

AYURVEDIC ABHYANGA

Ayurvedic system of medicine has holistic approaches in a particular way to prevent and promote a healthy life by following certain methods and therapies in day to day activities (Dinacharya) which could be considered as a part of a health.

In today's fast moving world people are running behind wealth and not taking care of health. So to take care of health, Abhyanga (oil massage) which is one among the Dinacharya, is an ancient Indian approach adopted for healing, relaxation and treating various diseases.

Ayurvedic Abhyanga (Massage) according to Ayurveda, is of great benefit in maintaining health, and is highly recommended as a regular practice. Regular Ayurvedic massage treatment relaxes and tones the muscles, improves blood circulation, relieves fatigue, promotes sound sleep, and enhances one's general health. This massage relaxes the muscles and stimulates the micro-circulation and the lymph flow, thereby promoting the regeneration of new cells to keep the body healthy.

Aim of the course::

- ❖ Understand the fundamentals of Ayurveda related to the Abhyangya
- ❖ Understand the Ayurvedic physiology, the constitutions, the subtle anatomy related to Abhyanga.
- ❖ Learn the effects, indications and contra-indications of the massage.
- ❖ Perform the complete Ayurvedic step by step Abhyanga tailored to the constitution of the client.
- ❖ Learns different types of the oils and their properties.

Eligibility:

No previous experience is necessary.

Who should take part in this course?

- Medical Practitioners/ Students
- Yoga Practitioners
- Massage Therapists/Health enthusiasts / Fitness enthusiasts
- Homemakers / Housewives

Mode of classes:

Online - Live interactive sessions followed by offline practical training

For further details related to Syllabus and fee structure, contact Institute of Beauty, Health & Ayurveda.