



Ayurveda- and Aroma-Seminar in Orto de Prouvenço

with Dr. Malte Hozzel, Jonathan Hinde and Dr. Henrik Westergaard

June 11 – 19, 2018

Seminar Themes

This one-week seminar covers the following topics

- Excursion into the amazing world of medicinal plants of Provence
- Ayurveda and Aromatherapy
- Knowledge and possible treatments with Marma Therapy
- Knowledge on and experience with the Essential Oils of South of France
- Knowledge on and experience with the Essential Oils of India
- Ayurveda – historic background and branches
- Understanding Disease in its psycho-spiritual meaning
- Herbal walks – identifying essential oil plants of Provence
- Aromatherapy and cancer
- Introduction to the biochemistry of essential oils
- The Yoga of Herbs – getting nearer to the Plant Kingdom
- Holistic Aromatherapy – medical, ethnobotanical, scientific, experimenal, spiritual
- Striking testimonials and research on essential oils
- ADHD, Epilepsy, Insomnia – helping with Aromatherapy
- Essential oils – natural anti-biotics
- Producing our own healing blends
- Short introduction in Ayurvedic self-pulse reading

Everyone will be offered a short experience of Marma Therapy as part of the course. For anyone who would like a full back and face treatment these will be available, time permitting, for €40.



Seminar Schedule

Day 1 – Arrival – Mon, June 11, 2018

Pick-up of participants in Avignon (Gare TGV or Gare Central) or Marseille airport

From 7.00 pm Dinner, welcome and greeting, introduction of the teachers, the Ayurveda and Aromatherapy program

Day 2 – Tue, June 12, 2018

7.00 – 8.30 am Yoga Asanas for those who want

8.00 – 9.00 am Breakfast

9.30 – 12.30 am Botanical walk – identifying essential oil plants and their use followed by lecture Dr. Malte Hozzel: "Introduction to Holistic Aromatherapy "

1.00 – 2.00 pm Lunch

2.00 – 4.00 pm Lecture Dr. Westergaard "Using Ayurveda, India's ancient Health system, in our modern life"

4.00 – 4.30 pm Coffee / Tea break

4.30 – 6.30 pm Lecture Jonathan Hinde "Marma-Therapy of Ayurveda"

7.00 pm Dinner

8.00 – 9.30 pm Lecture Dr. Malte Hozzel: "Essential oils of India – I"



Day 3 – Wed, June 13, 2018

7.00 – 8.30 am Yoga Asanas for those who want

8.00 – 9.00 am Breakfast

9.30 – 11.30 am Lecture Dr. Malte Hozzel "Understanding Disease in its psycho-spiritual meaning"

11.30 – 1.00 pm Visit of an organic essential oil distillery in the area

1.00 – 2.00 pm Lunch

2.30 – 4.30 pm Botanical walk – Identifying essential oil plants and their use – On site distillation of medicinal plants with a Provencal farmer

4.30 – 5.00 pm Coffee / Tea break

5.00 – 6.30 pm **Discovering the scenic beauty of the area: Excursion to a typical village of High Provence**

7.00 pm Dinner

8.00 – 9.30 pm Lecture Dr. Malte Hozzel and Dr. Henrik Westergaard "Aromatherapy and Cancer"

Day 4 – Thur, June 14, 2018

7.00 – 8.30 am Yoga Asanas for those who want

8.00 – 9.00 am Breakfast

9.30 am **Full Day excursion into the amazing world of medicinal plants of Provence and visit of typical villages and towns of the area including lunch picnic**

8.00 pm Dinner

8.00 – 9.30 pm Lecture Dr. Henrik Westergaard, "Introduction to self-pulse reading"



Day 5 – Fri, June 15, 2018

7.00 – 8.30 am Yoga Asanas for those who want

8.00 – 9.00 am Breakfast

9.30 – 12.30 am Lecture Dr. Malte Hozzel "Essential oils of India – II"

1.00 – 2.00 pm Lunch

2.30 – 4.00 pm Lecture Dr. Malte Hozzel "Enhancing the QI – Energy aspects of Aromatherapy"

4.00 – 4.30 pm Coffee / Tea break

4.30 – 6.30 pm Questions and answers on Ayurveda and Aromatherapie with Jonathan Hinde, Dr. Henrik Westergaard and Dr. Malte Hozzel

7.00 pm Dinner

8.00 – 9.30 pm Lecture of Dr. Malte Hozzel: "The Yoga of Herbs – getting nearer to the Plant Kingdom"

Day 6 – Sat, June 16, 2018

7.00 – 8.30 am Yoga Asanas for those who want

8.00 – 9.00 am Breakfast

9.30 – 12.30 am Excursion to the botanical garden of the "Abbeye de Valsainte" – a former Celtic sanctuary

1.00 – 2.00 pm Lunch

2.30 – 4.00 pm Lecture Dr. Malte Hozzel "Scientific Research and striking testimonials on Aromatherapy I"

4.00 – 4.30 pm Coffee / Tea break

4.30 – 6.30 pm Lecture Dr. Malte Hozzel: "Better than Penicillin - essential oils as natural anti-biotics"

7.00 pm Dinner

8.00 – 9.30 pm Lecture Dr. Malte Hozzel "Depression, Anxiety, Stress – helping with Aromatherapy"

Day 7 – Sun, June 17, 2018

7.00 – 8.30 am Yoga Asanas for those who want

8.00 – 9.00 am Breakfast

9.30 – 12.30 am Lecture Dr. Malte Hozzel "Scientific Research and striking testimonials on Aromatherapy II"

1.00 – 2.00 pm Lunch

2.30 – 4.00 pm Jonathan Hinde, Dr. Henrik Westergaard, Dr. Malte Hozzel : Questions and answers

4.00 – 4.30 pm Coffee / Tea break

4.30 – 6.30 pm Dr. Malte Hozzel "ADHD, Epilepsy, Insomnia – helping with Aromatherapy"

7.00 pm Dinner

8.00 – 9.30 pm Dr. Malte Hozzel "Healing formulas of Aromatherapy"



Day 8 – Mon, June 18, 2018

7.00 – 8.30 am Yoga Asanas for those who want

8.00 – 9.00 am Breakfast

9.30 – 12.30 am Dr. Malte Hozzel: "Magical molecules - understanding healing with the bio-chemistry of Nature"

1.00 – 2.00 pm Lunch

2.30 – 5.00 pm Producing our own healing blends

5.00 – 6.30 pm Summary and questions and answers with the teachers

7.00 pm Dinner

8.00 pm Farewell party

Day 9 – Tue, June 19, 2018

7.00 – 8.30 am Breakfast and departure



The Location

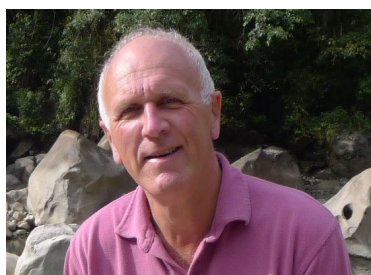
The seminar takes place at Orto de Prouvenco, High Provence, about 1 hour by car from Avignon to the East. Orto is since 27 years the INTERNATIONAL OSHADHI SEMINAR CENTER a wonderful property with 4 Provençal houses, surrounded by 150 acres of Lavender fields and forests, in the neighbourhood of Aurel, a charming typical provençal village. This place, besides the beautiful overlooking view on an incredible landscape, offers a very unique setting for our seminars. Indeed, it has both the power and silence of pure Nature, expressed through the spectacular view, where the green of the pine and oak forests combines with the colours of the limestone rocks and the surrounding mountains. At the same time, it is also a place where you can feel all the peace, the softness and the generosity of Mother Earth through the many delicate healing fragrances floating in the air. The beauty of the aromatic gardens with their numerous medicinal plants, the many sun terraces to relax, all the lively silence imbedded in a joyful, creative atmosphere of intl. guests from all continents make you feel at home immediately.

The Teachers



Dr. Malte Hozzel and his wife acquired in the early 1990ies a property of 150 acres in the UNESCO protected area of Mont Ventoux in High Provence, France and established the famous Aromatherapy and Seminar Center ORTO DE PROUVÈNCO. www.oshadhi-provence.com
www.ortodeprouvence.com

Today, Dr. Hozzel with his company AYUS GmbH and several partnership businesses focuses mainly on spreading Aromatherapy globally and lecturing on an international level, helping thereby to spread the knowledge of natural therapies with essential oils. He participates since many years in a number of humanitarian projects which have the mission to raise the level of individual and collective consciousness in the world.



Jonathan Hinde (England) has been practising Maharishi Marma Therapy for six years and is also a qualified aromatherapist, and certified teacher of Transcendental Meditation.

Marmas are delicate points on the body where there is the most direct connection between mind and body. In the classical texts of Ayurveda it is said that 'Marma is the seat of Life', and by handling these Marma points in a gentle and delicate way, it is possible to remove blocked energy and encourage the natural healing process to take place. The presentation will explain the background and practice of Sukshma Marma therapy (sukshma means 'soft', 'sweet', 'gentle', 'delicate') and everyone will have an opportunity to have a short experience of marma therapy as part of the course.



Dr. Henrik Westergaard (Denmark) is a medical doctor for 35 years, chief physician, who is specialised in Psychiatry. He is also a Maharishi Ayurvedic doctor in Denmark and teacher of Transcendental Meditation. As a nature lover, Dr. Henrik believes in natural therapy and organic lifestyle. Thus, he uses Maharishi Ayurveda as part of his treatment, which is a 5000 year old ancient classical tradition of health care system from India.

He loves sailing and taking walks in the forest during his free time. To him, nature is his best physician!