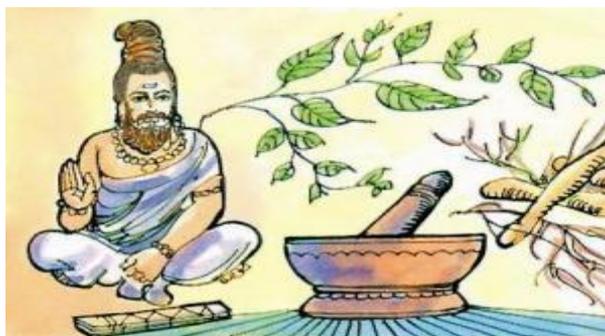


AYURVEDIC MASSAGE COURSE



Learn the Meditative Art of Touching, Feeling and Caring

Ayurvedic Massage is a holistic and an individualized massage technique which promotes integration, balance and the dynamic exchange between the body and mind. It is described in the ancient Vedic texts (scriptures of India) and its effectiveness comes from the recognition of both the particularities and similarities of each human being. It is recognized as one of the most complete and rejuvenating traditions developed and practiced in India. It was and still is used by families as regular practice, by medicine as a diagnosis, curative and preventive method and by religion as a process of purifying the body.

The course is essentially practical with an important theoretical component. You will learn how to do a deep and complete massage with a subtle and loving approach. Which will create the necessary space to allow the needed changes to happen, to the person that is receiving the treatment as well as to the person who is giving the treatment. This is a work of harmonization and awareness of the Human Being as a whole, towards a happy and healthy life.

This course is intended for all who wish to improve the relationship with themselves and with others, by learning an ancient and valuable health tool. Whether you want to be or not a professional therapist, everyone is invited to participate and discover how to help himself, a relative, a friend, a patient or someone looking for rebalance and comfort.



Instructor:

Sophia Simões, with 12 years of practice and deepening on several self-knowledge and personal evolution methods such as Meditation, Yoga, Vegetarian and Ayurvedic Food, Reiki, Ayurvedic Massage and Rebirthing (Conscious Breathing).

Sophia Simões
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Syllabus – 60 hours of total training which includes the following:

- the story of Ayurveda
- the philosophical basis of Ayurveda (Gunas, Panchamahabutha, Doshas, Prakriti)
- benefits, indications and contraindications of Ayurveda massage
- indian massage techniques and its effects
- the pressure and the Doshas (the individual constitution)
- introduction to the ayurvedic diagnosis in massage
- therapeutic tools for massaging on the ground (the body's own weight, hands and forearms)
- vital energy channels and centers (Prana, Nadis, Chakras and Kundalini)
- emotional anatomy and the permanent interconnection between the physical, emotional, mental and spiritual bodies
- the direction and the circuit of the massage
- the vertebral column and its importance on Ayurveda massage
- oils, aromas and the calamus powder
- ambience and personal preparation
- self-massage and sel-help exercises
- breathing, the awareness and the expansion of the breath
- meditation, learning and experiencing
- massage and the energy exchange
- to feel and practice a complete full body massage
- monitoring of one case study, clarification of doubts and the deliver of Certificates

Dates: 3, 4, 10, 11, 17, 18, 24, 25 February 2013 and 3, 4 March 2013

Timetable: Sundays and Mondays, from 10 a.m to 5 p.m (with 60 minutes lunch break)

Total time: 60 hours (5 weeks of twelve hours each, including evaluation and delivery of Certificates)

Needed materials: Suitable clothing for doing and receiving massage, one old sheet, a large and a small towell. Pen and paper for personal notes.

Investment: Includes learning support (theoretical and practical), Oil Bottle and Certificate of participation - 450€

Registration: guaranteed with a deposit of 100€ (Non-refundable after the final registration date) and after completing the registration form. The remaining 350€ are paid until the first day of the course.

Limit date for registration: Friday, 25 January 2013

For further information and registration please contact:

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