



Basic knowledge of Ayurvedic massage

Training Program:

5 days of training

First day :

12 :00 12 : 30	Stephane Aloka Sanna	Accueil	
12:30 14:00	Dr. Sudath GOONATILAKE	<ul style="list-style-type: none">- Presentation, and expectations of each- Introduction to Ayurveda- What is your body type: Vatta Pita, Kapha	
14 :00 16 : 30	Ayurveda Therapist: Prasantha Nadeeshan De Silva	<ul style="list-style-type: none">- Head massage- Face massage-Theory and practice	<ul style="list-style-type: none">- technical massagesoils and herbals oils to use.
17:30 : 19:00	Manodge	Yoga or Meditation Practice with a professional in a quiet place	

Second day :

9:00 13: 00	Ayurveda Therapist: Prasantha Nadeeshan De Silva	- Practice on everything you've learned day before	
		<ul style="list-style-type: none">- Neck massage-Back massage- Theory and practice	<ul style="list-style-type: none">- technical massagesoils and herbals oils to use.

Third day :

9:00 13: 00	Ayurveda Therapist: Prasantha Nadeeshan De Silva	- Practice on everything you've learned days before	
		- Full body massage -Face mask and body scrub - Theory and practice	- technical massages oils and herbals oils to use.

fourth day :

12:30 16:30	Ayurveda Therapist: Prasantha Nadeeshan De Silva	- Practice on everything you've learned days before	
		- discovery of Shirodhara - massage with pouches - Herbals Inhalation	- technical massages Techniques, oils, herbals oil, equipment
17:30 : 19:00	Manodge	Yoga or Meditation Practice with a professional in a quiet place	

five day :

10 :00 12 :00	Ayurveda Therapist: Prasantha Nadeeshan De Silva	Practice on everything you've learned first day, second day and thirist day	
12 :00 14: 00	Dr. Sudath GOONATILAKE	- Reflexology - Conclusion off the training - Level tests - Graduation Ceremony	