



ALQVIMIA

## AROMATHERAPY MASTER MARCH 2020

### Kurs aromaterapii w malowniczych Pirenejach

#### Harmonogram

##### TUESDAY 24TH

- Wellcome to Can Camps. Accomodation and relax.

##### WEDNESDAY 25TH

**8.00** Meditation with Alqvimia Team

**9.00** Breakfast

- Introduction to Alchemic Aromatherapy.
- What is Aromatherapy?
- The 3 Schools of Aromatherapy.
- History of Aromatherapy, Cosmetics and Alchemy.
- The Spagyria: the Alchemic Tradition.

**11.30** Coffee Brake.

**12.00** Essential Oils according to the Alchemic Tradition.

- What is an Essential Oil?
- The Constituent Ingredients of Essential Oils.
- Why Essential oils are so powerful.
- Types of Essential Oils.
- How to use them

**13:30** Update of Essential Oils in Alqvimia.

**14.00** Lunch and relax.

**16.00** How to obtain the Essential Oils

- Distillation. Purification of the matter.
- Enfleurage
- Preassure
- Maceration

**17.30** Coffee brake.

**18.30** Ceremony of the Rose.

**20.00** Dinner and rest



## THURSDAY 26TH

### 8:30 Breakfast

9:00 Visit To Olot Manufacture. 30 min.

### 10:00 Purity and Polarity.

- How to detect the Purity: The smell test and the Aromatherapeutic Journal.
- The Energetic Charge or Polarity of Essential Oils.

11:30 Coffee Brake.

### 12:00 Considerations about Essential Oils

- General Safety.
- Some considerations
- Dose and Equivalent quantities.

13:30 Presentation by international Aromatherapist . cientific data.

### 14:00 Lunch

15:00 Visit To Can Duran walking. (Optional )

### 16:00 Carrier Oils

- Carrier Oils and the massage.
- Dead Sea Salts, Dead Sea Mud and other carriers.

17:30 Coffee brake.

18:00 Beautiful practice with carrier oils.

20:00 Dinner and rest. (Includes smell testing of Essential Oils)

## FRIDAY 27TH

8:00 Meditation (optional)

9:00 Breakfast

10:00 Introduction to Energetic Aromatherapy. Polarity

11:30 Coffee Brake.

### 12:00 The Alchemic Moxa Ritual

- Radioesthesia
- The Second Chakra
- Theory and Step by Step.

14:00 Lunch and relax.





# ALQVIMIA

## **16.00 The Achemic Moxa practices.**

- Practice of the ritual (1st round)

**17.30** Coffee brake.

## **18.00 The Achemic Moxa practices.**

- Practice of the ritual (2nd round)

**20.00** Dinner and rest. (Includes smell testing of Essential Oils)

## SATURDAY 28TH

**8.00** Meditation, yoga... (optional)

**9.00** Breakfast

**10.00** System of Chakra

- Areas of influence of the Chakra Energy in the human body: meditation.
- The Chakra Therapy

**11.30** Coffee Brake.

**12.00** The Chakra Therapy

- Theory of Chakras
- The Therapy Step by Step.

**14.00** Lunch and relax.

**16.00 The Chakra Balance Therapy, practices.**

- Practice of the therapy (1st round)

**17.30** Coffee brake.

**18.00 The Chakra Balance Therapy, practices.**

- Practice of the therapy (2nd round)

**20.00** Dinner and rest.

(Includes smell testing of Essential Oils)

## SUNDAY 29TH

**8.00** Meditation, yoga... (optional)

**9.00** Breakfast

**10.00 Sharing the experience.**

- Questions and Answers
- Formulation of an Aromatherapeutic Elixir.

**11.30** Coffee Brake.

**12.00 Formulation of an Aromatherapeutic Elixir.**

**14.00** Lunch and relax.

