

Abhyanga and Shirodhara Training Course Overview

lakshmi ayurveda 



Why Train with Lakshmi Ayurveda?

Whether you aspire to become an Ayurvedic therapist or simply want to deepen your understanding of Ayurveda, Abhyanga and Shirodhara, Lakshmi Ayurveda is committed to providing you with the highest level of treatment training throughout the country.

You'll learn from Karin Gunthor, our senior facilitator, who has over 12 years experience in the field. Her training facilitation team will provide you with professional support to make the course enjoyable and fulfilling. The training will take place in the beautiful space at Lakshmi Ayurveda, a complete Panchakarma clinic located close to Fremantle in Western Australia.

The Lakshmi Ayurveda Abhyanga and Shirodhara Training Course is accredited by the IICT, an internally recognised accreditation body. This accreditation will give you the ability to apply for indemnity insurance as a complementary therapist.



About the Course

The Lakshmi Ayurveda Abhyanga and Shirodhara training course will be delivered through face-to-face contact. A course booklet will be provided for each student. The course will include both practical and theoretical components, covering modules about Ayurvedic treatments, fundamental principles of Ayurveda, the history of massage, how to set up your own therapy centre, marma points and more.

Pre-requisite: Introduction to Swedish massage or qualification as a complementary health practitioner or massage therapist, etc. The pre-requisite will be assessed on an individual basis. A sincere dedication to the path of Ayurveda is a must!

Course requirements: 100% attendance rate, an ongoing devotion to and love of Ayurveda, completion of teaching practicum, completion of assignments, and the completion of a senior First Aid certificate.

Dates and Venue

The course will be held at the Lakshmi Ayurveda clinic in Hamilton Hill on September 9th - 14th, 2019.

Location:

Lakshmi Ayurveda

55 Healy Road

Hamilton Hill, Western Australia 6163





Course Overview

Module 1: Introduction to Ayurveda and the fundamental principles of Ayurveda.

Topics Covered

- *Panchamahabhutas*
- *Doshas*
- *Doshic assessment*
- *Gunas*
- *Dhatus*
- *Mala*
- *Agni and Ama*

Module 2: Abhyanga Treatment

Topics Covered

- *History of Abhyanga*
- *Function of the skin*
- *Benefits, indications and contraindications*
- *Complications and managing complications*
- *Strokes used*
 - *Friction, rounding, kneading, wringing and twisting, chucking, stroking, percussion, vibrations, joint movement, touch, gentle friction massage*
- *Massage sequences for:*
 - *Crown, ears and feet*
 - *Head and shoulders*
 - *Kansa wand*
 - *Face*
 - *Supine position (front body massage)*
 - *Prone position (back of body massage)*
 - *Foot (Chakra reflexology points)*
- *Marma points and their importance*
- *Abhyanga according to Prakriti and Vikruti*
- *Ayurvedic oils, equipment and cleaning*
- *Research on the effectiveness of Abhyanga*

Module 3: Shirodhara Treatment

Topics Covered

- *History of shirodhara treatment*
- *Benefits, indications and contraindications*
- *Treatment room preparation*
- *Shirodhara oils, equipment and cleaning*
- *Client preparation*
- *Shirodhara procedure and time management*
- *Complications and the management of Shirodhara complications*
- *Shirodhara for different Doshas*
- *Shirodhara after care of client*
- *Shirodhara treatment research*
- *Shirodhara variations*

Module 4: Business planning and setting up your therapy centre

Topics Covered

- *Setting up your own therapy centre*
- *Therapist requirements*
- *Client care: Includes food advise, what to wear, patient consent, previous medical history.*
- *Business planning*
- *Advertising and marketing*
- *Policy and insurance*
- *First Aid*

Module 5: All Ayurvedic Treatment Therapies

Topics Covered

- *Bashpa Sveda*
- *Nadi Sveda*
- *Kati Basti*
- *Shastika Shali*
- *Patra Pinda Sveda*
- *Jambeera Pinda Sveda*
- *Udvarthanam treatment*
- *Ayurvedic facial treatment*

Typical Training Day

8:45am: Arrive at Lakshmi Ayurveda

9am - 9:15am: Review previous information, answer any questions, discuss the days agenda

9:15am - 10:30am: Theoretical review

10:30am - 10:45am: Tea break

10:45am - 12pm: Practical application

12pm - 12:30pm: Lunch break

12:30pm - 2pm: Theoretical review

2pm - 2:10pm: Break

2:10pm - 2:45pm: Practical application





Course Cost, Inclusions and How to Apply

Course Cost

The cost of the course is \$1650. This includes the course the student training manual and therapies booklet, practical and theoretical training, examination and assessment fees, as well as morning tea. Please bring your own lunch and water daily.

The cost does not include accomodation. If you would like more information regarding accomodation you are welcome to contact us for recommendations. There are various AirBnB, hotel, and hostel options. The Sivandana Ashram Yoga Centre is located only a few kilometres from the clinic and offer accomodation and food packages. <https://www.beaconyogacentre.com>.

The course is non-refundable upon commencement. Payment plans are available. To secure your space, a deposit of \$500 upon approval is required. The deposit is non-refundable.

How to Apply

1. Complete the application form provided below.
2. Carefully read the terms and conditions, sign and date the form.
3. Return your registration information application.
 - Email: info@lakshmiayurveda.com.au
 - Post or drop-off: 55 Healy Road, Hamilton Hill, Western Australia 6163

If you have any questions or concerns you are welcome to contact us at +61406810547 or email info@lakshmiayurveda.com.au.



Registration Information

Personal Information

First Name:

Surname:

Email Address:

Date of Birth:

Home Address:

Phone Number:

Emergency Contact Name:

Emergency Contact Phone Number:

Registration Questions

1. Have you completed any Ayurvedic Training before?

2. Why are you interested in completing the course?

3. What do you love about Ayurveda?



Frequently Asked Questions

Is this course for me?

Are you interested in Ayurveda and Ayurvedic treatments, massage, holistic medicine, and complementary healthy? If you answered yes to any of these questions then yes, the course is for you!

What can I do after completing the course?

After successfully completing the course, you will be fully trained in delivering both Abhyanga and Shirodhara treatments. You will be provided with guidance on starting your own treatment centre, business planning and marketing, and policy recommendations. The choice on how you apply your learning is yours, the course is great for both personal and professional development!

Is this is a registered course?

Upon successful completion of the course, graduates will receive accreditation through Lakshmi Ayurveda, a recognised Platinum Training provider by IICT, the International Institute of Complementary Therapists. This internationally recognized certificate upholds the highest standard, giving you the ability to obtain personal indemnity insurance which is required to perform Ayurvedic treatment therapies.

Who will be teaching the course?

Karin Gunthor, the owner and head practitioner at Lakshmi Ayurveda will be facilitating the course. She has over 12 years of clinical experience in the field, holding a Bachelors Degree of Ayurveda with Honours from Manipal University in India. She is also a qualified nurse, having worked internationally in emergency, high-level dependency, and public health nursing.





Terms and Conditions

Liability

Lakshmi Ayurveda is not responsible for any cancellations made during or before the training course commences as a result of extraordinary events beyond reasonable control. These include and are not limited to personal occurrences and natural disaster. Lakshmi Ayurveda will not be able for any loss incurred by participants directly or indirectly attributed to the cancellation of the training. Lakshmi Ayurveda will happily provide recommendations, but all participants are required to book their own accomodation, food and flights. Lakshmi Ayurveda is not responsible for any loss or damage of personal belongings at any time.

Refund Policy

The course is non-refundable upon commencement. Payment plans are available. To secure your space, a deposit of \$500 upon approval is required. The deposit is non-refundable.

Attendance

100% attendance is required to complete the course. If you are not able to attend one of the training days, this could result in not being able to complete the course. If you have any questions speak to the facilitator immediately regarding missed training days.

Photo and Video Consent

By signing Lakshmi Ayurveda Abhyanga and Shirodhara training course terms and conditions I consent to Lakshmi Ayurveda using photographs and video footage obtained during the training containing my image for the purpose of future promotional videos and educational material.

I understand that all photographs and video footage will be anonymous. I acknowledge that I am not entitled to any remuneration, royalties or any other payment from Lakshmi Ayurveda for the use of the footage. I understand that Lakshmi Ayurveda cannot control the unauthorised use of my image by persons not associated with Lakshmi Ayurveda upon the publication of my image. I waive any right to inspect or approve any publication of my image by Lakshmi Ayurveda. I release and indemnify Lakshmi Ayurveda from any loss, damage, costs, and expense connected with the publication of my image, including action for defamation, breach of privacy, or copyright.



I declare that I have read, understood and agree to the Lakshmi Ayurveda Abhyanga and Shirodhara training course terms and conditions.

Applicants Full Name:

Applicants Signature:

Date:

