



14-Day Ayurvedic Massage Training - Daily Sample Schedule

Day 1

09:30 - 10:30 | Arrival

10:30 - 12:30 | Introduction to Ayurvedic Massage Training

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Introduction to Ayurveda & Abhyanga Massage (full body)
- Dosha theory and oil usage
- Practice: full body massage in pairs.

Day 2

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness time/ Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Sneha Therapy & Head Massage
- Shiro Abhyanga + facial massage with Marma points
- Practice: head, face and neck massage.

Day 3

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Reflexology: Hand & Foot Massage
- Practice: Pada Abhyanga & Hasta Abhyanga.

Day 4

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Marma Therapy: Vital Energy Points
- Tailoring massage to Doshas and body types
- Practice: pressure on Marma points.

Day 5

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Potli (Kizhi) Massage & Udwartana
- Practice: herbal compress massage + herbal powder scrub.

Day 6

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Shirodhara Therapy
- Technique: oil flow on forehead for nervous system balance.

Day 7

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Back, Neck & Knee Therapies
- Kati Basti, Greeva Basti, Janu Basti with warm oil.

Day 8

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Tarpan (Eye Therapy)
- Application of medicated ghee to soothe and nourish the eyes.

Day 9

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Ayurvedic Scrubs, Face & Hair Packs
- Practice: beauty integration into massages.

Day 10

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Treatment Protocols
- Developing custom plans & exam preparation.

Day 11

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Review of Techniques: Day 1-5

Day 12

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Review of Techniques: Day 6-9

Day 13

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Wellness Time / Free Time

12:30 - 13:30 | Ayurvedic Lunch

14:00 - 17:00 | Afternoon Practical Training

18:00 - 19:00 | Dinner

20:00 - 21:00 | Optional: Meditation / Sharing Circle / Silence

Focus of the day:

- Case study practice & feedback

Day 14

08:00 - 09:00 | Morning Yoga

09:00 - 09:30 | Herbal tea & light snack

09:30 - 10:30 | Morning Session

10:30 - 12:30 | Final Integration & Closure Activities

12:30 - 13:30 | Ayurvedic Lunch

Focus of the day:

- Practical Exam & Certificate Ceremony