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# 5-Day Ayurveda Massage Training

## Introduction

**Ayurveda** is an age-old healthcare art and science and is thought to have originated from Lord Brahma, the Hindu God, and in practice in the Indian subcontinent for more than 5000 years. It means literally the "Knowledge of Life" and is based on the observation of Mother Nature and man, and their correlation. This probably makes it the earliest medical science having a positive concept of health to be achieved through a blending of physical, mental, social moral and spiritual welfare. Today **Ayurveda**, as with other forms of proven traditional complementary medicine, is gaining a fast and strong foothold in our lives where it has proven to effectively strike a fine balance between one's physical health and spiritual well-being.

## Topics Covered:

- History of Ayurveda, overview of each therapy, Treatment procedures, Ayurvedic oil and herbal cream description and uses, Hands-on practical and Equipment knowledge

## AUTHENTIC AYURVEDIC MASSAGE THERAPIES

- **SHIROBHYANGA** - Head, Neck and Shoulder Massage
- **SHIRODHARA** - Third Eye Drop
- **UDWARTHANAM** - Slimming Therapy
- **SOUNDARYA VARDHINI** - Facial Massage
- **ABHYANGA SNANAM** - Full Body Massage Therapy
- **KATI VASTI** - Herbal Oil Treatment for Lower Back
- **PODI KIZHI** - Herbal Power Massage using a Bolus
- **PADABHYANGA** - Foot and Leg Massage
- **PANCHAKARMA** - Classical Form of Detoxification

The Australasian Academy of Wellness Therapies is proud to present to you qualified Ayurvedic experts, Mr Prasad Ninan and Dr Anand Peethambaran Nair, two of India's most prominent Ayurvedic spa consultants. They will share and enlighten you with some of the holistic remedies used in Ayurveda. This is an excellent opportunity to learn the principles and benefits of using holistic Ayurvedic remedies and treatments either as an effective stand-alone remedy or as part of a complementary approach to a full holistic treatment plan

Course Fee : \$1,600 (GST inclusive)

Date/Time : 2nd -6th July 2009 (Fri to Tue) 9.30am to 5.00pm (5days)

Cut here to post or fax your registration

## Express Registration

Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/C \_\_\_\_\_

I would like to sign up for the following course: \_\_\_\_\_

visa  Mastercard

No: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Expires: \_\_\_\_\_/\_\_\_\_\_

Signature \_\_\_\_\_ (require security code if payment is made via telephone)



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