



Institute of Natural Medicine

25 hours, 4 nights 5 Days

Certificate In Classical Swedish Massage Course



Availability Date:- All year around

Swedish Massage, also known as Classical Swedish Massage, was developed by professor PEHR HENRIK LING in the 18th century. During the 19th century, this wealth of practical knowledge quickly spread and became very popular in the West due to its highly effective methods of curative techniques for numerous conditions. Our comprehensive professional Swedish Massage Course is suitable for beginners who are willing to learn and develop a variety of skills.

In this course we teach you everything you need to know about the five types of powerful techniques in Swedish Massage: Effleurage, Petrissage, Friction, Percussion, and Vibration. After completing this comprehensive natural therapy course, students will be able to provide a specific



Institute of Natural Medicine

role in alternative healthcare.

Daily Schedule of Non Residential Course

11:15 am – 1:30 pm Swedish Massage training

3:00 pm -5:45 pm Swedish 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 Swedish Massage training

1:30 pm – 3:00 pm Lunch & Leisure time

3:00 pm -5:45 pm Swedish Massage training

5:45 pm Organic tea time

7:00 pm Dinner time

Choose your Accommodation☐

•Private room with private bathroom ~~USD~~450

•Private room with shared bathroom ~~USD~~405

Please note:- Sharing bathroom are outside & shared only with two rooms.

Price:

Without accommodation US\$ 300

Private room with private bathroom US\$ 450

Private room with shared bathroom US\$ 405

[Book Now](#)

Check out other packages



4 Nights & 5 Days Trekker's Holiday Yoga, Massage & Retreat Package

Recharge your body and mind with our specially designed Trekkers' Holiday Retreat—a rejuvenating package trusted by seasoned trekkers and guides to relieve pain, boost energy, and restore stamina after challenging adventures.

[Explore](#)



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 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 Shirodhara 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](#)



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](#)



Reiki Master (Reiki Level 3) Course

Reiki Master Level aka level 3 reiki offers an advanced, transformative step, expanding your skills through sacred teachings and Nepal's healing environment, empowering you to embody higher wisdom and guide others with clarity.

[Explore](#)



Diploma in Sound Healing - 7 Days

A comprehensive experience combining Himalayan singing bowls, crystal bowls, and basic gong techniques, along with a complementary Reiki or crystal healing session to deepen your learning.

[Explore](#)