

Panchakarma Rejuvenation Massage Course - 4 weeks

First week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
1	Introduction to Ayurveda	Practical: Head massage	Theory: Abhyanga	Practical: Head massage
2	Theory: Concept of Panchamahabhuta	Practical: Head massage	Theory: Concept of Vata	Practical: Head massage
3	Theory: Concept of Pitta	Practical: Face massage	Theory: Concept of Kapha	Practical: Face massage
4	Theory: Sapta Dhatu	Practical: Face massage	Theory: Agni, Koshta, Ojus	Practical: Face massage
5	Theory: Trimala, Ama & Prakriti		Theory & Practical: Shirodhara	
6	Practical: Shoulder massage		Practical: Feet massage	
7	Day Off			

Second week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
8	Practical: Head, Face, Shoulder Massage		Theory & Preparation: Takra Dhara	
9	Practical: Abhyanga Massage		Theory: Swedana	Practical: TakraDhara
10	Theory: Dina charya & Ritu Charya		Practical: Abhyanga Massage	
11	Theory & Practical: Sneha kalpana- Preparation of Pinda thailam		Practical: Full body Massage	
12	Practical:Full body Massage with steam		Practical: Full body Massage with steam	
13	Theory: Intro to Panchakarma & Snehana Rakta Moksha			
14	Day Off			

Third week

Third week				
Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
15	Theory & Practical : Sirovasti		Theory: Practical & Demo: Nasya	
16	Theory & Practical: Kabala & Gandusha, Seka, aschyothana, pindi, bidalaka		Theory, Demo & Practical: Dhoomapana, varti preparation	
17	Theory & Preparation: PPS- Elakizhi		Demo & Practical: PPS- Elakizhi	
18	Theory, Demo & Practical: Udvartana- Powder massage		Theory, Demo & Practical: Pizhichil Med- Oil therapy	
19	Theory & Preparation: SSPS Njavara Rice Bolus		Demo & Practical: SSPS Njavara Rice Bolus	
20	Theory: Vamana, Virechana, and its medicine		Theory, Demo & Practical: DD Danyamla dara	
21	Day Off			

Fourth week

Fourth week				
Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
22	Medicine preparation Marma Gulika - Tablet, Brahmi Gritam- Ghee		Theory & Practical: Choorna pinda sweda	
23	Theory & Practical: Thalapothichil		Theory & Practical: Tarpana - EYE	
24	Theory& preparation: Jambeera Pinda Sweda		Demo & Practical: Jambeera sweda	
25	Theory & Practical: KD, Lepamam & Poultice- Upanaha, Karna poorana		Theory & Practical: Kati, Uro & Greeva Vasti	
26	Practical & Demo Head- Face -Shoulder- Feet Massage		Theory : Snehavasti , Kashaya Vasti & preparation	
27	Practical: Full body Massage with steam. Exam			
28	Day Off			