



Institute of Natural Medicine

25 hours, 4 nights 5 days

Certificate in Ayurvedic Healing Massage Course



Availability Date:- All year around

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.

Daily Schedule of Non Residential Course

11:15 am – 1:30 pm Ayurvedic Massage training
3:00 pm -5:45 pm Ayurvedic 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 training
1:30 pm – 3:00 pm Lunch & Leisure time
3:00 pm -5:45 pm Ayurvedic 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



Institute of Natural Medicine



Reviews

I did Ayurvedic massage training in this place. The teachers are great and the place is so good with greenery environment. Right choice to choose this place.

N

Niraj Shrestha

I am running big Smile Paragliding nepal and I did only Ayurvedic massage course here. Their teaching concept according to diseases is so good . The name Institute of natural medicine should be Institute of natural therapy because the way of teaching therapy according to disease is perfect.

S

Suren Gurung

I am so grateful to take part in massage course at this institute. I did Ayurveda and deep tissue massage course at reasonable price! Theoretical and practical part was done beautifully. The place is very welcoming. I love the nature and Nabin has been a sweet heart in his teachings. Felt like family. Beautiful memories in this place. Missing the days with Nabin, raj, and lucy! See you soon and thank you x

Mariam

Mariam

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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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