

# **Kerala Ayurveda Massage Training Course Goa** **India - Kerala Ayurveda Panchakarma Training** **Course**

Aithein Ayurveda School / College organises Ayurvedic Massage Training Course Programs in GOA, INDIA (30 days authentic Kerala Ayurvedic Massage Training course) Our [Kerala Ayurveda Panchakarma Massage Training courses](#) are prepared by highly qualified and experienced professionals in the field of Traditional Ayurveda in Kerala, India. We have enough theoretical classes and practical time to allow the participants to understand the Traditional Ayurveda therapies of Kerala. This is a 30-day Ayurveda training course for those who are interested in deep knowledge and practical training in Ayurveda Panchakarma therapies, massage & treatment practices of Kerala. This [Kerala Ayurveda training course](#) includes the study of traditional Ayurvedic treatment including Panchakarma. Aithein's Kerala Ayurveda Panchakarma Massage Training course and Aithein Ayurveda School / College is recognized for Ayurveda Massage Training Course by "Government of India" for conducting Ayurveda Panchakarma Training course (Ayurveda Massage Training Course) in GOA (India).

Please see the [kerala ayurvedic massage training course](#) details below:

## **THEORY SESSION:**

1. INTRODUCTION TO AYURVEDA
2. Definition of Ayurveda
3. Unique features of Ayurveda
4. Aims of Ayurveda
5. The concept of health
6. HISTORY OF AYURVEDA
7. BRANCHES OF AYURVEDA
8. THE PANCHA MAHA BHUTA CONCEPT
9. TRIDOSHA CONCEPT (VITAL ENERGIES)
10. CONCEPT OF SAPTHA DHATUS (BODY TISSUES)
11. CONCEPT OF MALAS (WASTE PRODUCTS)
12. CONCEPT OF AGNI (DIGESTIVE FIRE)
13. CONCEPTS OF KOSHTAS (ALIMENTARY TRACT)
14. CONCEPT OF DEHA PRAKRUTI (BODY TYPE)
15. POORVA KARMA (PREPEFATORY PROCESS OF PANCHAKARMA)
16. SNEHA KARMA
17. ABHYANGA (EXTERNAL OLEATION THERAPY)
18. SHIRO ABHYANGA (OLEATION OF HEAD)
19. MUKHA ABHYANGA (OLEATION OF FACE)
20. SWEDA KARMA (SUDATION THERAPY)
21. TAPA SWEDA (FOMRNTATION)
22. UPANAHA SWEDDA (SUDATION USING WARM POULTICE)
23. USHMA SWEDA (SUDATION USING HERBAL STEAM&BOLUS BAGS)
24. DRAVA SWEDA (SUDATION USING STEAM)
25. DIFFERENT SUDATIONS WITHOUT THE USE OF FIRE
26. BENEFITS OF PROPER SUDATION
27. REGIMEN TO BE FOLLOWED AFTER SUDATION THERAPY
28. PANCHAKARMA THERAPY
29. DETAILED DESCRIPTION OF VAMANA (EMESIS THERAPY)

30. DETAILED DESCRIPTION OF VIRECHANA (PURGATION THERAPY)
31. DETAILED DESCRIPTION OF VASTI (ENEMA THERAPY)
32. DETAILED DESCRIPTION OF NASYA (NASAL CLEANSING)
33. DETAILED DESCRIPTION OF REKTA MOKSHA (BLOOD LETTING THERAPY)
34. DESCRIPTION OF MARMA POINTS
35. DETAILED DESCRIPTION OF PULSE DIAGNOSIS
36. PROPERTIES AND USE OF VARIOUS HERBAL OILS

### **PRACTICAL SESSION:**

1. AYURVEDIC HEAD MASSAGE
2. AYURVEDIC FACE MASSAGE
3. ABHYANGA
4. KALARI MARMA MASSAGE
5. SHIRODHARA - with OIL
6. SHIRO DHARA with medicated MILK
7. SHIRODHARA with BUTTER MILK
8. ELAKIZHI - Massage with Bags of Herbal Leaves
9. PODI KIZHI - Massage with Bags of Herbal Powders
10. NAVARA KIZHI - Massage with Bags of Herbal Rice
11. UDHWARTHANA - Dry Massage with Herbal Powders for Obesity
12. KAYA SEKA - Oil Bath
13. KADEE VASTI - Local Treatment for Back Ache
14. GREVA VASTI - Local Treatment for Neck Pain
15. JANU VASTI - Local Treatment for Knee Problems
16. NASYA - Cleansing of Head through Nasal Medication
17. PULSE DIAGNOSIS - Practice session

**Course Instructor:** Gagori Mitra is a qualified Ayurveda & Panchkarma expert.

**Course Location:** Aithein, Agonda Beach, Goa, India

**Course Goals:** The goal of Ayurveda massage course is to enable the student to perform various Kerala ayurveda massage therapies with proficiency, skill and confidence.

**Course Dates:** 1<sup>st</sup> – 30<sup>th</sup> Nov 2012 (8.00 am – 3.30 pm)

7<sup>th</sup> Jan – 2<sup>nd</sup> Feb 2013 (8.00 am – 3.30 pm)

4<sup>th</sup> Mar – 2<sup>nd</sup> Apr 2013 (8.00 am – 3.30 pm)

**Course Cost:** 575 Euros

Details here:-

[Ayurveda Massage Course](#)

[Schedule & Prices](#)

[Instructor: Gagori Mitra](#)

[Contact Us](#)

[Western Massage Training Courses](#), [Yoga Retreat](#) , [Testimonials](#)

Ayurveda Courses India, Kerala Ayurveda Training course GOA Kerala Trivandrum, GOA Kerala India Training institute Ayurveda college Ayurvedic Training school GOA Kerala, Ayurveda Training course for Professionals, Ayurveda Training course for Masseurs, Ayurvedic Training course for SPA Jobs, Ayurveda Massage Training Course Goa Kerala India, Ayurvedic Massage Training Course Goa Kerala India, Ayurveda training Institute Goa Kerala, Ayurveda school Goa Kerala Ayurvedic Panchakarma training course Goa Kerala India, Ayurvedic teaching institute Goa Kerala India, school training of ayurvedic therapies in Kerala India, ayurveda courses in Kerala India, courses of ayurvedic therapies in Kerala of India, ayurvedic training in Kerala India, ayurvedic training, training of Kerala based ayurvedic massages in India, ayurveda training India, Ayurveda college, college of Ayurveda, ayurvedacollege, college of Ayurveda massages, Ayurvedic college classes in Kerala, college classes of ayurvedic massage conducted in Kerala India, Ayurveda training courses, Ayurvedic training courses, courses of Ayurveda training, courses of ayurvedic training, College of Ayurveda college, massage school and college of Ayurveda