# AYURVEDIC BODYWORK TECHNICIAN CERTIFICATION PROGRAM 3 levels - 900 hours

Chinnamasta is sharing the secret and traditional ayurvedic bodywork treatments and ayurvedic & yogic healing techniques, that have been transmitted to her by Master\ teachers Kiran Vyas, Vaidyas Baba Kanhai Mishra, Baba Biharilal and Baba Rathod.

**SCOPE OF THE TRAINING**

This is a highly practical program suitable for all students with a passion for ayurveda and yoga. The scope of this training is to enable trainees to give personalized ayurvedic body treatments that heal body, mind and spirit. The treatments result in deep relaxation, reduce pain, nurture and initiate release of that which is no longer beneficial. You will develop skills to guide people one to one with "hands on" sessions as well as develop a personalized retreat program for your client that includes treatments, nutrition, mentoring in life style and relaxation of the body and mind. The ideal environment for this work is yoga and ayurveda centers, ashram, holistic health centers, private office setting and a holistic hospice.

**PREREQUISITES**

This training is for all students with a passion for healing through ayurveda and yoga. Being committed to a regular yoga practice is helpful. The training is as well beneficial for people working in the holistic field as nurses looking to expand their view. Many students start with offering the treatments within a family setting as well as implementing the life style recommendations and ayurvedic meals within their own lives. From there they grow and experience what is their unique way of serving others in a working environment.

**COURSE OVERVIEW**

Certification consists of 153 hours class hours over 18 training days - meeting for 3 sessions of 6 days, 750 hours of non-contact hours, 12 days of apprenticeship with Chinnamasta and 5 days of receiving an personalized ayurvedic retreat. The full certification program spans about 24 months.

**153 class hours include**

- 72 hours hands on ayurvedic bodywork
- 38 hours nutrition and cooking classes
- 18 hours of yoga sadhana and dinacharya (life style rituals)
- 25 hours of ayurveda theory & basic anatomy

**750 non-contact hours include**

- 400 hours of hands on practice
- 150 hours ayurveda and anatomy study
- 125 hours cooking
- 75 hours yoga sadhana and dinacharya

**LEVEL 1 - 6 days of the ABT certification training**

During this level 1 program you will learn to give back massage, hand massage, abhyanga, kansu, mandala of the belly, breast massage, massage of the face. Further on you will learn to prepare several basic ayurvedic meals, and implementing basic life style changes within your own daily life. You may follow this level 1 independently and end your ayurvedic training here.

**LEVEL 2 - 6 days of the ABT certification training**

You will repeat, demonstrate and be mentored in how to deepen the learned techniques during level 1. New treatments are introduced such as Pagatchampi - a strong massage of the legs to release stress, improve the movements of the joints elevate the flow of prana, Sphinx massage, Sapta stithi- 7 position massage, fetus pose massage, AUM massage with feet as well as Yogic bodywork release techniques for hips, sacrum and shoulders - that do not respond to Structural Yoga Therapy and hands on Joint Free

bodywork for weak/ chronically ill people. We will prepare and share all meals and you will learn how to personalize life style changes and nutrition with recommendations that are given for each student within the group.

**LEVEL 3 - 6 days of the ABT certification training**

Treatments taught are focused on several 4 hands massage techniques and treatments such as udvartana (chick pea flower/spices), pichauli (massage with 1 quart of warmed sesame oil), shastishalipindsweda (rice and milk), cold body packs. As well as shirochampi (head massage), basti (enema), swedana, nasya, kadi basti (local external application of "oil bath" mud and castor packing. As a group we will go through some cleansing ayurvedic procedures that will be adapted to your current situation. The nutrition, dinacharya and yogic sadhana will be adapted to this profoundly cleansing initiation.

**COMPLETION OF THE AYURVEDIC BODYWORK TECHNICIAN CERTIFICATION TRAINING**

In order to receive certification all 3 levels of training need to be completed. In between the group meetings of Level 1, 2 and 3 you study and practice all the techniques at home to become confident, skilful and sensitive to the needs of the individual as well as implementing the life style, nutritional and mental changes in your personal daily life. Chinnamasta will test your skills every time you come back for additional training with hands on performance. A written exam is a part of the certification as well as a final hands on exam. The student should engage in receiving a personalized ayurvedic week retreat given by Chinnamasta to have the full experience of a retreat before they are working as an apprentice in a retreat setting.

Finally, the student should engage in at least 12 days of apprenticeship with Chinnamasta in a retreat setting. It is highly recommended during the 2-year certification program to engage in regular personal mentoring sessions with Chinnamasta in person and/ or through video call to guide you in your personal evolution and life challenges and to receive treatments.