

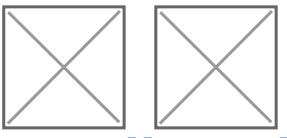
25 hours, 5 days

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. Ayurvedic massage directly interacts with the Five Elements: Air, Space, Earth, Fire & Water. These are the elements that create doshas (Vatta, Pitta & Kapha) which provide balance among body, mind and spirit. But without a good understanding of the Five Elements & Doshas in the body, Ayurvedic Massage cannot be understood. So, it is highly suggested to get certified in this method before providing Ayurvedic massage services.

During the Ayurvedic massage training period, our expert teachers will show you how to select the precise medicinal herbal oil that corresponds to a particular imbalance in the body. The therapeutic techniques of this method are quite powerful. You will learn how to provide treatment according to the Five Elements, which helps to balance all of the doshas and rejuvenate the body, mind, and soul. The courses that you learn here will train you how to effectively treat underlying imbalances that are causing health issues.



Includes

- Course fee
- Room
- Yogic Breakfast
- Lunch
- Dinner
- Mineral Water
- Organic tea

Excludes

Price: US\$ 250

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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.

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