



Aromatherapy and Ayurveda

10 days Congress seminar in High Provence / France

May 27th to June 5th, 2020

at the Intl. Aromatherapy Center

"Orto de Prouvènço"

**with Dr. Malte Hozzel (Germany) - Dr. Jamal Chahboun (France) - Carla Vescovi
(Brazil) - Jonathan Hinde (UK) - Dr. Abilash Anand (India) - Melani Kovac
(Slovenia) - Jody Elleaume (France) - Eva Bouzas (Spain)**

Seminar Themes

This 10 days seminar covers the following topics

- **Excursion into the amazing world of medicinal plants of Provence**
- **Aromatherapy and Ayurveda**
- **Knowledge and possible treatments with Marma Therapy (Ayurveda energy medicine)**
- **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 approaches to problems of Insomnia – Depression – Parkinson – Epilepsy – Alzheimer – ADHD - Cancer etc.**
- **Introduction to a more holistic understanding of the biochemistry of essential oils**
- **The Yoga of Herbs – getting nearer to the Plant Kingdom**
- **Anti-microbial effects of Aromatherapy**
- **Striking testimonials and research on essential oils**
- **Essential oils for balancing the doshas**
- **Short introduction to Ayurvedic self-pulse reading**
- **Clinical experiences of Essential oils in hospitals in Spain**
- **Essential oils and treatments of Trauma**

Everyone will be offered a short experience of Marma Therapy as part of the course. A full back and face treatment will be available on demand. We offer also to everyone a pulse diagnosis by Dr. Abilash Anand, Ayurvedic Vaidya and expert on pulse reading at our Ayurveda Center in South India (Maitreyi)



Seminar Schedule

Day 1 – Arrival – Wednesday, May 27th, 2020

Pick-up of participants in Marseille airport @ 15:00 and Avignon (Gare TGV) @ 16:00

From 19.00 **Dinner, welcome and greeting, introduction of the teachers, presentation of the topics of the seminar**

Day 2 – Thursday, May 28th, 2020

- 8.00 – 9.00** **Breakfast**
- 10.00 – 10.30** **Welcoming in the botanical garden of Provence**
- 10.30 – 13:00** **Dr. Malte Hozzel:** Ayurveda and Aromatherapy – What is the link? Doshas and essential oils.
- 13.00 – 14.00** **Lunch**
- 14.00 – 15:30** **Carla Vescovi:** Restoring Love and Trust in Life Through Aromatherapy – a case project in Colombia
- 15.30 – 16.00** **Coffee / Tea break**
- 16.00 – 17.30** **Dr. Jamal Chahboun:** Characterization of the constituents and olfactory properties of Neroli essential oil and its floral water – broad spectrum antibiotic first observed in a plant
- 17.30 – 19.00** **Dr. Abilash:** Origin and Evolution of Aromatherapy in Ayurveda
- 19.00 – 20.00** **Dinner**
- 20.00** **Rest**



Day 3 – Friday, May 29th, 2020

- 8.00 – 9.00** **Breakfast**
- 10.00 – 11.30** **Botanical walk.**
- 11.30 – 13:00** **Distillation with a provençal farmer at Orto de Prouvènço**
- 13.00 – 14.00** **Lunch**
- 14.00 – 15:30** **Jonathan Hinde:** Understanding the different practical ways to use essential oils
- 15.30 – 16.00** **Coffee / Tea break**
- 16.00 – 17.00** **Eva Bouzas:** Spanish hospital care – a practical approach with Aromatherapy in Zaragoza
- 17.00 – 19.00** **Excursion to a picturesque typical provençal village (Brantes)**
- 19.00 – 20.00** **Dinner**

20.00 – 21.00 **Jody Elleaume:** Subtle Aromatherapy in France

Day 4 – Saturday, May 30th, 2020

8.00 – 9.00 **Breakfast**

10.00 – 13.00 **Dr. Malte Hozzel:** The incredible essential oils of India

13.00 – 14:00 **Lunch**

14.00 – 15.30 **Melani Kovac:** Increasing awareness of the bio-chemistry of essential oils and how compounds can affect our choices

15.30 – 16.00 **Coffee / Tea break**

16.00 – 17.30 **Dr. Jamal Chahboun:** The botanical family of the sapotaceae (Lungs of the planet) with Argan tree as its member and its special and rare lipids

17.30 - 19.00 **Carla Vescovi:** Essential oils for transformation - highlighting Copaiba essential oil

19.00 – 20.00 **Dinner**

20.00 – 21.00 **Questions and answers and video impressions of Aromatherapy**



Day 5 – Sunday, May 31st, 2020

8.00 – 9.00 **Breakfast**

10.00 – 13.00 **Dr. Malte Hozzel:** Brain Health and Aromatherapy: Parkinson – Alzheimer – ADHD – Epilepsy – Anxiety and Depression – Insomnia Part 1

13.00 – 14.00 **Lunch**

14.00 – 15.30 **Dr. Abilash:** Ayurveda and Longevity

15.30 – 16.00 **Coffee / Tea break**

16.00 – 17.30 **Jonathan Hinde:** The importance of essential oils in the ancient Ayurvedic practice of Marma therapy

17.30 - 19.00 **Eva Bouzas:** Aromatherapy and Childcare

19.00 – 20.00 **Dinner**

20.00 **Rest**

Day 6 – Monday, June 1st, 2020

- 8.00 – 9.00** **Breakfast**
- 10.00 – 13:00** **Carla Vescovi:** Essential oils and treatments of Trauma
- 13.00 – 14.00** **Lunch**
- 14.00 – 19:00** **Excursion to most beautiful towns of France: Rousillon, Gordes, Apt - and an old Cedar Forest**
- 19.00 – 20.00** **Dinner**
- 20.00** **Rest**



Day 7 – Tuesday, June 2nd, 2020

- 8.00 – 9.00** **Breakfast**
- 9.30 – 11.00** **Jody Elleaume:** For a Modern Aromatherapy: Reconciliation of subtle, emotional, scientific approaches
- 11.00 – 13:00** **Dr. Malte Hozzel:** Let there be Light – Medico – Spiritual aspects of modern Aromatherapy
- 13.00 – 14.00** **Lunch**
- 14.00 – 19.00** **Excursion to the old Celtic sanctuary of the “ Abbaye de Valsaintes“ and/or the botanical garden of Salagon**
- 19.00 – 20.00** **Dinner**
- 20.00 – 21.30** **Melani Kovac:** Holistic approaches to Aroma-Bio-Chemistry

Day 8 – Wednesday, June 3rd, 2020

- 8.00 – 9.00** **Breakfast**
- 10:00 – 13.00** **Visit the famous Provençal Market in Sault**
- 13.00 – 14.00** **Lunch**
- 14.00 – 15.30** **Jody Elleaume:** Hydrolates, the new Aromatherapy: for a global approach of the “Taking Care“

- 15.30 – 16.00** **Coffee / Tea break**
- 16.00 – 18:30** **Visit of organic distillery in the area of Orto de Prouvenco**
- 19.00 – 20.00** **Dinner**
- 20.00 – 21.30** **Questions and answers with all the speakers**

Day 9 – Thursday, June 4th, 2020

- 8.00 – 9.00** **Breakfast**
- 10.00 – 13.00** **Dr. Malte Hozzel:** Brain Health and Aromatherapy: Parkinson – Alzheimer – ADHD – Epilepsy – Anxiety and Depression – Insomnia Part 2
- 13.00 – 14.00** **Lunch**
- 14.00 – 15.30** **Dr. Abilash:** Treatment Modalities in Ayurveda and presence of Aromatherapy in it. Distilled herbs used for inflammatory conditions in Ayurveda
- 15.30 – 16.00** **Coffee / Tea break**
- 16.00 – 18:30** **All the speakers together with the guests – exchange of information and ideas – Q & A**
- 19.00 – 20.00** **Dinner and Farewell**

Day 10 – Friday, June 5th, 2020

- 7.00 – 8.30** **Breakfast and departure**



The Location

The seminar takes place at Ortó de Prouvenco, High Provence, about 1 hour by car from Avignon to the East. Ortó 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 (Germany) and his wife acquired in the early 1990 a property of 150 acres in the UNESCO protected area of Mont Ventoux in High Provence, France and established the famous intl. Aromatherapy and Seminar Center ORTO DE PROUVÊNÇO.

<https://www.oshadhiseminars.com/>

Today, Dr. Hozzel with his intl. essential oil company AYUS GmbH and the OSHADHI essential oil brand together with several partnership businesses focuses mainly on spreading Aromatherapy globally and lecturing on an international level, helping 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.



Dr. Jamal Chahboun is since 25 year the CEO of PHYTOTAGANTE in Toulouges / France. The company is specialized in the extraction and distillation of fragrant plants mainly originating from N. Africa for production and processing, of natural raw materials. Their products comprise essential oils, oleoresins, concretes, absolutes, vegetable oils, and various extracts from plants from organic or conventional agriculture.

Dr. Chahboun is also a teacher and research scientist and a speaker at the University of Perpignan. He is expert in the quality research on vegetable raw materials and has worked recently for 2 years as a physiochemist in research on cancer in the field of microspectrofluorimetry at the C.N.R.S laboratory in Perpignan.

He is currently working in the field of research and development projects, quality valorization of plant extracts for pharmacy, natural cosmetics and perfumery. He is also a developer of analytical protocols as well as of engineering and plant extraction projects for the industry.



Melani Kovac devoted her last 10 years solely to promoting and teaching aromatherapy. To serve this purpose she founded "Aromainstitut" through which she organizes and supports different aromatherapy projects, collaborates with colleagues, non-profit organizations, homes for the elderly, hospitals, universities and anyone who can benefit from aromatherapy or is hoping to incorporate aromatherapy in their work. Her IT background, curiosity as well as working as an educator for a very wide variety of students along with collaborating with distillers, sellers, nurses and scientists inspired her to create a global online platform for all essential oil users and sellers - "Dropsmith". Her goal is to make aromatherapy simple, fun and as precise and safe as possible.



Jonathan Hinde (England) has been practising Maharishi Marma Therapy for six years. He 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. Jonathan's presentations will explain the background and practice of Sukshma Marma therapy (sukshma means 'soft', 'sweet', 'gentle', 'delicate') - and everyone will have an opportunity to get a short experience of Marma Therapy as part of the seminar.



Jody ELLEAUME Director of Myrtea - Oshadhi France

Since he was 11, Jody is immersed in the world of essential oils. Formed by several big names in aromatherapy, he is also a graduate in herbal medicine by ELPM. He is the creator of Myrtea formations and the director of Myrtea - Oshadhi France. Jody's goal is to spread seeds of knowledge and consciousness and to direct Myrtea in a humane and collaborative way.



Dr. Abilash Anand has been with Maitreyi - The Vedic Village, a famous South India Ayurveda Resort - since 2009 and has gained immense respect amongst his patients from all over the world. His honest uncompromising approach to all clinical aspects of the science of Ayurveda, his focus on rooting out the real cause of disease, as well as his superb diagnostic skills have achieved lasting results and relief for many. He continues to broaden his experience for dealing with the western psychology and need for healing through exposure and travel to Ayurveda clinics in Europe. At the same time he delves deeper into subtle research aspects with his peers in India, maturing into a gifted health practitioner.



Carla Vescovi is a renowned aromatherapist from Brazil and director of the AROMALUZ aromatherapy school in Campinas. She will share her experience about the healing properties of Essential oils on psychological traumas. She will give concrete examples on how essential oils can help release painful memories, support the healing process and restore trust and love back to Life.

If you're a therapist seeking to deepen your knowledge and expand your scope of practice or if you are working with children and adults victim of abuse, trauma, violence or addiction or just looking for support tools on your journey of healing and recovery and curious about essential oils, come and learn from one of the best expert worldwide - how aromatherapy can be an exceptional tool for transformation, self-love and wellbeing!



Eva Bouzas is an aromatherapist and Director of Oshadhi in Spain. In addition to being an university expert in Ayurveda and training in Aromatherapy and Ayurveda in different parts of the world, she is trained with Doctor Malte Hozzel and Doctor Ernst Schrott, expert in Marma-Therapy form Germany. She has been teaching aromatology for 5 years at the University of Saint George in Zaragoza.