

Individual seminars

Fundamentals of Ayurveda

Days	Content	
6	Basic Ayurveda training 48 hours	480 euros
3	Nutrition, food science, cleansing 24 hours	240 euros
3	Type-specific Ayurveda nutrition 24 hours	240 euros
3	Spices and herbs and their application 24 hours	240 euros
3	Dietetics for nutrition-related symptoms 24 hours	240 euros

Massage and oil treatments

Days	Content	
6	Ayurveda – full body massage 48 hours	480 euros
6	Padabhyanga, Shiroabhyanga, Udvarthana Ayurvedic foot, leg, head, and Powder massage 48 hours	480 euros
6	Panahasveda, Shirodara and individual treatments 48 hours	480 euros
3	Intensive Ayurveda treatments Rice and herbal bag massage, oil pouring 24 hours	240 euros
3	Mukabhyanga – Ayurvedic facial massages and beauty care 24 hours	240 euros

Additional informations

Ashoka Ayurveda
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Training courses
from Ashoka
Ayurveda:

Information
and price list

The prices are valid from 1.05.2020.
Errors and omissions excepted.

Ashoka Ayurveda Cure Center

Madeira/Portugal
info@ashoka-ayurveda.com
www.ashoka-ayurveda.com



Ashoka's founder, Birgit Moukom

Would you like to know more about Ayurveda?
Do you enjoy relaxing massages and treatments?
Explore the depths of Ayurvedic knowledge with our Indian Ayurveda practitioners while learning massage techniques first hand from our therapists just waiting to share their knowledge with you.

Upon successful completion of Ayurveda training, you'll have the opportunity to expand your knowledge in an internship at one of our centres, and maybe even work with us as a therapist yourself.

We offer the following Ayurveda training seminars:

Ayurveda training

Basics of Ayurveda
Ayurvedic Massage Practitioner Training
Ayurveda therapist training
Ayurvedic Cosmetics and Beauty Care

Individual seminars

All massage techniques can also be taught separately and on an individual basis.

We look forward to meeting you!

Birgit Moukom and your Ashoka team

Ayurveda-Basic

Seminar description

- Universal introduction to Ayurvedic medicine, massages, and nutrition
- You'll learn to strengthen the body, mind, and soul holistically using Ayurveda

Ayurveda aims at fortifying health, becoming healthy and to aging in a healthy manner. Ayurveda basic training will provide a comprehensive, practice-oriented introduction to this multilayered teaching of a long and healthy life.

Allow the authentic knowledge of our experienced Ayurveda experts to inspire you while learning the theory and application of Ayurveda medicine, nutrition, massages, and psychology.

Learning objective

You will learn to look at people from an Ayurvedic perspective in order to use your acquired knowledge to provide individual nutritional recommendations, type-specific massages, and tips for applying Ayurvedic spice and herbal treatments for everyday symptoms in a practical manner.

Content

Ayurveda basic training course

- Key concepts of Ayurveda: Doshas, Gunas
- Ayurvedic constitution: Prakriti/Vikriti
- Practical application of the Dosha concept; diagnosing constitution using questionnaires
- Health and illness in Ayurveda: causes, illness progression and therapy

Type-specific Ayurvedic nutrition

- Ayurveda nutrition for seasons and times of day: nutritional guidelines for everyday life
- Constitution-specific Ayurvedic nutrition: recommendations for balancing dosha and strengthening agni
- Using spices and herbs, designing Ayurvedic menus and diet plans

Ayurveda-Basic

Spices and herbs and their application

- Theory and application of Ayurvedic medicinal herbs (*Dravyaguna*) evaluated according to properties and healing effects
- House recipes from Ayurvedic herbal cooking to treat everyday symptoms

Abhyanga

- Indications and contraindications; strokes, treatment processes and variations of Abhyanga with practical exercises; pre- and post-treatment, type-specific coordination of massage pressure and rhythm with practical application
- Use and properties of oils

Key information

Days	Content
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6	Ayurveda basic training course
6	Abhyanga – Ayurveda full body massage
3	Type-appropriate Ayurvedic nutrition
3	Spices and herbs and their application

Total days of instruction	18 days
Teaching hours	140 hours
Price	1.400 euros
When paying in full as a lump sum	1.320 euros
Deposit	400 euros
Remaining payment	to be made 14 days prior to the start of the seminar in accordance with the invoice

Ayurvedic Massage Practitioner Training

Description of training

- Intensive practical and theoretical training
- Authentic massage and oil treatments
- Further qualification as an Ayurveda therapist is also offered

Our Ayurveda experts will use their many years of experience to teach you the techniques and procedures used to provide high-quality Ayurvedic massages in an authentic and hands-on manner. Included as part of the training, the Ayurveda basic training course from our Indian Ayurveda practitioners will provide you with a holistic understanding of Ayurveda including the philosophy, anatomy, and constitutional diagnosis, in addition to therapy methods which build on these.

Learning objective

You will receive comprehensive training in Ayurvedic full- and partial-body massages using individually tailored oils and herbs. Through intensive exercises, instruction, and correction, you will learn Ayurvedic massage techniques and treatment methods to allow you to gain confidence using these in your new career.

Structure

The Ayurvedic massage training is comprised of 24 days of instruction (240 lessons, 180 hours + examination). You can complete the training course either as a compact training course (24 days consecutively) or in units, with the training course ending approximately three months after the last unit with an examination on Ayurveda massage practitioner training.

The course of study on Ayurveda therapist training is recommended as a supplement.

Content

Ayurveda basic training course

- Key concepts of Ayurveda: Doshas, Gunas
- Ayurvedic constitution: *Prakriti*, *Vikriti*
- Practical application of the Dosha concept; diagnosing constitution using questionnaires
- Health and illness in Ayurveda: causes, illness progression and therapy



Abhyanga full body massage

- Indications and contraindications; strokes, treatment processes and variations of Abhyanga with practical exercises; pre- and post-treatment, type-specific coordination of massage pressure and rhythm with practical application;
- Use and properties of oils

Partial body massage for foot, facial, head and powder massages

- *Padabhyanga* – Ayurvedic foot and leg massage: demonstration and practice of *Padabhyanga* as a single and synchronous massage; Ghee as a therapeutic agent for massages in its production and application
- *Mukabhyanga* – Ayurvedic facial massage with special strokes and procedures
- *Shiroabhyanga* – special head massage
- *Udvardhana* – vitalising powder massage

Back massage, oleology

- *Panahasveda* – Ayurvedic back massage: using warm back packs (*Lepa*) and techniques with special strokes,
- *Oleology*: therapeutic properties of base oils, *thailams* and herbs
- Exercises based on case studies

Shirodhara and treatment procedures

- *Shirodhara* – *Shirodhara* techniques: oils, timing and handling; preparation, emotional support, framework conditions, and technical handling
- Individually tailoring the Ayurveda massage, treatment setting, and practice management

Key information

Days	Content
6	Ayurveda basic training course
6	Abhyanga – Ayurveda full body massage:
6	<i>Padabhyanga</i> and <i>Udvardhana</i> Ayurvedic foot, leg and powder massage
6	<i>Panahasveda</i> , <i>Shirodhara</i> and individual treatments

Total days of instruction 24 days

Teaching hours 180 hours

Price 1.800 euros

When paying in full as a lump sum 1.710 euros

up to one month prior to commencement of classes:

Down payment for partial payments 400 euros

Remaining payment to be made over the course of 4 monthly instalments by direct debit on the first of the month

Examination fee 150 euros

Examination

The examination is made up of a written section a practical section and is held in the training facility.



Ayurveda therapist training

Description of training

- Expand your therapeutic skills with traditional techniques
- Learn personalised preventative and healing therapies
- Become a professional companion for intensive treatments

This course of further study is open to all Ayurveda massage practitioners. It expands on the knowledge and practical skills related to Ayurvedic massage therapy.

The focus is on:

- diagnosis and expanded treatment techniques
- Nutritional and herbal therapy
- Type-specific talking therapy and psychological support

Learning objective

Expanding on Ayurveda massages, learning additional Ayurveda therapies will reward you with advanced skills. This knowledge will further consolidate and expand your professional treatments to enable you to provide your clients with high-quality advice and support.

Structure

The course of further study in Ayurveda therapy is comprised of 24 days of instruction, which can be supplemented by practical training days in our own spa centre. It is open to all participants able to demonstrate prior training in providing Ayurvedic massages and represents a qualified further training course providing the optimal preparation for a new field of professional activity. The final examination in the Ayurveda therapist training takes place approximately three months after the last training unit and is comprised of a written, oral and practical examination and a thesis. Full attendance of all training units and evidence of practical training is required for admittance to the final examination.

Content

Rice and herbal pouch treatments and oil pourings

- Massage techniques using nourishing rice pouches and draining pindas (*Sastik Sali Pinda Sveda, Jambira Pinda Sveda*)
- Traditional Ayurvedic pourings (*Pizzhichil, Shirodhara*)
- Oiling of the sensory organs and head (*Nasya, Akshi Nehatarpana, Karna-Purana, Shirobasti*)

Abdominal massage and back therapy

- Massage techniques and energy work of the Ayurveda abdominal massage
- Practice with pre- and post-treatment for local back therapy (*Kati, Griva, Nabi Basti*)

Marma und Kalari – special therapies for the musculoskeletal system

- Marma massages and treatment variations for the musculoskeletal system (*cervical spine, thoracic spine, lumbar spine*)
- Techniques for working on the Marma-Nadi system using hot herbal pouches (*Kizhli*) and pads (*Lepas*)
- History and diagnosis for Marma therapy
- Case studies and recipes of Marma and herbal therapy

Diagnosis and practice using massage and Marma therapy

- Medical history and diagnosis for Ayurveda therapists
- Therapeutic massage examination methods
- Targeted treatment strategies for deteriorative illnesses, intervertebral disc and joint symptoms, and pain therapy



Ayurveda therapist training

Nutrition, food science, and cleansing,

- Individual nutritional concepts and diets to offset physical and mental symptoms
- Food science and nutritional therapy: creating diet plans
- Fasting and cleansing programs: Panchakarma nutrition and recipes

Spices and herbs and their application

- Theory and application of Ayurvedic medicinal herbs (*Dravyaguna*) evaluated according to properties and healing effects
- House recipes from Ayurvedic herbal cooking to treat everyday symptoms

Consulting practice and success strategies

- Consulting skills, medical history, nutritional plans and therapy strategies; practical work with case studies
- Type-specific conversational methods and supporting measures
- Fundamentals of entrepreneurial activity

Key information

Days	Content
4	Intensive Ayurveda treatments – Rice and herbal pouch massages, oil pouring
6	Marma massages and therapy using herbal pouches
3	Spices, herbs and their application
4	Nutrition, food science, and cleansing
3	Diagnosis and practice applying massage and Marma therapy
4	Abdominal massage and back therapy

Total day of instruction: 24 days

Teaching hours: 180 hours

Price: 1.800 euros

When paying in full as a lump sum 1.710 euros

up to one month prior to commencement of classes

Down payment for partial payments 400 euros

to be made over the course of 4 monthly installments by direct debit on the first of the month

Examination fee: 150 euros

Examination

The examination for the final “Ayurveda therapist” certificate can be taken after attending all training seminars and passing an Ayurvedic massage examination. The final exam is comprised of a comprehensive final thesis alongside documenting a practical case and a written and oral examination.



Ayurvedic Cosmetics and Beauty Care

Description of training

- The ideal form of care for every constitution and skin type
- Learn massages which rejuvenate the body and caress the soul
- Internal and external beauty using Ayurvedic treatments

This training is comprised of qualified and Ayurvedic cosmetic training for women. You'll experience the special effect of Ayurvedic beauty treatments and recipes on your own body.

Learning objective

Over the course of twelve inspiring training days, you will learn a holistic anti-aging approach using massage techniques for the face and décolleté as well as rejuvenating treatments for the whole body using essential oils, masks, packs, and medicinal herbs. You will develop the ability to individually diagnose your constitution and skin and tailor your treatment accordingly.

Content

Mukabhyanga – Ayurvedic facial massage and cosmetics

- Mukhabhyanga – the Ayurvedic facial massage
Massage strokes for the neck and décolleté and the cosmetic treatment process; skin types and diagnosis; Lepa – masks and packs

Special therapies for skin and hair

- Special therapies for skin and hair: expanded Mukabhyanga techniques
- Special treatments for the area around the eyes and mouth
- Special oils, herbs and packs for skin and hair care which tackle hair loss and dandruff
- Cosmetic therapy approaches which tackle skin diseases (acne, neurodermatitis, inflammation, pustules, milia, etc.)

Samvahana – massage techniques for the queen in you

- Cosmetic full body massage and anti-aging therapy in accordance with Ayurvedic tradition: Samvahana techniques using a silk cloth and brush; Rituals for femininity; care for the senses using colors and fragrances, relaxation for the back
- Gentle Samvahana oil massages for women; Shirodhara in cosmetic treatment; oils and herbs for rejuvenation and skin care; Rasayana foods and herbs for women.

Key information

Days of content

Mukabhyanga – Ayurvedic facial massage and beauty care	3 days
Special therapies for skin and hair	3 days
Samvahana massage techniques for the queen in you	3 days

Total days of instruction	9 days
Teaching hours	72 hours
Prices	720 euros
Deposit	250 euros
Remaining payment	to be made 14 days prior to the start of the seminar in accordance with the invoice
Examination fee	100 euros
Examination	approximately 4 months after the end of training

