



Institute of Natural Medicine

25 hours, 5 days

Certificate in Hot-Stone Massage Course



Availability Date:- All year around

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

This massage method is very popular in Winter season throughout the world due to its many health benefits:

- Relieves chronic pain
- Improves blood circulation
- Calms the nervous system
- Warms and relaxes muscles and joints
- Plus, many more benefits!



The complete Hot Stone Massage Training Course teaches you everything you need to know. The therapeutic techniques of this method show you how to perform the appropriate technique depending on the illness or injury, and properly place the stones on energy meridian lines to balance the mind and body.

Daily Schedule of Non Residential Course

11:15 am – 1:30 pm Hot-Stone Massage training

3:00 pm -5:45 pm Hot-Stone 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 Hot-Stone Massage training

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

3:00 pm -5:45 pm Hot-Stone 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

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