

Accommodation



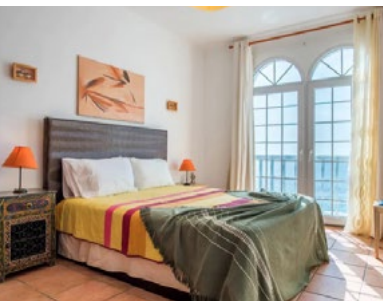
The Ayurveda training takes place in a large house directly by the sea in Gaula, Madeira, Portugal.

In addition, the house has ten bedrooms and a private pool for the accommodation of the participants.

Accommodation for 14 nights

(incl. airport transfer)

Single room:	710 euros
Shared room (separate beds):	520 euros
Ayurvedic full board for 14 days:	420 euros



Additional informations

Ashoka Ayurveda
Madeira / Portugal
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Trainings by Ashoka Ayurveda:

Ayurveda Massage Practitioner
November & December 2023

Information and prices

The prices are valid from 01.06.2023.
Errors and omissions excepted.

Ashoka Ayurveda Cure Center

Madeira/Portugal
backoffice@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 our centre and maybe even work as a therapist yourself.

We offer the following Ayurveda training seminars:

Ayurveda training:

Ayurvedic massage practitioner Ayurveda therapist (advanced studies)

We look forward to meeting you!

Birgit Moukom and your Ashoka team

Ayurveda Massage Practitioner

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. Through the basic Ayurveda course, held by our Ayurveda doctor, Dr Krishna Priya, you will gain a holistic understanding of Ayurveda with its philosophy, anatomy, determination of constitution and the therapeutic methods based on it.

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 14 days of instruction to become an Ayurveda massage practitioner consisting of the Ayurveda basic course, the practical basic training and an examination day. It comprises 14 training days, of which four days take place online and ten days face-to-face in Madeira, Portugal.

The Ayurveda basic course consists of four blocks of seven hours each (Saturdays and Sundays) and is offered as an online course (28 hours in total).

The practical basic training to become an Ayurveda massage practitioner includes

nine teaching days of seven hours each (63 hours), the Ayurveda massage practitioner exam is taken on the tenth day. The course Ayurveda therapist is recommended as a supplement.

Ayurveda aims to fortify health, become healthy and ageing in a healthy manner. Ayurveda basic training will provide a comprehensive, practice-oriented introduction to this multilayered teaching of a healthy and long life.

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

Content

- Introduction to the philosophy of Ayurveda
- The five elements
- Key accounts of Ayurveda: Doshas, Gunas,
- Introduction to the Ayurvedic constitution: Prakriti/Vikriti
- Practical application of the Dosha concept
- Constitution determination with questionnaires
- Definition of health and disease in Ayurveda
- Causes, illness progression and therapy
- Oil science (therapeutic properties of oils) and massage technique
- Concepts of maintaining health in Ayurveda
- Ayurveda nutrition for the seasons and times of the day
- Nutritional guidelines for everyday life
- Theory and application of Ayurvedic medicinal herbs (Drawaguna) evaluated according to properties and healing effects
- House recipes from the Ayurveda herbal kitchen to treat everyday symptoms



Doctor Krishna Priya

Education background:

2016 – Bachelor of Ayurvedic Medicine and Surgery (BAMS) at the Sri Kalabyraveswara Swamy Ayurvedic Medical College and Research Centre, Bangalore (Rajiv Gandhi University of Health Sciences, Karnataka)

Professional background:

2016 – 2018 Assistant Physician for Ayurveda at the CGH Earth Wellness Centre, Kerala, India

2018 – 2019 Ayurvedic doctor at the Government Ayurveda Hospital Mathoor and various other clinics

2019 – 2021 Ayurvedic doctor at the Calendula Ayurvedic Hospital in Siofok, Hungary

2021 – present Ayurvedic doctor at Ashoka Ayurveda Madeira

Part 2 – Practice training

Abhyanga - full body massage

- Indications and contraindications
- Strokes, variations and treatment processes of Abhyanga
- Type-specific coordination of massage pressure and rhythm with practical application
- Pre- and post-treatment
- Use and properties of massage oils
- The inner attitude of the therapist

Partial body massages

- *Padabhyanga* – Ayurvedic foot and leg massage: Demonstration and practice as a single and synchronous massage
- Ghee as a massage therapeutic agent for massages in its production and application
- *Mukabhyanga* – Ayurvedic facial and upper body massage with special strokes and procedures

Back massage and Garshana (silk glove massage)

- *Panahasveda* – Ayurvedic back massage with special strokes
- Learning the silk glove massage, especially with regard to the weight-reducing and metabolism-stimulating treatment

Type-appropriate treatment strategies and concepts

Key information

Days	Content
4	Ayurveda basic training course - online
3	Abhyanga – Ayurvedic full body massage
3	Partial body massage for foot and face; Pad- and Mukabhyanga
3	Panahasveda and Garshana (back- and silk glove massage)
1	Examination (written section and practical section)

Total days of instruction	14 days
Teaching hours	91 hours
Price	2.000 euros
Payment possible in instalment	deposit 500 euros
Remain Payment	to be made in four instalments
Exam fee	150 euros

Examination

The examination includes a written and practical part at the training location.

Certification:

The Ayurveda Massage Practitioner training is certified by Ashoka Ayurveda and the Indian partner Greens Ayurveda after passing the examination.



Timetable



Ayurveda basic training (Online Course)

Saturday, 18 November and Sunday,
19 November

Saturday, 25 November and Sunday,
26 November

Practical basic training

(in presence in Madeira, Portugal)

Arrival day: Sunday, 3rd December

Start of training: Monday, 4 December

Final examination: Friday, 15 December

Departure day: Saturday, 16 December and
17 December by 10 a.m. at the latest

Weekends

Saturdays and Sundays are at the participants'
free disposal

Accompanying programme

We aim to bring you closer not only to practical knowledge but also to the philosophy and way of life. Only when you experience something for yourself and surrender to it completely, you are able to absorb and implement new knowledge in a sustainable way. Therefore, we have created a programme that gives you the opportunity to familiarise yourself with Madeira and our philosophy.

Ayurvedic full board

For the stay, we offer an Ayurvedic full board for all participants. It is prepared by a private Ayurvedic cook and helps to strengthen the participant's body and mind. They will first-hand experience the effects of one of the three most important pillars of Ayurveda. Moreover, participants are welcome to join and learn while the chef is cooking.

Yoga offer (included in the course price)

Yoga and Ayurveda are sister disciplines and also an elementary part of our programme. Our yoga teachers will help you to start the day well and already mentally sharpened on all days (Monday-Friday). Your body will thank you for the morning stretching.

Joint excursion - forest bathing (included in the course price)

The programme is completed by an excursion into Madeira's nature. Our trained forest bathing expert invites you to a conscious walk in the woods. Besides the diversity of Madeira to be admired, the five senses will be strengthened during mental training and walking meditations. Bathing in the forest leads to stress reduction and an increase in well-being, making it an ideal preparation for exams.

