



## *Vellai Thamarai France*

Association sociale, éducative et culturelle

(Association Loi 1901)

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### **Ayurvedic massage training**

#### **Cycle 2: January 2021**

The cycle 2 ayurvedic massage training is targeted at those trainees who have completed Cycle 1. Theory and practice cover different kinds of ayurvedic massage, study of Pancha Karma, study of energetic body and marmas.

#### **Objectif:**

This training course expands the knowledge in order to eliminate disorders caused by the imbalances of vata-pitta-kapha and reestablish health. Various ayurvedic massages, study of pancha karma, study of energetic body and marmas will be discussed with their respective effects. The massages are done on a table.

**Duration:** 75 hours, divided in 2 weeks, 5 days of 7h30 per week.

Practical massage classes will alternate with theoretical courses on Ayurveda.

#### **Unit 3: (5 days)**

**Practice:** Various types of massage: abhyanga, dhara, sanchana, pinda, udvartana to eliminate disorders of the 3 doshas.

**Theory:** Study of pancha karma and different massage technics with their effects, study of energetic body and marmas, study of oils and aromas.

#### **Unit 4: (5 days)**

**Practice:** Review and improvement of different kinds of massage, work on marmas to eliminate disorders of the 3 doshas and relieve problems linked to the different systems of the body. Practice of yoga technics.

**Theory:** Dietary study, yogic approach in reestablishing balance of the 3 doshas in order to regain health.

#### **Training dates:**

January 2021: Unit 3: From Monday January 4<sup>th</sup> to Friday January 8<sup>th</sup> 2021

Unit 4: From Monday January 11<sup>th</sup> to Friday January 15<sup>th</sup> 2021

Latest arrival: Saturday January 2<sup>nd</sup> 2021

Earliest departure: Saturday January 16<sup>th</sup> 2021

#### **Hours:**

07h00-8h30: Fitness session: meditation, physical preparation, sun salutation, asana, pranayama

09h30-12h30: Theoretical and practical sessions according to the schedule

14h00-17h00: Theoretical and practical sessions according to the schedule

**Cost for the training:** Cycle 2, Units 3 and 4: 690 €

**Accommodation Cost:** Set price of 25 € per day excluding dinner. Average cost for a dinner in town is around 4 €, excluding drinks.

Proceeds of workshops are given to Vellai Thamarai School to help underprivileged children of surrounding villages.

### Detailed schedule

#### Unit 3

##### Practice

- Various ahhyanga massages (massage of all the body) in 7 different positions,
- Dhara karma (pouring a lukewarm dribble of oil): Shiro dhara (on the forehead), Ekanga dhara (on one part of the body), Sarvanga dhara (on all the body), Marma dhara (on the marmas),
- Kaya seka or pizhichil or senchana (pouring lukewarm oil with a wet clothe, rubbing the body at the same time), Udvaartana (massage all the body with different powders and pastes),
- Pinda sweda or navarakizhi (dabbing the body with a warm ball made of herbs, cereals and milk).

##### Theory

- Eight branches of Ayurveda
- Thirteen natural needs
- Pourva karma
- Different types of abhyanga
- Swedha karma
- Pancha karma
- Oils and aromas
- Colors and precious stones
- Nutrition and the doshas
- Plants and their virtues

#### Unit 4

**Practice:** Review and improvement of different massages of Unit 3, massage on marmas and their effects on the various systems of our body.

- Marmas and their action on the osteo-articular system,
- Marmas and their action on the cardio vascular and respiratory system,
- Marmas and their action on the digestive and urinary system,
- Marmas and their action on the glandular and reproductive system,
- Marmas and their action on the sensory and nervous system.

**Theory:** Yoga technics in Ayurveda.

- Ayurveda and yoga
- Indian nadis and marmas, Chines meridians and acupuncture points,
- Marmas, chakras and doshas
- Sun salutation
- Asanas
- Bandhas and mudras
- Pranayama
- Relaxation
- Meditation
- Mantra and chant