

# Training in Ayurvedic - Yogic - Massage

Feel and discover the mystery of your mind and body,  
and the healing power of touch  
Health and self-fulfilment with Ayurveda, Yoga, and the Vedic sciences

This training course is a professional level further development training for active practitioners within the therapeutic healing professions and for those who want to develop themselves as a body therapist. It also provides an intensive personal development course in the three areas of body, mind and spirit. Ayurveda massage is straightforward to learn and very effective as a treatment. Basic knowledge of all three components, ayurveda, yoga and meditation, are included within the course. 'Ayurveda - Massage - Therapy' is a comprehensive form of treatment which can be practiced independently or incorporated into an existing practice.

The Ayurveda Yoga Massage is a unique whole-body form of ayurveda massage, first developed by a student of the great yoga master B.K.S. Iyengar in Poona India. Its particular features are:



- Unification of deep muscle and connective-tissue massage with muscle and yoga stretches. This combination both opens the joints and re-establishes balance in body and mind.



- Use of deep muscle work: to open the body; to purge away toxins, tensions and blockages; to relax the mind; to purify the body as well as harmonise the 'Doshas'.



- Massage using feet as well as hands to produce deeper effects.
- Application of oil and Calamus powder for stimulation of the blood and lymph systems and enhanced detoxification.
- Breathing exercises for mobilization of increased Prana or life energy



- Unification of massage with elements from manual therapy, lymph-drainage, osteopathy, shiatsu and yoga therapy.
- Deep energy-work which mobilises physical and emotional blockages and contributes to their release.

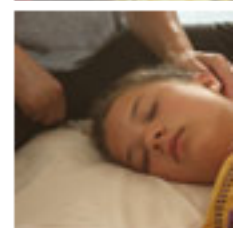


This deep relaxing combination increases the flow of vital energy within the body and mind and can also be used to provide a simple and beneficial form of relaxation. It serves as a purification and detoxification of the body, contributing to a strengthening of the immune system.

Furthermore it helps access the root cause of limitations to good health: vegetative disturbances, sleeping difficulties, depressive moods, stress, obesity, anorexia, cellulite, period pains, sexual related problems, back pain and other joint problems.

Following a session of harmonizing of the body energies, further weekly or fortnightly treatments are an excellent means for ongoing holistic conservation of health. The complete massage lasts 1.5 to 2 hours and is performed either on the floor or on a couch. It can also be divided into sections and performed as a partial massage.

The course provides a manual of the material covered, including a complete script of the massage in German, French or English. A certificate is provided on completion of the course.



If we look after the root of the tree  
The fragrance and flowering will come by itself,  
If you look after the body  
The fragrance of the mind and spirit will come to itself.  
B.K.S. Iyengar