



# Nature Care College

## Ayurvedic Massage

<b>DESCRIPTION</b>	This module is designed to enable students to give an Ayurvedic oil massage that can be used to revitalise and strengthen the bodymind. The massage practices taught will balance all three doshas and nourish the seven tissues of the body. The module also aims to give students an understanding of how to adjust massage practices for different body types, how to prepare medicated oils and how to work with the marma points when massaging.								
<b>DURATION</b>	42 hours								
<b>LEARNING OUTCOMES</b>	<p>By the conclusion of this module students should be able to :</p> <ol style="list-style-type: none"> <li>1. Demonstrate an understanding of the principles of abhyanga therapy.</li> <li>2. Prepare medicated oils for use in abhyanga therapy</li> <li>3. Describe how the anatomy and physiology of the marma points informs the practise of abhyanga therapy.</li> <li>4. Demonstrate how to give abhyanga therapy appropriate for body-type.</li> <li>5. Demonstrate an awareness of how to use ubtans.</li> <li>6. Describe how abhyanga therapy works to revitalise and strengthen the bodymind.</li> <li>7. Demonstrate an understanding of how to prepare oneself to give abhyanga therapy.</li> </ol>								
<b>TEACHING METHOD</b>	<p>Interactive lectures          Practical demonstration of massage practices          Slide presentations          Practical demonstration of medicated oil preparation          Practice sessions where students give and receive massages</p>								
<b>ASSESSMENT</b>	<table border="0"> <tr> <td>Classroom participation in supervised massage practice</td> <td style="text-align: right;">30%</td> </tr> <tr> <td>Written exam</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Practical exam</td> <td style="text-align: right;">25%</td> </tr> <tr> <td>Massage Log Book</td> <td style="text-align: right;">25%</td> </tr> </table>	Classroom participation in supervised massage practice	30%	Written exam	20%	Practical exam	25%	Massage Log Book	25%
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	<p><b>Pass mark 60%</b>  <b>Each component must be passed at 60% in order to pass this subject satisfactorily.</b></p>								
	<p><b>NOTE:</b> To facilitate the return of your assignment you will need to provide a stamped self addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission, for our own records.</p>								

<b>ATTENDANCE</b>	90% minimum.
<b>PRE-REQUISITES</b>	Introduction to Ayurvedic Medicine Swedish Massage Anatomy & Physiology 1A
<b>CO-REQUISITES</b>	Nil.
<b>MATERIALS REQUIRED</b>	Notebook, pen, comfortable clothing.
<b>TEXTBOOKS</b>	<p><b>Compulsory:</b> Thomas, J. <i>Ayurvedic Massage – Introductory Course Workbook</i> (Included in cost of course)</p> <p><b>Recommended Reading / References:</b> As suggested by lecturer</p>
<b>MESSAGE TABLE HIRE</b>	Massage tables are available for hire to both students and practitioners needing them for their practice, workshops or events. To make a booking or inquire about massage table hire, please call 9906 1566.

## SESSION-BY-SESSION OUTLINE

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<b>SESSION 1</b>	Introduction, history and cultural background of Ayurvedic massage. Benefits of Ayurvedic massage Effects of massage on doshas and dhatus Marmas and their significance in Ayurvedic massage Preparation prior to massage Contra-indications to massage Instruction and practice of arm and hand massage Instruction and practice of footbath and foot massage Instruction and practice of self massage
<b>SESSION 2</b>	Safe and respectful touch in the healing process Use of oils, herbs and essences according to dosha Preparation of medicated oils Instruction and practice of spine, back as well as back of legs and body sides massage
<b>SESSION 3</b>	Ayurvedic massage techniques and marmas Sequence and duration of ayurvedic massage Instruction and practice of front of the body and head as well as spine, back and sides
<b>SESSION 4</b>	Ayurvedic beauty care Instruction and practice of face and ear massage Hot compress Instruction and practice of facials and nasya Introduction to panchakarma
<b>SESSION 5</b>	Creating a healing environment Aftercare and diet Ubtans and their use in Ayurvedic massage Massage practices in the context of Panchakarma from Kerala Practice of full-body massage and Ubtan Revision Submit logbook Evaluation handout
<b>SESSION 6</b>	Written Examination Practical Examination Submit Evaluation

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.