



Institute of Natural Medicine

21 days

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



By being located in the heart of tourism land, providing academic excellence

Availability Date:- All year around

Course fee:- USD 1100

Duration:- 21 Days

Free 90 min Massage Services

Get skilled in **Ayurveda Massage & Panchakarma Therapy** through a course designed to help you excel in the fast-growing Natural treatment wellness sector.

At the **Institute of Natural Medicine**, we are dedicated to students who come to study **Ayurveda Massage & Panchakarma Therapy (AMPT)**. We offer effective training to help



them become tomorrow's professional AMPT therapists, with success at the core of our mission. Our comprehensive programs focus on developing both theoretical knowledge and practical skills essential for a successful career.

Here, you can turn your dream into a rewarding profession by learning job-relevant skills through an interactive experience guided by subject matter experts. Our experienced Ayurveda doctors and expert instructors will confidently guide you through the course with clear, step-by-step instruction.

Introduction of Ayurveda Massage & Panchakarma Therapy

Ayurveda is the natural healing system of dating back 5000 (B.C) year ago. Etymologically speaking the Sanskrit term Ayurveda is composed of two words 'Ayu' & 'Veda'. Ayu means life & Veda means knowledge. So the two words 'the knowledge about life' or a sensible way of living. The word Ayu does not denote.

Ayurveda is the knowledge that indicates the appropriate & inappropriate in life the happy and sorrowful. Condition of living what is auspicious or inauspicious for longevity, as well the measure of life [life span] itself. It is also a system of medicine in the sense that it systematizes & applies the knowledge about health and diseases of unbalance state of living beings & how unbalanced states can be corrected and the restored balance maintained.

Introduction of Panchakarma

Pancha karma is the cornerstone to Ayurvedic management of the disease. Panchakarma is the process which gets to the root cause of the problem & corrects the essential balance of tridosha in the body. Panchakarma is not only the good for alleviating diseases but is also useful tool in maintaining excellent health. Ayurveda advises undergoing Pancha Karkma at the seasonal changes to clean the body, improves the digestion & to improve the metabolic processes. This age-old science of purifying the body is an ancient branch of Ayurveda, The treatment in Ayurveda consists of two main types.

One is shaman chikitsa used to subdue the vitiated Doshas, due to which any ailments may be produced. It is administered by using various medicinal herbo-mineral preparations.

However, if the doshas are vitiated beyond a particular level, they give rise to various exotoxins, which have a tendency to be accumulated in the minute channels. These are beyond the level of pacification & hence need to be eliminated or removed from the body. In such cases, the second type of treatment which is Shodhan Chikitsa therapy is indicated. Since it consists of the five types of main therapies which is known as Panchakarma. And Panchakarma is a Sanskrit word that means "five action" or five elements or five treatment.



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20 night & 21 days – Ayurveda Massage & Panchakarma Therapy Course - (AMPT)

Daily Schedule of Non Residential Course

11:15 am – 1:30 pm Ayurvedic massage training/ Panchakarma training
3:00 pm -5:45 pm Ayurvedic massage training/ Panchakarma training
5:45 pm Organic tea time

Daily schedule of Residential Course

(Includes Course fee, Free airport pick up services, Room , Organic Breakfast, Lunch , Dinner , Mineral Water & Organic tea)

“Students are requested to arrive one day before the course starts”

Day 1 to Day 20

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 training/ Panchakarma training
1:30 pm – 3:00 pm Lunch & Leisure time
3:00 pm -5:45 pm Ayurvedic massage training/ Panchakarma training
5:45 pm Organic tea time
7:00 pm Dinner time

Day 21

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 training/ Panchakarma training
1:30 pm – 3:00 pm Lunch & Leisure time
3:00 pm -5:45 pm Ayurvedic Massage training/ Panchakarma training
Certificate Celebration

“Residential Students are requested to arrive one day before the course starts”

Course fee with accommodation:-

- Private room with private bathroom (Single person)

USD 1600



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- Private room with sharing bathroom (Single person)

USD 1450

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

Reviews

I have done two weeks of massage course with Nabin and one other student. During the first week we learned the basics of Swedish massage, in the second week the focus was on Ayurvedic massage. Both courses were taught very well with a lot of skills and knowledge from Nabins experience. Nabin uses a good pedagogy to teach with different methodes, so learn the techniques easily. As he got his education from his father, he knows a lot of the philosophy of the Ayurvedic medicine. His father was one of the first men who opened a massage training in Kathmandu. Furthermore, Nabin is very friendly, helpful, funny and empathic and a serious professional in the class. Thank you Nabin for sharing your knowledge. You definitely inspire me with massage and all the techniques I learned from you. All the best.

L

Lionel Masson

Price:

Course fee without accommodation US\$ 1100

Private room with private bathroom (Single person) US\$ 1600

Private room with sharing bathroom (single person) US\$ 1450

[Book Now](#)

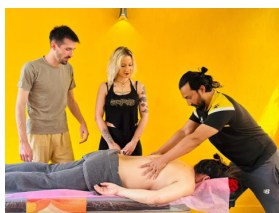
Check out other packages



Holistic Healing Therapy Course - Balance Body, Mind, and Spirit

Study Holistic healing therapy courses in Kathmandu, Nepal and learn the fundamental importance of three major different type of holistic therapy. Ayurvedic Healing Massage Traditional Sound Healing Shirodhara Healing

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10 Days Wellness Massage Training Course in Nepal

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Professional Diploma in Massage Course in Kathmandu, Nepal

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

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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.

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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](#)



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](#)