

Ayurveda 3-month intensive therapist course

1ST WEEKEND	Introduction to origins and therapeutic modalities, principles of energy work, connection and back massage
2ND WEEKEND	Basic concepts of ayurveda, body scanning, massage of legs, feet arms and abdomen
3RD WEEKEND	Daily and seasonal routines, role of digestion in health and disease, lymphatic system, synchronised abhyanga and udvartana massage
4TH WEEKEND	Nervous system, introduction to ayurvedic herbalism, shirodhara, pindasweda massage
5TH WEEKEND	Energy healing - practical
6TH WEEKEND	Assessments - written and practical