

Pinda Sveda Training Course Overview



Lakshmi
Ayurveda
... Academy ...



Why Train with Lakshmi Ayurveda?

Whether you aspire to become an Ayurvedic therapist or simply want to deepen your understanding of Ayurveda and Ayurvedic treatments, 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 15 years of 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 in Fremantle, Western Australia.



About the Course

The Lakshmi Ayurveda Pinda Sveda 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. The course is certified by the IICT, granting students the ability to practice and apply for insurance to offer Pinda Sveda Treatment.

Pre-requisite: Abhyanga massage therapist training. Preferred if you have completed the Lakshmi Ayurveda Abhyanga training but can accept alternative institution training on a person-by-person basis.

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 for three days, June 11th, 12th and 13th at the Lakshmi Ayurveda clinic in Fremantle.

Location:

Lakshmi Ayurveda

13 Suffolk Street

Fremantle, Western Australia 6160





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Course Overview

Pinda Sveda Training Course Curriculum

- Types of Pinda treatment
- Indications and contra-indications
- Managing complications
- Pinda Potali Preparation and Ingredients
- Pinda Sveda Sequence
- Traditional oil information

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 - 4pm: Practical application

Course Cost, Inclusions and How to Apply

Course Cost

The cost of the course is \$1,100.

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 accommodation. If you would like more information regarding the accommodation 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 offers accommodation 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: training@lakshmiayurveda.com.au

If you have any questions or concerns you are welcome to contact us at +61406810547 or email training@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 health? 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 trained in delivering Pinda Sveda treatments. The choice of how you apply your learning is yours, the course is great for both personal and professional development!

Who will be teaching the course?

Karin Gunthor, the owner and head practitioner at Lakshmi Ayurveda will be facilitating the course. She has over 15 years of clinical experience in the field, holding a bachelor's Degree in Ayurveda with Honours from Manipal University in India. She was also previously working as a 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 disasters. 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 accommodation, 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 Pinda Sveda 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 Pinda Sveda training course terms and conditions.

Applicant Full Name:

Applicants Signature:

Date: