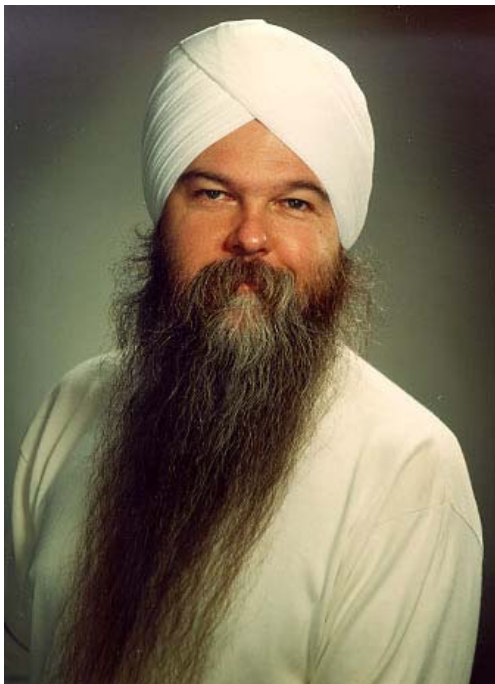


Karta Purkh Singh Khalsa

Teaches

Ayurvedic Massage



- National Certification in Therapeutic Massage and Bodywork
- American Massage Therapy Association
- American Herbalist Guild, Professional Member (AHG) Board of Directors
- Bastyr University, Adjunct Faculty Department of Botanical Medicine
- State Certified Nutritionist
- International and Association of Clinical Nutritionists
- International Association Specialized Kinesiologists/Professional Member Training Faculty
- Association of Specialized Kinesiologists, United States
- Canadian Association of Herbal Practitioners
- Registered Holistic Practitioner, British Columbia
- International Society of Ethnopharmacology
- Botanical Medicine Academy
- Ayurvedic Institute
- International Kundalini Yoga Teachers Association
- Certified Kundalini Yoga Teacher
- British Columbia Holistic Healing Assn.
- National Association of Aromatherapy

Karta Purkh Singh Khalsa, NCTMB, CN, AHG, is one of the foremost holistic health experts in the field today. He is one of a very few clinicians with thirty years of experience with Ayurveda and massage.

K.P. Khalsa is the author of several books on natural healing topics. He recently co-authored *Herbal Defense* (Warner Books), an exciting book for the popular market, on the use of Ayurvedic herbs for staying healthy in modern times. He is a frequent contributor to mainstream and professional publications in the natural healing field, and is a contributing editor to *Let's Live*, *The Herb Quarterly*, and *Great Life*.

Mr. Khalsa has been personally mentored by Yogi Bhanan, master of Kundalini yoga and Ayurveda. He has created dozens of his own herbal massage formulations for commercial applications, and works closely with companies who supply high quality massage products to health professionals across the country.

He has created a complete line of Ayurvedic massage creams, and served as principal consultant for a line of therapeutic massage oils and spa products. He was research director for a line of Ayurvedic bodycare creams and for another selection of Ayurvedic skin care items.

Karta Purkh Singh Khalsa is a health educator who teaches at all levels of education, from general public presentations, to professional training programs. He specializes in making Ayurveda accessible to the Western practitioner. His classes are always dynamic and entertaining, as well as educational.

Florida Massage Board approved. Course #2474 Provider #MCE-334-03

Selected Ayurvedic Massage Presentations:

2001. Florida State Massage Therapy Association, Annual Conference. Orlando, FL. "Ayurvedic Massage" (1 day workshop) (150 attendees)

2001. Guilford Technical Community College. High Point, NC. Six day Certificate program for Professional Therapists

2001. Massachusetts AMTA.. Weekend workshop.

2000. American Massage Therapy Association, Annual Conference. Phoenix, AZ. "Ayurvedic Massage" (1 day workshop) (150 attendees)

1999. American Massage Therapy Association. Washington Chapter, Annual Conference. Yakima, WA. "Herbal Medicine for Massage Therapists" "Ayurveda"

1998. Arizona Massage Therapy Association, Annual Conference. Tucson, AZ. "Ayurvedic Massage"

1997. American Massage Therapy Association, Annual Conference. Orlando, FL. "Ayurvedic Massage" (two day workshop) (100 attendees)

1997. California Massage Therapy Association, Annual Conference. San Francisco, CA. "Ayurvedic Massage" (100 attendees) "Herbology"

1995. American Massage Therapy Association, National Conference.

Karta Purkh Singh Khalsa

14848 Densmore Ave N

Shoreline WA 98133

(206) 440-1284

contactkpkhalsa@hotmail.com

www.kpkhalsa.com