

COURSE NAME	AYURVEDA THERAPIST
COURSE DURATION	7 WEEKS
DEFINITION	AYURVEDA TREATMENTS AND TRAINING
TRAINING MATERIALS	CD AND TEXT BOOKS
FACULTY	AYURVEDA PHYSICIAN AND EXPERIENCED AYURVEDA THERAPIST
SCHEDULE	DAILY 4 HOUR PRACTICAL + 2 HOUR THEORY

PRICE: Indian Rupees 220000 (EURO –3384) Single occupancy

Indian Rupees 196000 (EURO – 3015) Twin Sharing

### Theory Sessions

Basics of Ayurveda.

- BASIC PRINCIPLES OF AYURVEDA
- Theory of Creation
- Pancha Mahabhuta Concept
- Tridosha Concept

- Concept of Body – Mind – Soul
- Concept of Sapta Dhatu (Body Elements)
- Concept of Mala (Waste Products)
- Concept of Srotas (Body Channels)
- Concept of Agni (Digestive Fire)
- Concept of Koshta (Alimentary Tract)
- Concept of Prakruti (Body Constitution)

Marma's of Human body

Steps in Massages

Various types of Treatments

Preparation of Kizhi

Preparation of herbal Steam

Preparation of herbal bath

Various oils for shirodhara

Uses of various oils in massage

Different panchakarma therapies

Steps in panchakarma therapies

Uses of panchakarma therapies

Herbal Beauty therapies

Preparation of Beauty Pack

### **Practical Sessions**

Head Massage

Face Massage

Full Body Massage - Uzhichil

Special Back Massage

Shirodhara

Preparation of Kizhi

Elakizhi / Podikizhi

Njavarakizhi

Foot Massage

Marma Massage

Udwarthanam – Powder massage

Herbal steam

Kadee Vasti, greeva vasthi, janu vasthi, chakra vasthi.

Nadee Swedanam

Herbal Facial

Ksheera Dhuma

Lepam

### **COURSE FEE INCLUDES**

1. ALL THEORY AND PRACTICAL SESSION CLASSES.
2. OILS, CONSUMABLES USED FOR THE SESSIONS.
3. PRINTED NOTES, CD AND ANY OTHER THEORY MATERIAL.
4. FACULTY, DUMMIES AND COSTS OF AYURVEDA DOCTORS.
5. FOOD (COOKED AT OUR OWN AYURVEDA KITCHEN) AND ACCOMODATION THROUGH OUT THE STAY. ACCOMODATION WILL BE ON TWIN SHARING BASIS WITH AIR –CONDITIONING.
6. LOCAL AIRPORT OR RAILWAY STATION TRANSFERS.
7. CERTIFICATE OF COMPLETION, CERTIFICATE OF EXPERIENCE FROM AYURGREEN (RECOGNIZED WITH INDIAN BOARD AND APPLICABLE ABROAD).
8. A SELF EXPERIENCE OF ALL THE TREATMENTS THAT WILL BE INCLUDED IN YOUR SYLLABUS.
9. LOCAL TOUR OF 4 DAYS IN A GROUP.

### **COURSE FEE DOES NOT INCLUDE**

1. ANYTHING OR ANY OTHER ACTIVITY APART FROM YOUR COURSE.
2. FLIGHT TICKETS AND VISAS.
3. ANY SPECIAL FOOD THAT YOU ORDER.
4. LOCAL VEHICLE CONVEYANCE .ALTHOUGH WE CAN ARRANGE THE VEHICLE WHICH WILL BE CHARGEABLE.

### **Rules and Regulations**

- We expect the student to make the best use of the potentials in AYURGREEN to develop themselves as a professional.
- The student must take the responsibility to mould himself as a dedicated knowledge seeker by attending the classes and assessments in AYURGREEN along with the self channelized learning methodologies.
- Always respect the importance to keep the information for study support as confidential.
- We welcome a free approach to our program leader regarding any issues during the course.

- The teacher will focus on each student's course and discuss with other staffs who are associated with him during his course duration.
- All teachers serves as the trusted guides and advisors to the students.
- The teachers will ensure appropriate time schedule for each student if he requires an extra time.
- Hands on expertise is a promise from AYURGREEN.
- We monitor the study graph of each student.
- Well organized work visits and weekly induction with other members of the program team.
- Efficient program delivery that meets the student requirement is our main focus.

### **OUR INTENTIONS**

- Offer traditional and authentic understanding of Ayurvedic therapies
- Thorough instruction, accuracy and implication of each treatment
- Provide sources and a complete list of equipment required
- Personal attention and observation for each student to promote proper understanding and confidence in therapist skill
- Comprehensive hand-outs to assist learning and retention of information
- Complete understanding of contraindications
- To breath the spiritual depth and essence of Ayurveda into each cell of the practitioner and client

### **Rules for Students:**

- A professional conduct and behavior is expected from students
- Misbehavior to tutor, students or other staff will not be allowed and in such case the student will have to face disciplinary actions that can even lead to dismissal.
- Use of drugs, tobacco and alcohol is strictly prohibited in the campus.
- Prescribed uniform and pleasant appearance is expected from every student in the academy.
- Disciplinary actions will be taken against any misuse of published rules and regulations.
- We expect appropriate care of institution and its surroundings from every student.
- Eco friendly waste disposal is a strict rule in our campus.
- Be a member of AYURGREEN family by participating in every aspect of institute.
- AYURGREEN campus never compromises on punctuality.
- On time completion of courses is expected from all students.
- Be self responsible on every action you do in AYURGREEN campus.