

Ayurveda Spa Therapies: Shirodhara and Marma point Massage

Basic Syllabus

For 30 hours of continuing education credit: You have 2 years in which to complete if you want points and approved training Certificate.

1. Fill out practice logs while watching video with achievements and challenges.
2. Have your clients/recipients fill out feedback forms. You also write up on form as requested.
3. Answer theory questions from manual.
4. Fill out table with study session times
5. Provide a photo of the shirodhara set up you used.

DVD watching and learning:

Suggested timelines and structure :

Fill out practice log each time watch video with achievements and challenges

Study Video Play all the way through.= **1/1/2 hours**

Then Stop and start watching the techniques and practice on recipient

Suggested breakdown of techniques and timing:

- Hot stone layout
- Practice just doing foot scrub and marma point foot massage x2
- Practice just doing Marma point face massage x2
- Practice both on model

= **4 hours**

- Stop and start watch the shirodhara
- Work out what equipment you are going to use and practise setting it up. Buy and set up your system to start and experimenting with it .

- Have it all set up as though client is coming.

- Order and or buy your vegetable or herbal oils.
- Get model and practice shirodhara.
- Practice getting oil at a good warm temperature.

= **8 hours**

Study written materials, and take written test

= 6 hours

Practice on 5 recipients

- Set up all equipment
- 1hour each treatment time
- Then give tea and clean up
- One half hour preparation and clean up time
- Get them to fill out client feedback forms= **10 hours**

Fill out Table supplied

With study session times

Photo of setup

Take a photo of your Shirodhara setup you used for giving sessions to clients.

Completion

- You will be able to competently perform a shirodhara treatment.
- You will know the marma points and how to activate them on face, Scalp, neck, and feet .
- You will be able to combine these treatments and offer together or separately.
- You will be able to get CPE points from Massage Associations.
- You can get insurance cover.
- Or join IICT and get insurance as a stand-alone treatment.

For more questions and information please email

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