

# Ayurvedic Experience

Are you interested in Health & Wellbeing?

A unique **five** day event incorporating **three** traditional Indian health approaches

**Rejuvenating therapies for health and wellbeing.** This ancient healing approach teaches us to understand our body; our particular nature/constitution; and our individual mixture of elements at a deep physical, mental and emotional level. Seven Ayurvedic therapies will be covered over five days.



1

**Superb instruction from authentic trainers in Ayurveda**

**A healthy detox for your constitution.** Why not undertake an Ayurvedic diet detox during your 5 days? There will be guidance from Dr Anand so that you are cleansing in harmony with your dosha. Daily lunch and dinner dahl provided. Please indicate when booking your place if you'd like to take part.



2

**3<sup>rd</sup> – 7<sup>th</sup>  
August 2017**

**Ayurvedic Yoga 9am – 10am every morning.** Start the day with **Ayurvedic Yoga** taught by *Jo Bertzeletos*. This class may be held outdoors, weather permitting.



3

Immerse yourself in all things **Ayurveda** with **Prasad Ninan & Dr Anand P Nair**, our visiting tutors from Kerala, South India and the SCMT teaching team.

**Yoga: 9am – 10am each day**

**Treatment Classes: 10.15am – 5.30pm each day.**

Detox lunch is provided & dinner to take away will be provided if you wish. All refreshments are provided.

Ayurvedic Evening Meal: All participants are invited to contribute to an evening meal on Sunday 6<sup>th</sup> August.

**Venue: SCMT based at the Stilpoint Practice. 25 Montgomery Road, Nether Edge, Sheffield S7 1LN**

**Cost for Ayurvedic Experience £550 with £50 early bird discount if booked before 19<sup>th</sup> May 2017. To book your place please pay £100 deposit.** The Ayurvedic Experience can be paid in installments, please enquire for a payment schedule

Request a booking form from Victoria Gaughan [scmt@massage-training.co.uk](mailto:scmt@massage-training.co.uk) or paypal at [www.massage-training.co.uk](http://www.massage-training.co.uk)

*5 days of detoxification treatments. These simple & effective treatments will be taught to the participants who will then practice on each other. You do not require previous experience of massage to take part in this event. All equipment and instruction manual is provided.*



## *ayurvedic experience*

- **Day 1 - Thursday 3rd August** - History of Ayurveda, including origins, Tri Doshas and their significances. Discover your individual constitution/dosha and relate this to the appropriate Ayurvedic diet suited to you. The **therapy explored and experienced on this day will be Shirodhara** - the deeply relaxing treatment of pouring warm liquid on the third eye.
- **Day 2 Friday 4th August** - The therapy explored and experienced on this day will be **Abhyanga Snanam** - Ayurvedic full body massage. **Kati Vasti** - oil treatment for lower back ache.
- **Day 3 Saturday 5th August** - The therapy explored and experienced on this day will be **Udwarthanam (powder massage) & Ayurvedic facial massage.**
- **Day 4 Sunday 6th August** - The therapy explored and experienced on this day will be **Shiroabhyanga - traditional Indian Head Massage.** An evening of ayurvedic food & community building.
- **Day 5 Monday 7th August** - Panchakarma theory. The therapy explored and experienced on this day will be **Podi Kizhi** - Massage with herbal bundles. **Padabhyanga** - Foot & Leg massage.

This is an event for qualified Massage Therapists, bodyworkers from all disciplines, Yoga teachers & students or anyone who works in the health and wellbeing industry who has an interest in the traditional Indian approach to health & wellness. If you feel unsure whether this course is for you, please contact [scmt@massage-training.co.uk](mailto:scmt@massage-training.co.uk)

All attendees will receive a certificate of attendance which can be used towards CPD requirements. Please inquire to your professional association for acceptance of the SCMT certificate. **NB: The Ayurvedic Experience should be taken at your own risk, if in doubt check with your personal medical advisor.**

For more information or to book a place contact Victoria Gaughan

● 0114 2584 558 ● 07951 872 366 ● [www.massage-training.co.uk](http://www.massage-training.co.uk) ●