

Ayurveda Institute UK.



ABOUT YOUR TUTOR

DR. DEEPIKA RODRIGO (B.A.M.S.)

Dr. Deepika is one of the few qualified Physicians from her native Sri Lanka. Having studied Ayurveda for seven years she holds a degree in Ayurvedic medicine & Surgery (B.A.M.S.) from the University of Colombo. She has worked at the Government Ayurvedic Hospital in Colombo before coming to the UK. She runs a successful Ayurvedic Practice in Surrey. Dr. Deepika has been running the Ayurvedic Massage Course for the past seven years with many therapists who have completed the course now practising Ayurvedic massage around the country.

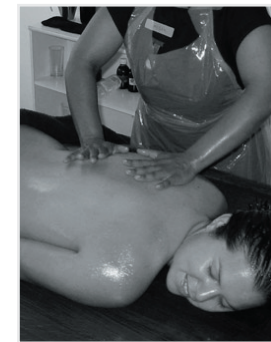
The Ayurvedic Clinic & Ayurveda Institute UK
461 Brighton Rd.
South Croydon
Surrey
CR2 6EW.
Tel/Fax. 0208-4054407.

www.ayurvedainstitute.co.uk
www.theayurvedicclinic.com
ayurveda@blueyonder.co.uk

Ayurveda Institute UK.



AYURVEDIC HEAD & BODY MASSAGE THERAPY



COURSE SYLLABUS

EXAMINATION.

- The examination consists of two parts.
- Theory: Will be a two hour written paper.
- Practical: One hour individual practical exam.
- Two case studies will also be required by students that will be included as a part of the total examination score.

FEEES FOR THE COURSE. TERMS & CONDITIONS.

- Fee for the course is £800.00 payable in advance or on commencement of the course. A deposit of £200.00 is required to secure your place on the course.

TERMS & CONDITIONS.CODE OF ETHICS.

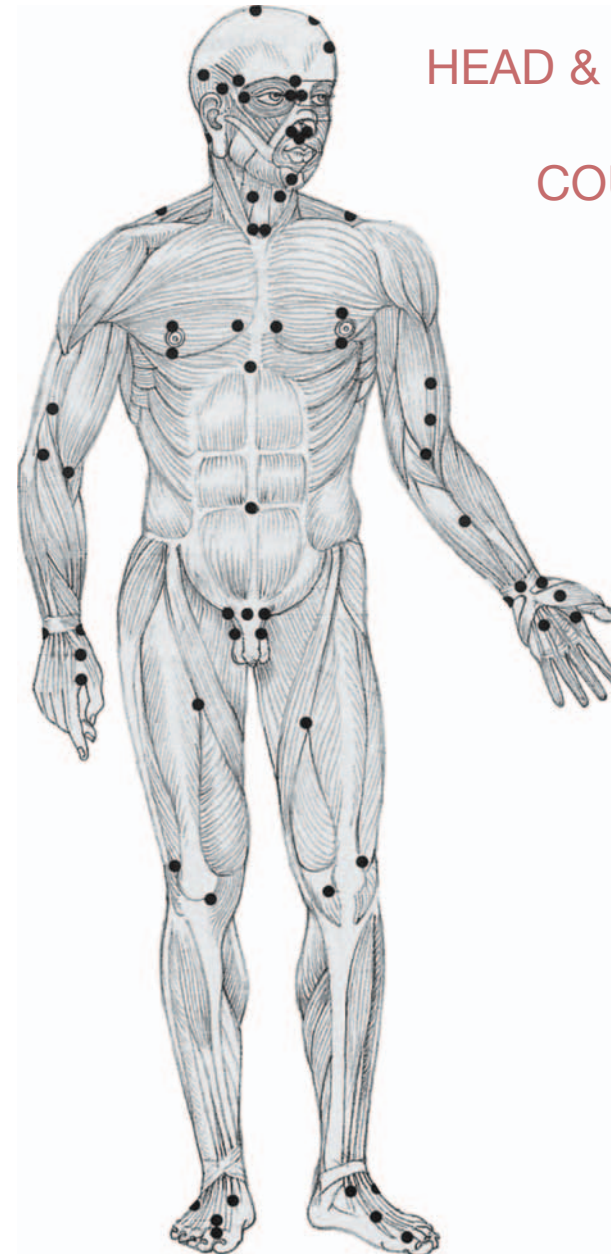
- 90% attendance record required.
- The course tutor has the right to terminate students tuition.
- Fee non re-fundable.
- Failure to make payments on time will result in students being excluded from the course.
- The course is limited to 10 students on a first come first serve basis.
- Certificates will not be issued until completion of all studies, exam and payments due for the course.

CODE OF ETHICS.

- The course requires a certain amount of physical contact between students which may be of a sensitive and personal level and you are expected to adhere to the guidelines set out below.
- Confidentiality of any personal issue raised within the group.
- Treating all people within the group with respect.
- Zero tolerance of sexual harassment, innuendo, language and any form of discrimination on the grounds of sexuality.
- Zero tolerance of racist attitudes and language.
- Modesty to be observed at all time during practice.
- Students are required to keep the venue tidy and put all equipment away.

THANK YOU.

AYURVEDIC HEAD & BODY MASSAGE THERAPY COURSE SYLLABUS



The Ayurvedic Head & Body massage Course will introduce you to the world of Ayurveda and Ayurvedic massage therapy. You will learn the fundamentals of Ayurveda (history of Ayurveda and the Tri-dosha theory - vata, pitta & kapha).

How to perform Ayurvedic head, face and body massage utilising the 108 marma points and chakras, marma mardana, abhyanga and snehana techniques.

You will also learn how to use medicated Ayurvedic massage oils and about their therapeutic effect on the body.

The course consists of 48 hours of theory + practical teaching.

The course will be taught by Dr.Deepika Rodrigo who will assist you in your tuition throughout the course.

Course syllabus

FUNDAMENTALS OF AYURVEDA

- Introduction to Ayurveda “The Science of Life” & history & Philosophy of Ayurveda

TRI-DOSHA THEORY

- Constitutional Differences.
- A detailed consultation to determine individual constitution & imbalances (Prakruti & Vikruti of Vata, Pitta & Kapha).
- Dietary & lifestyle advice for individual constitutions (Ahara/Vihara).
- Discuss case study format.
- How Ayurvedic massage affects the body and understanding the difference between Ayurvedic massage and other massage techniques.

MODERN ANATOMY & PHYSIOLOGY

- Introduction to modern anatomy & physiology & how it is related to the marma points & Ayurvedic massage techniques.

MARMA MARDANA

- Introduction to the 108 marma points.
- Anatomical positions of the 108 marma points.
- How to correct imbalances in the tri-dosha through manipulation of the marma points.

SNEHANA (Oileation)

- Introduction to Ayurvedic therapeutic massage oils and their properties & actions.
- Techniques of warm oil application to the body (snehana).

ABHYANGA (Techniques of Ayurvedic massage)

- The four basic techniques of Ayurvedic massage.
- Performing Ayurvedic marma massage using abhyanga & marma mardana techniques.

CHAKRA MASSAGE

- Introduction to the seven chakras.
- How to identify imbalances of the chakras (physical & emotional).
- Using marma mardana, snehana & abhyanga to balance the chakras (Ayurvedic chakra massage).

SHIRO ABHYANGA (Ayurvedic head massage).

- A Relaxing & de-toxifying massage for the head neck and shoulder area.
- Selecting oils according to the constitutional type.
- How to perform Ayurvedic (Indian) head massage utilising the marma points of the head & shiro abhyanga techniques.

VAKTRA MARDANA (Ayurvedic face massage)

- Gentle and soft Ayurvedic massage techniques to rejuvenate and cleanse the skin.
- How to use the marma points of the face neck & shoulders to increase the circulation to the deep tissues.
- Introduction to Ayurvedic face powders, herbal essential oils & herbal applications for the face.

MASSAGE DURING PREGNANCY

- Contra indications of marma massage during pregnancy.
- How to use marma points to relax and strengthen the body during pregnancy.

THERAPEUTIC MASSAGE

- Therapeutic massage to alleviate certain ailments of the body i.e. Sciatica, back pain, skin disorders etc.