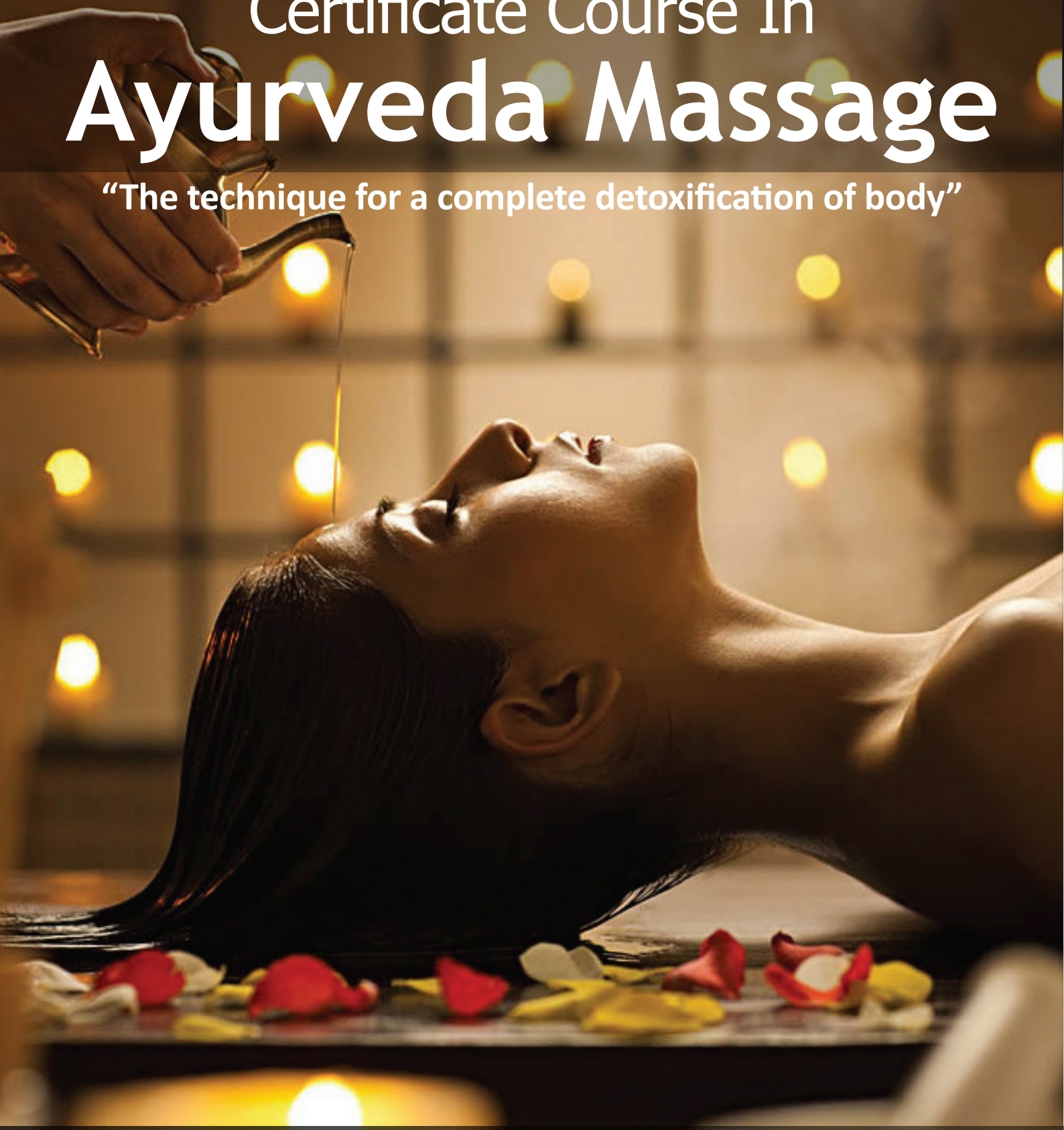


Certificate Course In Ayurveda Massage

“The technique for a complete detoxification of body”



Ayurveda Massages have been a part of our ancient tradition and provide physical, mental and emotional benefits. In present times, Ayurveda Massage is considered as alternative treatment in certain ailments. In regular use it improves overall well-being and promotes longevity.

Course Objective

Discover Wellness Ayurveda Massage course is an extensive hands-on training that helps students start their own practice or join wellness spa industry. You learn about different strokes used in Ayurveda Massages for different purposes, such as, infant massage, post-delivery massage, and pain-relief massage.

Course Ideally Suited For

- Students/ Homemakers looking forward to start their own practice
- Individuals looking for full time/part time career at gyms, weight-loss centers, health centers, spas
- Professionals who require certification for future career growth

Key Areas of The Course

- Understand the tools and techniques of Ayurveda Massage
- Learn about different types of oils used for different massages
- Extensive hands-on training
- Develop scientific knowledge behind ancient Ayurveda Massage
- Efficiency to work with an interdisciplinary health care team

Duration - 18 Hours

Ayurveda Massage	Basics of Ayurveda, Various Oil Types, Properties of Ideal Massage Oil, Types of Ayurveda Massage, Introduction to Nasya and Katibasti
Video Session and Discussiona	Introduction to Various Practical Ayurveda Massage Strokes
Massage Demonstration	Demo of Draping, Strokes, Use of Massage Mediums

Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Offline learning through Interactive Training videos for hassle-free, self-paced learning



Excellent course content including course books, DVD



A life time support to students through email & off-line chats

DISCOVER
Wellness Pvt. Ltd.

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