



Shirodhara Therapy Certification

Location: Wesley Chapel, FL at Forme Med Spa from 10am-5pm March 24-26th, 2011. Register at www.sacredstonehealing.com or call 877-832-1372 or email karyn@sacredstonehealing.com.

NCBTMB Provider #155301-00. 18 CEs Awarded.
Florida Board Approved.

During this class, Karyn will lead the class through the concepts, theory, benefits, precautionary measures and a demonstration of shirodhara therapy on the first day. On the second and third day of class, students will have the chance to practice and receive shirodhara therapy through a guided practicum forum with Karyn. The class will go on a guided stone harvest on the first day. Shirodhara therapy involves a controlled flow of warm oil is gently poured over the "Ajna" or third eye chakra. The oil then streams down the crown chakra, which magnifies the senses, disperses negative electrical impulses that accumulate at the forehead from stress, reverses imbalances within the body, rejuvenates the face and renews the sweetness of life.

Shirodhara is one of the most unique therapies available for reducing stress and enhancing cellular intelligence and immunity. Scholarships due to financial difficulties may be available. Finance plans available with affordable interest rates. Contact us.

What does Deepak Chopra say about Shirodhara? [Learn more.](#)

Please Note: To become an effective shirodhara therapist, it takes devotion, practice and more practice. The motivation to learn shirodhara therapy must come from your heart. It is not a therapy you can learn in a few days and become an expert, nor is this a therapy you should water-

down in order to make more money in your spa. This is a very sacred, profound art that takes lots of time and dedication to learn.



Instructor: Karyn A. Chabot, D.Ay, LMT cognized Sacred Stone Massage Therapy in 1999 off the shores of Rhode Island and was the first to bring this beautiful therapy to the East Coast. She trained over 1,000 Sacred Stone Therapists and is one of the leading continuing education providers for licensed massage therapists and healers. Karyn is also the founder of Sacred Stone, a school inspired by Ayurveda offering continuing education in professional massage therapy. She discovered the healing power of stones while she was struggling to relieve her own physical pain due to fibromyalgia. With the help of her client's feedback, inspiration and suggestions, she and her clients developed Sacred Stone Therapy. Massage therapists from all over the country starting making appointments with Karyn to experience this new therapy and asked her to start teaching classes.

In 1997, Karyn graduated and studied with the renowned Dr. Vasant Lad, B.A. M.S at The Ayurvedic Institute in New Mexico. She graduated from Goddard College with her bachelor's degree in Alternative Health in 1995. Universal Massage Therapeutics of New Mexico graduated Karyn in 1997. She is a former adjunct faculty professor at Bristol Community College in their massage therapy program.

During the past 24 years of working in the health industry and dancing professionally, she became a licensed and nationally certified Massage Therapist, a certified Ayur*Yoga Instructor and a nationally certified yoga instructor from the Nosara Yoga Institute in Costa Rica. Karyn studied Ayurvedic Blueprinting for many years with Gandharva Sauls and graduated the Ayurveda-Yoga Institute of NYC. She later became a certified master crystallogist with the Taomchi Association of America, a 2nd degree Reiki Practitioner, certified Quantum Touch therapist & certified Fitness Trainer and Nutritionist, and became certified in module one & two of The Bodytalk

System. She studied Marma Therapy with Dr. Vasant Lad, Dr. Vaidya Mishra & Dr. Naina Marballi at Ayurveda's Beauty Care in NYC. She also became a certified Ayurvedic Beauty Specialist with Sonia Masocco at The Ayurvedic Institute. Karyn also took level one of The Yuen Method of Healing, and holds a certification as a Pancha Karma Therapist and Medical Thai Therapist.

Karyn has presented this therapy on national TV, in many international and national spas and healing centers, and at many of the National Ayurvedic Medical Association annual conferences. She has written many published various industry-related articles in national magazines and is a member of the American Massage Therapy Association, The National Certification Board of Therapeutic Massage and Bodywork and The National Ayurvedic Medical Association.

She has produced 7 comprehensive instructional DVDs on the art of stone healing and Ayurvedic spa therapies and has written 8 illustrated bodywork books and correspondence courses for massage therapists. Sacred Stone Therapy made the cover of the American Massage Therapy Association's Magazine in Oct 2003 and March 2005.

Her best healer and best friend is her 21-year-old daughter, Jaeda Chabot, who is following in her mother's footsteps and working as a licensed massage therapist and esthetician in Boston.