30 - EO ∩ Blending ∩ Chrystal Massage Hands-on - Yoga Asana ∩ Chakra
July 14 (Wed)	1:30 – 5:30 - Human body ∩ EO ∩ Chrystal Massage Hands-on - Yoga Asana ∩ Chakra
July 15 (Thu)	1:30 – 5:30 - Anatomy ∩ EO ∩ Chrystal Massage Hands-on - Yoga Asana ∩ Chakra
July 16 (Fri)	Harrison Spa Tour

Friday & Weekend activities will be subject to change depending on weather

July 19 (Mon)	1:30 – 5:30 - Cooking with Herbs - Yoga Asana ∩ Meditation
July 20 (Tue)	1:30 – 5:30 - Introduction to Carrier oils ∩ Chrystal Massage Hands-on - Hatha Yoga
July 21 (Wed)	1:30 – 5:30 - Introduction to Hydrosol ∩ Chrystal Massage Hands-on - Hatha Yoga
July 22 (Thu)	1:30 – 5:30 - Ayurveda ∩ Blending ∩ Chrystal Massage Hands-on - Hatha Yoga
July 23 (Fri)	Whistler day trip
July 24 / 25 (Sat/ Sun)	Victoria Bucharth Garden trip, Reiki healing retreat (optional)
July 26 (Tue)	1:30 – 5:30 - Aromatherapy Assessment / consultation ∩ Blending ∩ Chrystal Massage Hands-on - Hatha Yoga
July 27 (Tue)	1:30 – 5:30 - Aromatherapy Assessment / consultation ∩ Blending ∩ Chrystal Massage Hands-on - Hatha Yoga
July 28 (Wed)	1:30 – 5:30 - Aromatherapy Assessment / consultation ∩ Blending ∩ Chrystal Massage Hands-on - Hatha Yoga
July 29 (Thu)	1:30 – 5:30 - NAHA Level One Exam - Hatha Yoga
July 30 (Fri)	Summer Graduation Party

