

AYURVEDA MASSAGE TECHNIQUES WITH MARMA THERAPY

TWO WEEKS PROGRAM (60 HOURS)

COURSE FEE – US\$ 350

FEATURES

- Introduction to Ayurveda
- Prakriti (body - type) analysis
- Abhyangam (Ayurveda massage) techniques
- Introduction Herbs and oils used in Ayurveda
- Indian head massage techniques
- Spinal massage
- Marma (vital pressure point technique) therapy
- Face massage
- Sarvangdhara (Pizhichil)
- Synchronized massage
- Shirodhara
- Preparations of related decoctions & oils
- Udvartanam (herbal powder massage for obesity & cellulites management)



SCHEDULE

On first Monday of every month

Course fee is including course material, theory & practical sessions, material that use in course etc. Maharshi Charak Ayurveda gives you a certificate after completing the course.

Accommodation charges for single or double occupancy are INR 1000/- (US\$ 16) per day per room and meals (Morning tea, Breakfast, Launch, Evening tea & Dinner) in INR 500/- (US\$ 8) per day per person.

For reservation contact at info@charakayurveda.com visit us at www.charakayurveda.com