Institute of Natural Medicine

50 hours, 10 days

10 Days Wellness Massage Training Course in Nepal



It’s a time to educated from Naturopathy Doctors & from International graduated teachers.

Our Massage Academy is recognized by International & National wellness center, Ayurveda Hospital, SPA Studio & Naturopathy hospital because the curriculum is affiliated & recognized by the Education Ministry of Nepal Government-CTEVT to ensure the quality of education.

- **Availability date :-** All year around
- **Course Fee:-** USD 595
- **Duration:-** 10 days – 50 hours (Learning 5 hour per day)

Whatever the pain we are trying to release from our body is just to live a healthy life. Trying to eliminate the worse condition without knowing the actual knowledge of the treatment through the

massage therapy is useless. Therefore , this course has been intended to help students better understanding wellness role in massage industry & to prepare them qualified massage therapist workers to ensure accurate care of the clients .

The curriculum of this 10 days wellness massage training course is the combination of **Ayurvedic Massage and Deep Tissue Massage** course. Combination of those massage is the modern style combination of two different type of massage therapy . This wellness massage course often referred to a treatment of frozen shoulder, Increase blood flow, warm up, Flexibility , opening the joint blockage, chronic backage and many more. Overall this comprehensive syllabus teaches you the art of truly clinical touch to cure the disease.

Course with accommodation :-

Includes Course fee, Room, Yogic Breakfast, Lunch , Dinner , Mineral Water & Organic tea

• Private room with private bathroom USD 840

• Private room with sharing bathroom USD 800

Please note:- Two Sharing bathroom are outside & shared only with three rooms

Daily Schedule of Non Residential Course

11:15 am – 1:30 pm	Ayurvedic massage & Deep tissue Massage training
3:00 pm -5:45 pm	Ayurvedic massage & Deep tissue Massage training
5:45 pm	Organic tea time

Daily schedule of Residential Course :- 4 night & 5 days

(Includes Course fee, Room, Yogic Breakfast, Lunch , Dinner , Mineral Water & Organic tea)

7:30 am – 8:30 am	Yogasana
8:45 am – 11:15 am	Yogic breakfast & rest time/ self study
11:15 am – 1:30 pm	Ayurvedic massage & Deep tissue Massage training
1:30 pm – 3:00 pm	Lunch & Leisure time
3:00 pm -5:45 pm	Ayurvedic massage & Deep tissue Massage training
5:45 pm	Organic tea time
7:00 pm	Dinner time

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Price:

Course only	US$ 595
Private room with private bathroom	US$ 840
Private room with sharing bathroom	US$ 800

Book Now

Check out other packages



Certificate in Ayurvedic Healing Massage Course

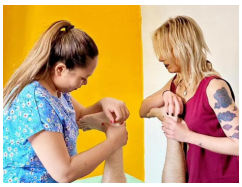
Ayurvedic Healing Massage is a traditional, holistic, and natural healing system. This method has been followed since the age of the Hindu gods & goddesses, and is the oldest massage healing method in the East.
Explore



Certificate In Classical Swedish Massage Course

Swedish Massage, aka Classical Swedish Massage, was developed by professor PEHR HENRIK LING in the 18th century. Our comprehensive professional Swedish Massage Course is suitable for beginners who are willing to learn and develop a variety of skills.
Explore

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Certificate in Traditional Thai Massage Course

Thai Massage is one of the most popular massage throughout the world. This massage is admired by many peoples because of bringing maximum health benefits by releasing the pain of the body. Learn to provide authentic Traditional Thai Massage.

Explore



Certificate in Hot-Stone Massage Course

Hot Stone Massage aka Shila Abyhanga, is rubbing/massaging stones on the limbs (Shila = stone; Abhy = to rub; Anga = limb). In this therapy, we use smooth and flat basalt stones due to its rich iron content that retains heat for a long time.

Explore



Certificate in Reflexology Course

In Reflexology therapy, vital energy circulates between the organs of the body, permeating every living cell & tissue. If this energy becomes blocked, then all parts of the body relating to the blockage are affected.

Explore



Certificate in Deep Tissue Massage Course

In Deep Tissue Massage, the massage therapist warms up the soft tissues before reaching into the deeper fibers. This method mainly focuses on releasing inner layers of tense muscle and connective tissue, using deep and slow strokes.

Explore



Certificate in Sirodhara Course

Shirodhara is an ancient natural healing Ayurvedic treatments. It helps to purify and unwind the nervous system. In Sanskrit, the term shirodhara is derived from “Shiro” meaning head, and “dhara” meaning stream of medicated oil on the forehead.

Explore

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Certificate in Acupressure Course

Out of so many therapies acupressure is the best. It is one of the oldest Traditional Chinese Medicine techniques and involves releasing blocked energy/qi by applying fingertip pressure to specific points on the body.
Explore



Professional Diploma in Massage Course in Kathmandu, Nepal

International Affiliated to Europe, valid worldwide certification - where the careers begin
Explore



One Month Yoga Teacher's Training & Professional Diploma In Massage Course

Together, massage and yoga teachers' training course in Nepal aimed for students who want to become qualified yoga instructors and massage therapists.
Explore



3 week Ayurveda Massage & Panchakarma Therapy Course – (AMPT)

Explore



Pranayama and Yoga Teacher's Training Course

Pranayama is breathing exercise. This process of taking oxygen from inhale fresh air & realizing carbon dioxide by exhalation in and out rapidly. In adult lungs there are around 2500 to 3000 tiny pores.
Explore