

**GAMC- Marma Chakra Therapy: 2 weeks****First week**

| Day | 10 to 11 am                                        | 11 to 12 am              | 2 to 3 pm                                | 3 to 4 pm                |
|-----|----------------------------------------------------|--------------------------|------------------------------------------|--------------------------|
| 1   | Theory: Introduction to Ayurveda & Panch mahabhoot |                          | Theory: Concept of Vata                  | Theory: Concept of Pitta |
| 2   | Theory: Intro Marma                                | Theory: Concept of Kapha | Theory & Practical: Face Marma Massage   |                          |
| 3   | Theory: Marma Head & Neck                          |                          | Practical: Head & Neck Marma Massage     |                          |
| 4   | Theory: Marma Arm & Leg                            |                          | Practical: Arm & Leg Marma Therapy       |                          |
| 5   | Theory: Marma Shoulder & Back                      |                          | Practical: Shoulder & Back Marma Therapy |                          |
| 6   | Theory: Marma Chest & Back                         |                          | Practical: Chest & Back Marma Therapy    |                          |
| 7   | Day Off                                            |                          |                                          |                          |

**Second week**

| Day | 10 to 11 am                                  | 11 to 12 am | 2 to 3 pm                                                                  | 3 to 4 pm |
|-----|----------------------------------------------|-------------|----------------------------------------------------------------------------|-----------|
| 8   | Theory: Marma Foot                           |             | Practical: Foot Marma Therapy                                              |           |
| 9   | Practical: whole body Marma Therapy          |             | Preparation of Marma/Chakra room, Marma Stick & Review of the marma points |           |
| 10  | Practical: Marma Gulika & Murivenna Medicine |             | Practical: Marma Therapy                                                   |           |
| 11  | Practical: Marma Therapy                     |             | Practical: Marma Therapy                                                   |           |
| 12  | Theory & Practical: Shad Chakra              |             | Practical: Full body Chakra Massage                                        |           |
| 13  | Practical: Full body Chakra & Marma Massage  |             | Graduation & Exam                                                          |           |
| 14  | Day Off                                      |             |                                                                            |           |