

First week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
1	Theory: Intro. Ayurveda	Practical: Head massage	Theory: Concept of Vata	Practical: Head massage
2	Theory: Concept of Pitta	Practical: Head massage	Theory: Concept of Kapha	Practical: Head massage
3	Theory: Panchamahabhuta	Practical: Face massage	Theory: Abhyanga	Practical: Face massage
4	Theory: Agni, Koshta, Ojus	Practical: Face massage	Theory: Trimala,Ama	Practical: Face massage
5	Practical: Oil preparation - Pinda thailam		Theory: SaptaDhatu	Theory: Prakriti
6	Practical: Head & Face massage		Theory & Practical: Shirodhara	
7	Day Off			

Second week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
8	Practical: Shoulder massage		Thakradhara: Theory & Preparation	
9	Practical: Head, Face, Shoulder massage		Theory: Swedana	Practical: Takradhara
10	Practical: Foot massage		Practical: Abhyanga Massage	
11	Practical: Abhyanga Massage		Practical: Whole body Massage	
12	Theory: Dinacharya	Theory: Ritucharya	Practical: Full body Massage with steam	
13	Practical: Full body Massage with Steam		Exam	Graduation
14	Day Off			