



**Below is an email from a current Sama student to a potential Sama student:**

“Dear Ramona,

I am located in California and all of my classes have been long distance, except for Shirodhara, which I was able to join Karyn at Pura Vida in Costa Rica for this class. It was heaven! I am hoping that I can return again this year.

I enjoy the on line classes as you are able to join in while the class is "live" or you can watch the classes later when it fits your schedule. As far as asking questions,...When you "join" the class on line, you are able to type your questions into a chat box, which is constantly being monitored. You can hear all the conversations in the class room, and Karyn always repeats the questions that the students ask, to be sure online people understand the conversation.

The group/class also has created a private Facebook page, so you can always contact the other students there as well with comments or questions. Everyone is very helpful and even though we are not attending the class in the flesh, you still feel involved.

Karyn has been my teacher now for over 11 years. My first class was Sacred Stone Therapy, then Ayurveda 10., Finally she created a Teacher Training for the Sacred Stone massage and I begun studying with her to become a Sacred Stone teacher. Now I am able to share the fabulous Sacred Stone therapy and introduce students to Ayurveda and get paid for it!

Karyn is a awesome teacher, and shares information that is easy to incorporate in your life and use immediately. We also have been taught by several other respected and noted guest speakers/teachers. Our Sanskrit teacher lives in New Zealand. So the world is ours to explore. Karyn works very hard to find the best instructors to lead us on journey in this world of Ayurveda.

She is always accessible either directly or thru our Student Liaison, who also is ready to assist and make sure your experience is a good one, even down to computer issues and accessing files. (Sometimes we massage therapists are not as computer savvy as most, and need a bit more instruction.) Accessing the online class is relatively easy. You just follow the instructions and again, someone is always available to help you.

I also researched other Ayurvedic schools, as we have several here in California. The convenience of being able to learn from my home is wonderful, as I don't have the time to drive to Berkley (2 1/2 hour drive) or Grass Valley (90 minutes drive). It saves me gas, I can study in the middle of the night if I want to and our class is more intimate, even if we are long distance.And...Karyn has made the classes very affordable and accepts monthly payments.

SO..yes..I highly recommend the class. If you have any other questions please send me another email. I hope to see your name on the online class roster soon.” Have a wonderful evening. Susan [zenbaby22@yahoo.com](mailto:zenbaby22@yahoo.com)



**Below is a testimony from a current SAMA Student:**

The School of Allied Massage and Ayurveda, (SAMA) is located at 79 Thames St. in beautiful downtown Newport Rhode Island. SAMA is approved to operate in the state of R. I. and accredited by the Natinal Ayurvedic Medical Association (NAMA)

We are most blessed to have this incredible source of knowledge, and information in the form of quality teachers and an exceptional array of ayurvedic subjects available to us right here in this little tiny state.

Karyn Chabot , the founder, director and teacher of SAMA holds a masters degree in Ayurveda, and through her years of schooling has made many influential contacts in this field. She enlists these highly conscious Ayurvedic teachers to share their wisdom with us either live, (in person) or through the technology of webex. The subjects cover the basis of Ayurveda, Anatomy and Asanas, Jyotish, Sanskrit, Herbology, cooking and others.

The school is casual and comfortable and as in a college situation, you are in charge of your education. One is required to complete 2 chapters and two exams per month as well as study and practice of the other subjects. Personally, I haven't been to school in almost 50 years and this brain is a little dusty. I will admit there are moments when I feel overwhelmed, but mostly I feel gratitude for being chosen to be here. Karyn accepted me as part of her inaugural class .

This is a phenomenal opportunity that I am most aware of. I'm feeling intrigued by the information coming to me and I'm challenging myself to be one of the graduates in the very first SAMA class. With all that is being offered to us there is no reason not to make life changing, life saving shifts in our lives.

I would like to thank Karyn Chabot for her incredible efforts in all she does to assist us with an open heart and pure intention to see each of us succeed to our fullest ability

In harmony,  
**Jackie Van Dusen**    [LightSoulTherapy.com](http://LightSoulTherapy.com)