



Massage Diploma



Learn how to deeply relax and nurture others. Gain insights into how to empower people to love who they are as unique and powerful human beings.

What better way to nourish the mind, body and spirit than with warm, relaxing and healing oils carefully selected toward your own constitution. Welcome to one of the most powerful mediums for calming, soothing and washing away stress.

In Ayurvedic massage, natural herbal oils and powders are applied to the body using a variety of specific techniques. Oils and treatment methods are chosen especially to suit the client's constitution and skin type. This encourages deep healing and enables the client to maintain vibrant health.

Main benefits of Ayurvedic massage increases longevity and prevents premature ageing | deeply relaxes | reduces stress and fatigue | strengthens the body, especially the immune system | generates higher energy levels | deeply nourishes the seven tissues of the body | promotes sound sleep | improves the texture and strength of the skin | helps in the management of chronic pain and musculo-skeletal problems.

THE COURSE INCLUDES:

- History and philosophy of Ayurveda
- The elements, the doshas and how they effect you when they are in balance and when not in balance.
- Taking a case history to determine your client's predominant dosha.
- Selecting appropriate Ayurvedic massage oils for your client.
- A variety of massage strokes and techniques using warm oil application.
- 'Hands on' practice with course participants and staff to ensure correct massage technique.
- Traditional Keralan face-lift massage.
- Full body abhyanga.
- Correct positioning of your client.
- Keralan head massage.
- Marma point back massage
- Postgraduate massage therapies will be CPD and will include: Shirodhara, Pinda Svedhana and Bastis—netra, kati, janu and hridaya.

**'This course is one of the few Ayurvedic Massage courses in the country.
It is taught by one of the best training teams I have ever known.'**

M.B. Retired, Manchester

COURSE STRUCTURE 3 residential modules + 3 assessments

VENUE Yr Ocar, Coed y Parc, Gwynedd, LL57 4DQ

DATES + COSTS

4-7 May 2018 (module 1)
£460 tuition + £195 food & accomm

6-8 July 2018 (module 2)
£305 tuition + £130 food & accomm

9 July 2018 (assessment 1)
£50 fee + £30 extra night B&B

7-9 September 2018 (module 3)
£305 tuition + £130 food & accomm

10 September 2018 (assessment 2)
£50 fee + £30 extra night B&B
(assessment 3 to be confirmed)