

# JAMU TRADITIONAL TRAINING PROGRAM

## NCBTMB ACCREDITED EDUCATION

September 20 - 22, 2009



## SPECIAL RATE OF \$150 PER NIGHT

Bask in all of Old Edwards premium amenities, including a champagne greeting, 24-hour stocked butler's pantry (with Dove Bars, fruit and soft beverages), Molton Brown amenities, luxurious robes and slippers, heated tile floors, fine Italian linens and twice daily housekeeping. Fulfill Your Education Requirements While Filling Your Senses with the Splendor of the Great Smoky Mountains. Not Including Taxes, Gratuities or Alcohol.

## SCHEDULE OF CLASSES

### Sunday, September 20

Arrival at Old Edwards Inn and Spa  
Review Facilities and Training Details

### Monday, September 21 Day One \$100

JAMU Balinese Massage, with Back Scrub (8CE)

9:00 – 9:10

Yoga & Meditation/Greet The Day

9:10 – 10:00

Intro to JAMU Traditions/DVD Product  
Knowledge Introduction

10:00 – 10:45

DEMO JAMU Balinese Massage, with Back Scrub

11:00 – 12:30

JAMU Massage Practice Session Group A

12:30-1:30

Lunch

1:30 – 3:30

JAMU Massage Practice Session Group B

4:00 – 5:00

Review & Practical:

75 Minute Balinese Massage with Back Scrub

*Note: Students attending Day One Only will  
take the Written Test today*

### Tuesday, September 22 Day Two \$50

Javanese Lulur®

Includes JAMU Balinese Massage (6CE)

9:00 - 9:10

Yoga & Meditation/Greet The Day

9:10 - 10:15

Review of JAMU Traditions/DVD & Retail/  
Homecare Programme

10:30 – 12:30

Javanese Lulur with JAMU Balinese  
Massage, Practice Group A

12:30 - 1:30

Lunch

1:30 - 3:30

Javanese Lulur with JAMU Balinese  
Massage, Practice Group B

4:00 – 5:00

Final Review, Written Test:  
JAMU Balinese Massage & Traditions

For more information and to  
make reservations, call 828-787-2625.

[www.olderedwardsinn.com](http://www.olderedwardsinn.com)

## CLASS DESCRIPTIONS

### BALINESE MASSAGE

75 or 90 Minutes

A unique massage, with ancient Chinese and Indonesian techniques, for a rhythmic, relaxing, meditative yet energizing spa experience. Complimented with choice of organic JAMU massage oils, and tropical, herbal back scrub.

### JAVANESE LULUR®

Originating from 17th century palace traditions of Central Java, Indonesia, this ritual is the ultimate bridal or couples romance journey. Begin with traditional JAMU Balinese Massage, and continue with turmeric, rice and jasmine body exfoliation, a yogurt splash and fragrant flower blossoms bath. Complete with nourishing, aphrodisiac Jasmine Frangipani Lotion and JAMU herbal elixir beverage.