



AYURVEDA THERAPY COURSE



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AYURVEDA THERAPIST COURSE

Ayurveda therapist course is now launched by Plantation Villa - International Award Winning Ayurvedic centre. We have been operating in the Ayurveda industry since 2012 being experts in our field, healing guests from around the world. Our team of over 6 Ayurvedic doctors in both our centres (Sri Lanka and UK) have been healing guests from diseases ranging from minor conditions such as skin issues or digestive disorders to more severe conditions such as Cancer or Paralysis.



BENEFITS OF LEARNING AYURVEDA THERAPY

Ayurveda has been one of the primary forms of medicine and therapy used in the Indian Subcontinent for over 5000 years. People follow an Ayurvedic lifestyle and use Ayurveda therapies to detox and rejuvenate the body. Ayurveda therapies are used both to heal the body from ailments and also as a way of maintaining a healthy body.

Ayurveda therapy, unlike massage and other spa therapies, has a medicinal approach. It can be used as a technique to aid the healing of a disease. Therefore it is imperative to ensure your learning is complete and your teachers and teaching institute is appropriately qualified and experienced. Our teachers are Ayurvedic Doctors who have studied Ayurveda in depth at university for 6 years and worked in Ayurveda hospitals. The depth of

knowledge and understanding held by them is unparalleled to practitioners in the UK.

Learning Ayurveda therapy can help you in two ways: you can qualify with us and be certified to work as an Ayurveda Therapist. There's increasing amount of spas and Ayurveda centres opening up around the world where you can work or alternatively you can set up your own Ayurvedic practice. If you want to set up your own practice, we can assist you in teaching you how to set up the practice, help getting required insurance and work with you to assist you in maintaining and managing your practice.

If you are not looking necessarily to use it as a vocation, you can still use this knowledge and experience to improve your own health and the health and wellbeing of your family and friends.



WHY STUDY WITH US?

Plantation Villa has been operating for since 2012 as one of the most authentic Ayurvedic centres in the world. We have won numerous international awards and have been highly recognised as one of the best holistic healing centres.

Our team consists of six Ayurvedic doctors and over 15 Ayurvedic therapists. Our senior doctors and therapists have over 15 years of experience. We have been teaching Ayurveda around the world and this course is currently offered in our UK Ayurvedic Retreat Centre.

We are certified under the CMA (Complimentary Medicine Association) and therefore your certification would allow you to practice as a trained Ayurveda Therapist or set up your own practice.

Our doctors and coaches are available for support even after your course has completed. With extensive experience in the field for over 11 years, our business team is able to guide and assist you in setting up your own practice.

The course will be delivered at our UK centre where during your course, you can also engage in the Ayurvedic lifestyle and see how other guests and patients are being treated holistically using Ayurveda.

Plantation Villa is a social enterprise and all income from all courses will go directly to our charity The Metta Trust which works to help uplift the life of underprivileged communities in Sri Lanka through supporting schools, hospitals and provision of social care.



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THERAPY - COURSE STRUCTURE

The course will be in-person, classroom based at our Ayurvedic centre in Hereford, UK. It is not ideal to teach a therapy course online as much of the knowledge is learnt through practice under the supervision of an experienced doctor.

The course is spread over 7 days and consists of 100 hours of learning. The teaching consists of both theory and practice with time for practicals. If needed, accommodation is available at our centre.

AYURVEDA THERAPY - COURSE STRUCTURE

History and Introduction to Ayurveda

- Ayurveda History
- Theory of 5 elements (Panchamahabhuta theory)
- The body-universe relationship

Understanding Ayurveda Dhathu Concept

- Three biological constitutions (Tri-dosha)
- Principles of mental constituents (sattva, rajas, tamas)
- Saptha Dhathu Concept

Deep dive into Body constitution (Prakurthi)

- Determining individual body constitution (prakruti) and unbalanced humours (Vikurthi)

Identification of skin according to Ayurveda and introduction to Ayurveda oils

- Doshic involvement in different skin types
- Guidance to select Ayurveda oil according to skin type.

Ayurveda anatomy and physiology including Marma points

- Introduction to 108 marma points
- Anatomical positions of marma
- Manipulation of marma for the treatment of common diseases/imbbalances in the tridosha and contraindications of marma massage

Importance of Ayurveda Massage (Abhyanga)

- Definition of Abhyanga
- Benefits, contraindications & Precautions
- Qualities of good masseur

Demonstration of massage on Head, neck and shoulder and guided practice.

Understanding Ayurveda Sudation/steam therapy

- Types of sudation therapy
- Indications and contraindications
- Benefits of proper sudation

Demonstration of massage on foot and leg and guided practice.
Demonstration of massage on belly, upper area, face, and guided practice.

Introduction of Ayurveda treatment procedures

- Description about treatment methods
- Guidance to select Ayurveda oil in each methods

Steam treatments and other oil application methods

- Kuti Sweda
- Waluka Sweda
- Pinda sweda
- Nadi Sweda
- Pitchu

Demonstration of Steam Treatments and other applications

Ayurvedic diet and lifestyle, Dinacharya

- Diet for Prakurthi Body
- Diet for Vikurthi Body
- Daily routine

Demonstration of Ayurveda beauty treatments. (Herbal Facial and Body scrub)

Practicals

Revision time

Examinations: Theory and Practical



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COURSE - SUMMARY DETAILS

Key information about the course and how to book. This course offers accessible learning for those interested in Ayurveda Therapy, whether you are a professional massage therapist, or simply passionate about massage techniques for personal use.



AYURVEDA THERAPY COURSE - JUNE 2024, UK

Immerse yourself in this Ayurvedic therapy training amid the natural beauty of Wye Valley with stunning landscapes, and idyllic countryside.

- Course dates: June 10-17th 2024
- Venue: Plantation Villa at Ruxton Farm, Hereford, UK
- Class hours: 8.00am - 5.00pm
- Total hours for the course: 100 hrs
- Course language: English
- Pre-requisite: None
- Certification: Plantation villa is an accredited Training school by CMA (Complimentary Medicine Association), therefore students

passing out will be accredited to practice as an Ayurvedic Therapist or set up your own Ayurveda Therapy practice.

- Meals: A delightful vegan lunch is provided
- Accommodation: Can be provided at a discounted rate at the Retreat Centre or Budget-friendly options near the training center are available (not included in tuition fees). We're here to assist you.
- Tuition fees: £1,250
- Booking: A reservation for your space is £500 deposit. Places are limited and allocated on a first-come, first-served basis!
- For Inquiries: Email Bookinguk@plantationvilla.com