



## *Vellai Thamarai France*

Association éducative, sociale et culturelle  
Organisme d'Intérêt Général  
20 rue Deparcieux, 75014 PARIS

[www.vellai-thamarai.com](http://www.vellai-thamarai.com) - [contact@vellai-thamarai.com](mailto:contact@vellai-thamarai.com)

### **AYURVEDIC MASSAGE TRAINING COURSE IN PUDUCHERRY - INDIA (Indian « well-being » massage with oil)**

Ayurveda means « knowledge of life ». According to Indian thinking it is based on a unitary concept of the individual.

The origin of Ayurveda's literature goes back to Vedic scripture particularly « The Samkya » one of the Indian philosophical systems, « Darshana ».

« Purusha » is the male principle, shapeless, beyond features, immutable knower, not taking part in the manifestation. « Prakriti » is the female principle, the Shakti who creates all forms of manifested life. She is the cosmic energy containing the three tendencies « the Guna »:

- Sattva – light, joy, revelation,
- Rajas – movement, impetus, change,
- Tamas – inertia, lethargy, obscurity.

These three Gunas are the foundations of all creation. They are maintained in a dynamic balance in Prakriti. When this balance is disrupted, there is an attempt to restore it. The interaction between the Gunas generates energy currents from which the five elements of the universe are created: space, air, fire, water, earth. They are the basis of the evolution of the universe.

Ayurveda believes that man is a microcosm of the universe. All that exist in the universe exist in man. Therefore the five elements are found on an individual level in human body and constitute all aspects of one's personality: physical, vital, mental, psychic and spiritual.

Ayurveda sums up the five elements in « Tridosha », three humors:

- Vata composed by space and air,
- Pitta composed by fire and water,
- Kapha composed by water and earth.

Each human possesses a certain amount of doshas that define that person's temperament and humor. This constitution or individual Prakriti is determined at conception and should stay unchanged during the entire span of life.

Ayurveda stresses to maintain a harmonious balance between the three doshas. The increase or decrease of one of them causes illness and disorder.

Ayurvedic massage is one of the means among others to maintain order and eliminate disorder of the doshas. It must be given considering the nature and characteristics of the individual. Depending on each disorder and each individual temperament, different massages are given and various natural or medicinal oils are used.

These massages contribute to harmonize Vata, Pitta and Kapha in the body, to eliminate muscular and nervous tensions, to improve the quality of skin and circulation, to increase vital energy, « Prana », to provide relaxation and to bring well-being.

In India massage is part of a healthy life starting at birth and continuing during lifetime.

# AYURVEDIC MASSAGE TRAINING

## First cycle-Open to all in June and December 2024

Under the direction of Selvi SARKAR spouse of Ajit Sarkar

The Ayurvedic massage training course, Indian massage applied with oil « Abhyanga », is open to all, professionals or private individuals. This full-body massage provides well-being by massaging all parts of the body from head to toes. In the past it was given in the family and in ayurvedic centers.

### Objective

This training opens the doors to a new life style, more environmentally friendly that respects biological rhythms and allows a better handling of life's pressures. It gives the opportunity to help others by giving them a well-being massage and by advising them, so they can regain joy in life. The massage can be given on the floor on a gym mat.

**Duration:** total of 90 hours, divided in 2 weeks, 6 days per week (Wednesday morning and Saturday afternoon are free). Practice and theoretical classes on Ayurveda will alternate.

### Training open to all

#### Unit 1 (6 days)

**Practice:** Well-being massage « Abhyanga », to maintain order of the three doshas.

**Theory:** Study of man's constitution.

#### Unit 2 (6 days)

**Practice:** Revision and perfection of Abhyanga massage, work on marmas to eliminate disorder of the three doshas (life's daily pressures).

**Theory:** Study of three doshas' disorders development and means of recovery by adjusting life style.

### Training dates:

**In India, June 2024:** Unit 1: from Monday June 10<sup>th</sup> to Saturday June 15<sup>th</sup>, 2024  
Unit 2: from Monday June 17<sup>th</sup> to Saturday June 22<sup>nd</sup>, 2024

Latest arrival on Saturday June 8<sup>th</sup>, 2024

Earliest departure on Sunday June 23<sup>rd</sup>, 2024

**In India, December 2024:** Unit 1: from Monday December 9<sup>th</sup> to Saturday December 14<sup>th</sup>, 2024  
Unit 2: from Monday December 16<sup>th</sup> to Saturday December 21<sup>th</sup>, 2024

Latest arrival on Saturday December 7<sup>th</sup>, 2024.

Earliest departure on Sunday December 22<sup>th</sup>, 2024.

### Hours:

Monday, Tuesday, Thursday, Friday

06h45 - 08h30 - Fitness session: meditation, physical preparation, sun salutation, asana pranayama

08h30 - 09h15 - Breakfast

09h15 - 12h30 - Theoretical and practical sessions according to the agenda of the week

12h30 - 13h15 - Lunch

13h15 - 14h00 - Yoga Nidra

14h00 - 17h15 - Theoretical and practical sessions according to the agenda of the week

Wednesday

08h30 - 09h15 - Breakfast

09h15 - 12h30 - Free

12h30 - 13h15 - Breakfast

13h15 - 14h00 - Yoga Nidra

14h00 - 17h15 - Theoretical and practical sessions according to the agenda of the week

Saturday

06h45 - 08h30 - Fitness session: meditation, physical preparation, sun salutation, asana, pranayama

08h30 - 09h15 - Breakfast

09h15 - 12h30 - Theoretical and practical sessions according to the agenda of the week

12h30 - 13h15 - Lunch (free after 13h15)

# PROGRAMME

## Unit 1

### PRACTICE

- Head, neck, and back relaxing massage.
- Legs, and feet relaxing massage.
- Arms and hands relaxing massage.
- Chest, abdomen and face relaxing massage.
- Entire body relaxing massage.
- Energetic massage.

### THEORY

- Introduction to Indian culture.
- Hinduism.
- Dharma, the eternal Law.
- Philosophy of Samkhya and Ayurveda.
- 5 elements and man according to Ayurveda.
- Human constitution, Tridosha : Vata, Pitta, Kapha.
- 5 Vatas and their actions.
- 5 Pittas and their actions.
- 5 Kaphas and their actions.
- 20 attributes of Tridosha.
- Tissues and channels in the constitution of the body.
- Find one's constitution.

## Unit 2

### PRACTICE

- Massage to relieve backaches, neck pains and headaches.
- Massage to relieve articular pains, tendinitis of lower limbs.
- Massage to relieve articular pains, tendinitis of upper limbs.
- Massage to relieve respiratory and digestive problems, return of circulation.
- Massage for pregnant women.
- Massage for babies, massage to relieve problems of the nervous system.

### THEORY

- 5 koshas or envelopes of human body.
- Disorder of doshas, illness development, recovery.
- Examination by pulse, tongue, face, lips, nails and eyes.
- Panchakarma: 5 cleanings, malas or body's rejections.
- Different massage types, different kinds of oil.
- Marma, Nadi, Cakra.
- 8 branches of Ayurveda.
- Yoga (asana, pranayama, bandha, mudra, relaxation, meditation).
- Diet, six tastes, fast.
- Channelling emotions by observation, breathing, relaxation, meditation.
- Answers to individual questions.
- Exchanges on Ayurveda and Yoga.

### Certificate

A certificate on Ayurvedic massage training will be delivered to those who have successfully completed the units.