



ACCREDITED WITH



LORRAINE DAVIS  
Holistic Healthcare & Education Centre



## AYURVEDIC TECHNIQUES IN INDIAN HEAD MASSAGE

Hello . and thank you for your interest in our courses!

This workshop offers existing Indian head massage therapists the opportunity to study traditional Ayurvedic techniques. It includes both seated and couch treatment, the principles of Ayurvedic philosophy, and the practice of marma therapy [Indian energy work], and the principles of shirodhara - bringing together both the clinical and holistic effects of the treatment, ensuring your expertise and confidence in the traditional techniques of Indian head massage. It is accredited with IPHM for membership and insurance.

### Aims and Objectives

The aim of this workshop is to broaden and deepen the skillset already held by existing therapists trained in the western form thus enabling them to raise the level of their practice to offer safe and effective Indian head massage treatment to a full range of clients using a full range of traditional Indian oils, and techniques.

### Why choose this course?

This is an excellent choice for those therapists who are looking to deepen or extend their skills generally; those who are looking for a refresher course, and those who are interested in developing an understanding of the ancient roots of the therapy in order to offer clients an authentic ritual experience.

What is included in the course?

- History of Traditional Ayurvedic Head Massage
- Philosophy and theoretical basis
- Theory of energy medicine : Ayurvedic perspective
- Overview of marma therapy
- Shirodhara
- Indications and contra -indications
- Homecare
- Study of a range of traditional Indian carrier oils
- Consultation techniques
- Assessment techniques
- Practical techniques: seated and lying
- Ethical and legal issues
- Health and Safety

*Why not give us a call or drop us an email if you would like more advice...*

*There is no obligation at all. We have 30 years of experience in supporting students at all stages and levels – so you are in safe hands !*

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### Do I need any other qualifications before I can start?

- You need to have a basic Indian head massage qualification and anatomy and physiology before you are able to take this advanced course.
- If you don't have any qualifications, then you can still study with us . but you will need to study Indian head massage and anatomy & physiology as well. You can do this with us if you like - If you have started your massage

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and anatomy courses somewhere else - then you can continue with that and join us when you have completed. We just need evidence of your qualification before we can award you your certificate.

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### How long is the course?

- 1 day - 9.30- 5.30
- Hours may be reduced following discussion of any prior learning that can be taken into consideration eg: previous qualification in Indian head massage [certificates required]
- On to one teaching is always available - times may be tailored to suit you
- Additional hours may be purchased if needed at 40.00 per hour

### How is the course structured & assessed?

- This is a one day advanced skills seminar and so no formal assessment is undertaken

### How much does the course cost?

- Standard scheduled groups : **£150.00**
- One to one tuition - £250.00. \*

*Costs can be reduced if you have others who would like to study with you as a small group. This can be a good way of reducing fees. The cost would then be £160.00\* per person – the same as standard groups. \*Additional cost of travel at 45p per mile + accommodation expenses should be added to this when delivered at your own venue.*

#### **5% Discounts available**

*Returning students*

*Full payment discount: [for full payment on booking]*

*Early bird bookings*

*[bookings made at least 2*

*months in advance – please ask for deadline dates ]*

### Terms:

- Deposit: 100.00 on booking.
- Balance is due 2 weeks before start of training at the latest

***Fees are due 2 weeks before the start of training unless agreed with Principal. Certification cannot be given until fee payment is completed.***



### Where is the course held?

- We hold all of our courses in our purpose built training room . The Orchard Sanctuary. It is accessed via a staircase and so unfortunately is unsuitable for wheelchair users or those with mobility issues.

However, we want everyone to be able to access our training wherever possible, so if you have a disability please call to discuss as we are able to provide training in a suitable downstairs space **on an individual basis**

### Is there anything else I need to know?

- **Personal presentation & what bring with you:** You will need to dress and present professionally for hands on therapy work. Details of what to wear and what to bring with you will be provided in the confirmation letter sent to you when you have booked.

### How do I book?

- Download or contact us for a booking form - send it with your deposit by email, post or facebook message and we will send you a booking confirmation, maps, etc.

**What if I need some more info?** Feel free to contact us for advice - we are happy to help!

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