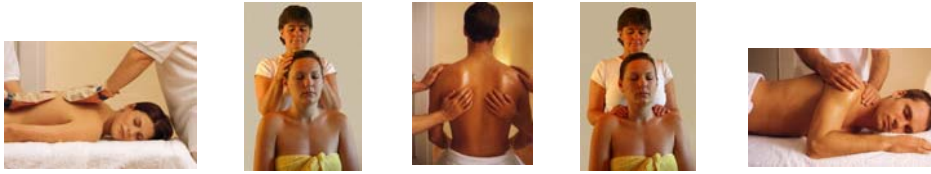


## Ayurvedic massage training program 2010



Ancient Indian therapies for revitalisation and rejuvenation - blissfully luxurious and profoundly powerful

### Founders of the Ayurveda UK Training Academy



Ayurveda UK was founded by Danny Cavanagh and Carol Willis. They trained as Ayurvedic Panchakarma and massage technicians at the Maharishi University of Valkenburg in Holland in 1993. They later studied with Dr Vacant Lad at the Ayurvedic Institute in New Mexico, Dr David Frawley of the American Institute of Vedic Studies and Atreya Smith of the European Institute of Vedic Studies.

They established the UK's first fully residential Ayurvedic clinic at Oak Hall in Bournemouth in 1997 and later the Ayurvedic wing at Hoar Cross Hall Health Spa. They set up a smaller, more intimate-style, therapy retreat in Tutbury, Staffordshire in 2000. They specialise in detoxification and rejuvenation programs but also offer an exclusive 'Home Visit' service for their clients in London, Europe and the USA.

### Ayurveda

Ayurveda, meaning the knowledge of life or longevity, is a timeless wisdom passed down from the sages of ancient India. The first written texts date back over 2000 years but, as an oral tradition of health-care, it probably dates back over 5000 years. These Ayurvedic texts explain the complex workings of our mind and body and reveal the subtle movement of energy and intelligence that sustain life on earth. They describe seven different body-types or constitutions and recommend different diets, health regimes and lifestyles for each of them. By following these guidelines we are able to increase our health, happiness and longevity.

### Massage therapies

Ayurveda employs powerful massage techniques to help rectify imbalances within the physiology, some involving two technicians working in harmony on either side of the body. Most Ayurvedic massages are luxuriously relaxing, to soothe the body and calm the mind, while others are more stimulating, to energise the body and remove impurities. Ayurvedic massages are unique in that they differ in depth and speed, and also in oil quantity and type, depending on a clients constitution or imbalance. Ayurveda also stresses the importance of the balance and awareness of the massage technician for healing and energy exchange to take place during treatment.

In Ayurvedic massage emphasis is placed on moulding, contouring and sculpturing the muscles to target the marma points (energy centres) using specific techniques and sequences. The awareness and focus of the therapist is also seen as very important, which is why Himalayan Ayurvedic massage is performed in silence. If both therapist and client allow their awareness to remain inward the doshas (bodily energies) become balanced and the prana (life-force) flows harmoniously. To help you achieve this we teach Vedic meditation, a powerful, effective and very simple technique that allows you to transcend during treatment.

### Course aim

You will be trained to a professionally competent level that will allow you to work in salons, spas or Panchakarma centres as Ayurvedic massage technicians. You'll have ample opportunity to practice on other students, your teachers and sometimes the local public. You will be expected to complete around twenty hours of home study in order to gain an understanding of the basic principles of Ayurvedic massage and its effects on the human body.

### Benefits of Ayurvedic massage:

- ✚ Promotes softness and luster of the skin, removes ama (toxins) and reduces the effects of aging.
- ✚ Lubricates the muscles, tissues and joints and increases their flexibility.
- ✚ Stimulates the tissues of the body, thereby helping to prevent impurities from accumulating.
- ✚ Strengthens the body and increases the ability to handle strenuous work.
- ✚ Helps ensure good quality sleep.
- ✚ Balances vata, pitta and kapha doshas.
- ✚ Helps fight fatigue and dullness in the body.
- ✚ Promotes free flow of intelligence and energy.

# Ayurvedic Massage Training Course

## (details & prices)

### Ayurvedic Abhyanga oil massage:

The main focus of this Ayurveda massage training course is to allow you to gain proficiency in administering a whole-body Ayurvedic oil massage appropriate to the Ayurvedic body-type of your client. We will first demonstrate the full massage sequence to allow you to get a feel what you are aiming to achieve. We will then train you the massage sequence for: the arms and legs, the head and face (Shiro-abhyanga), the feet and hands (pada/hasta abhyanga), the back and front. You will learn how to administer a one-therapist massage as well as a two-therapist (four-handed) massage.

### Ayurveda home study:

You will be expected to learn about Ayurvedic body-types by reading our Ayurveda book 'Everyday Ayurveda - a practical guide to healthy living' which can be downloaded from the links page of our website. This will allow you to acquire a basic understanding of the seven Ayurvedic body-types and glean an insight into why the amount and type of oil used, as well as the speed and pressure of the massage, will vary dependant on the body type of the client. We also advise that you read the books in our 'recommended reading list' to gain greater insight into the benefits, depth and scope of Ayurveda, not only from a massage perspective but also in terms of diet and lifestyle.

### Ayurveda massage training course structure:

You will work in groups of three so two students will be massaging the third member of the group. As these Ayurvedic therapies are 'full-body' oil massages the breast area will be exposed at times - if this may be an issue for you it may be worth considering whether this is the right course for you. The massage technique will vary slightly depending on the Ayurvedic body-type of the individual so the groups will be interchanged to allow you to experience this. Please remember to cut finger nails very short, remove jewellery and refrain from wearing perfume during the massage course.

### Prior massage training:

No prior massage training is required

### Number of participants:

Limited to four to enhance quality of training and speed of learning

### What to bring:

Large bath sheet (2), bath towel, hand towel, towelling mitts (2 pairs)

### Recommended Ayurvedic reading:

Perfect Health (Chopra), Quantum Healing (Chopra), Prakruti (Svoboda)

### Ayurveda Massage Course duration:

Five days (30 hrs - 9am to 5pm with 1½ hour lunch break).

### Qualifications issued:

Ayurvedic massage certificate (C.P.D: 30, C.M.A. accredited)

### Training aids:

Ayurveda Massage training DVD, Massage Training Manual (60 pgs)

### Ayurveda Massage Training Venue:

Ayurveda Training Academy, Tutbury, Staffordshire, UK

### Accommodation nearby:

Castle Hotel (20 mins walk), Dog and Partridge Hotel (10 mins walk)

### Ayurveda Massage Course dates:

Mon 8<sup>th</sup> to Fri 12<sup>th</sup> Feb 2010          Sat 15<sup>th</sup> to Thu 20<sup>th</sup> May 2010

### Course cost:

£650 (incl. vat). Vegetarian lunch and herbal teas are included in the price.

### Payment:

Full payment is required to book your place. Payment is non-refundable if cancellation is within four weeks of the course starting. Cheques should be made payable to Ayurveda UK



*"My first Abhyanga was sheer ecstasy...four hands, synchronised to perfection, kneading my skin with specially blended oils. I have never had such a complete relaxation experience. And just when I thought it couldn't get any better, I was given Shirodhara, which, trust me, will get you as near to nirvana as you will ever manage while still breathing. Aah! The simplest of pleasures after the greatest indulgence".*

Normandie Keith, YOU magazine (Sunday Mail)

For further details please contact Danny or Carol on:

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