

Bring back the “Wow” in your therapy !

INDIAN HEAD ,FACE AND FOOT MASSAGE WORKSHOP WITH AYURVEDIC OILS

WHERE Abundance Wellness Center 325 John Knox Rd., Tallahassee, Fl. 32303

WHEN February 10 , Mon. 8..0 – 5.00 pm

COST: \$ 100.00 / \$ 50.00 deposit needed to lock down your place !

by Wolfgang Luckmann Acupuncture Physician , Licensed Massage Therapist , Homeopath A.P. , L.M.T. ma - 19842 Fl., Dip. HOM.

FLORIDA APPROVED FOR MASSAGE THERAPISTS PROV # 50-1674

NCBTMB APPROVED PROV # 279778-00/

“The skin is no more separate from the brain than the surface of a lake is separate from its depths. They are two different locations in a continuous medium. To touch the surface is to stir the depths.”
– Deane Juhan (JOB’S BODY)

*Indian Head Massage has been practiced for many centuries as part of the family **health care**. Ayurvedic doctors practiced it for skin rejuvenation and as part of an anti-aging technique. Indian mothers would massage their babies’ hair, head neck and shoulders to stimulate growth and relaxation.*

WHAT ARE THE BENEFITS?

- Indian head massage goes beyond the purely aesthetic and superficial
- I Stimulates **nerve function**,
- Improves **relaxation** , creating **calmness** and **emotional well-being**.
- **Concentration** and **alertness** are optimized.
- Other benefits include: *tension headaches, eye-strain, ear problems, neck and shoulder stiffness, Bell’s Palsy, sinusitis, scalp tension and mental fatigue*

PURPOSE OF WORKSHOP

- How to incorporate massage, oils and pressure point technique in a 35 – 45 min treatment of HEAD, NECK SHOULDERS AND FEET on the table or in a chair !!!
- Explanation of the Ayurvedic understanding of the life force **Prana**, meditation and the philosophy behind Ayurvedic massage
- How to evaluate, analyze and treat the client as an individual
- The three different types of massage suited for each individual
- An explanation of functions of and locations of the **marmas** (pressure points)
- Location and explanation of the **nadi** (meridian system)
- Discussion of the choice of appropriate **essential oils** , **herbs** and their energetic qualities for each individual client
- How to apply the three principal strokes , **satvic**, **rajastic** and **tamasic**
- HOW TO SELECT APPROPRIATE OILS AND ESSENTIAL OILS FOR DIFFERENT CONDITIONS
- How to do a vigorous, but relaxing foot and leg massage

WHAT ELSE CAN I EXPECT?

This is mainly a hands-on course. We will practice the three principal strokes and techniques (Sattva, Raja, Tamas) , apply oils and get a great revitalizing and relaxing treatment
Bring a hand towel , Table suggested oils (Rosemary, Sandalwood, Lavender, Peppermint, Frankincense, Patchouli and blends, etc) and an open mind ! IF YOU DON’T OWN ANY OILS, YOU CAN STILL PARTICIPATE !

FOR MORE INFORMATION ON THIS AND OTHER COURSES AND A VIEW OF THE SAMPLE VIDEOS
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