

Dr Ashok Ayurvedic Clinic UK

Dr Ashok Present

Ayurvedic Body Massage Course 14th March - 29 March 2009



Related Information

DATE & VENUE OF COURSE

Three weekends- 14-15 March, 21-22 March & 28-29 March 2009.
Timing: 10.30 AM to 4.30 PM

Venue Information

DR ASHOK PANCHAKARMA (DETOXIFICATION AND REJUVENATION) CENTRE

DR ASHOK AYURVEDIC CLINIC & PANCHAKARMA CENTRE, PARK INN HOTEL, WEST BROMWICH, B70 6RS.

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ABOUT DR ASHOK:

DR ASHOK KUMAR has practised and taught Ayurvedic Medicine and Panchakarma for last many years. He Graduated from M.D. University, India with Bachelors in Ayurvedic Medicine and Surgery (BAMS). His academic and practical training include the study of Allopathy- Western Medicine and surgery, as well as traditional Ayurveda. He is the Chairman and Chief Physician of Dr Ashok Ayurvedic Clinic. Before coming in the UK, he had his 20 bedded Ayurvedic Hospital in India where he treated the most difficult and chronic ailments with authentic Ayurvedic Practice. He has also trained a lot of young Doctors on the practice of Ayurveda- The Science of Life. He has long-standing connections with the Ayurvedic industry and universities in India.

Since moving to the UK, Dr Ashok is constantly involved with Ayurvedic Practitioner Association (APA) of UK and has attended, conducted and actively participated in various seminars, workshops, CPD sessions and had also appeared on British Television & BBC radios for Health Awareness Programmes on Ayurveda. He has successfully treated patients with a wide variety of ailments.

WHY JOIN OUR COURSE?

The Ayurvedic massage course by Dr Ashok is specially designed with his years of experience in the field, of treating lots of chronically ill patients and educating lots of students through the years. This course is specific to give you best clinical approach to Human body by using Authentic Ayurveda massage techniques, to help you to treat your patients with the Authentic Ayurvedic practice. With your input and interest in the course you can gain in-depth knowledge of traditional indian massage techniques for balancing body and mind.

WHO CAN JOIN OUR COURSE?

Our course is specifically designed for people who are interested in the field of Ayurveda - Ayurvedic doctors, students, believers and learners of Ayurveda, beauticians, massage therapists and yoga teachers etc.. This course will add essential knowledge and update you for your Continued Professional Development. The course has also attracted in the past- people with interest in holistic science - to heal the human body with a concept of naturally balancing the body, mind and soul.

OPPORTUNITIES

- You can offer Ayurvedic massage to clients.
- Develop your own centre and you can help a wide range of clients suffering from various acute or chronic illnesses.
- After this course you are able to know better about the human nature and self - and you became better to handle and deal with different people in your daily life.
- If you want to make your carrier in to Ayurveda it can be first and most effective step.

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- It's very beneficial for yoga people who practice yoga and teaches yoga – because yoga is a part of Ayurveda and Ayurvedic massage is the best tool to keep body fit and flexible.
- People who are running beauty clinics – It is the best opportunity for them to learn and explore hidden secret of health and increase their clients with this effective traditional Ayurvedic massage.
- For the student – Hardly student get this level knowledge and practical information about this part of Ayurveda and even after doing degree they are not very much confident to practice Ayurvedic massage because they do not get that much exposure and practical applications of Ayurvedic massage in various illnesses.

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COURSE CONTENT:

PART –I: THEORETICAL AYURVEDA

- Introduction to Ayurveda
- Principles of Ayurveda
- Prakruti/ Constitution Analysis
- Integrity of Ayurveda
- Physiology of Ayurveda – Tridosha /Sapta Dhatu/Tri Guna
- Pathology According to Ayurveda
- Pharmacology Ayurveda
- Biorhythms of the Doshas
- Tridoshas Theory
- Introduction to Yog philosophy and Practice

PART –II: PRACTICAL AYURVEDA

Ancient Indian Massage - The Traditional Massage Techniques Based on the Ayurveda

1. Introduction to Ayurvedic Massage – A Preventive Health Technique

2. Principle of Ayurvedic Massage

This chapter will provide the basics of Ayurvedic massage in line with the body contours and flow of the energy to ensure the most effective massage.

3. Ayurvedic Massage and The Lymphatic system

This chapter will provide an insight into the importance of lymphatic system in the Ancient Indian Massage. We will examine its importance in the western world and look at the interesting scientific correlation of this technique. The lymphatic massage has rather striking effects, especially relaxation of the subject, which makes it a likely candidate to be used as a therapeutic tool in the west.

4. Physiology of Ayurvedic Massage

How massage works wonders for our bodies? Clarify various myths about its effects on the various chronic and acute illnesses.

5. Why Ayurvedic massage is more beneficial than other type of massage for Western world?

6. Benefits of Ayurvedic Massage.

7. How massage increases immunity?

8. Massage Techniques.

Massage is not rubbing or pressing of the body or application of oil alone. Gain knowledge of how to prepare the patient for the full benefits of massage and discover practical experiences of various techniques involved.

9. Types of Massage

Massage for beauty
Massage for relaxation
Massage for cleansing
Therapeutic Massage specifically for

- ❖ General Weakness
- ❖ Rheumatism
- ❖ High Blood Pressure
- ❖ Insomnia (Lack of Sleep)
- ❖ Spondylolysis
- ❖ Sciatica
- ❖ Paralysis
- ❖ Muscle Atrophy

10. Practical Guidance on massage for the whole body

- ❖ Foot Massage
- ❖ Lower Leg massage
- ❖ Upper Leg massage
- ❖ Hip & Side massage
- ❖ Massage of the back / Spine

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- ❖ Massage of the front
- ❖ Arm massage
- ❖ Massage of head and neck

11. Ayurvedic Oils for massage

Knowledge on various types of Ayurvedic oils used for various illnesses in massage.

EXAMINATION

Examination consists of two parts.

Theory: Will be one hour written paper.

Practical: Half hour individual practical exam.

Two case studies will also be required by students that will be included as a part of the total examination.

COURSE FEE

£650 payable in advance or on commencement of the course.

Due to limited availability of seats, a Non-Refundable deposit of £150 is required to secure your place on the course.

Discounts available-

Bookings for course made before 31st January 15% discount (Course Price- £ 550)

Bookings for course made before 20th February- 10 % discount. Course Price £ 585)

TERMS AND CONDITIONS

- ❖ 95% attendance record required.
- ❖ Course tutor has the right to terminate student tuition.
- ❖ The course is limited to 10 students on the first come first serve basis.
- ❖ Certificates will not be issued until completion of all studies/exam.
- ❖ The Course fee is non-refundable.

CODE OF ETHICS

The Objective of the students attending the course should be to maintain high standards of professional conduct by actively upholding this code at all times.

The course requires a certain amount of physical contact between students which may be of a sensitive and personal level and you are expected to adhere to the following guidelines:-

Confidentiality of any personal issue raised within the group.

Treating all people within the group with respect.

Zero tolerance of sexual harassment, innuendo, language and any form of discrimination on the grounds of sexuality, race or language.