

Shirodhara & Champi CEU Listing Submission

Course name: Shirodhara & Champi Bodywork Training

Date & time: Tuesday, June 4, 2024 | 10am-5pm MTN (5.5 CEU Hours)

Assessment: Completion of 10 documented practice sessions via [GoogleForm](#) provided and a written summary of their personal learning experience detailing how they plan to implement or integrate these treatments into their existing services. *Optional (1) Live, final practical assessment for add'l fee of \$99 for Rasayana Pro endorsement

Course type: Live online; Topics in Ayurveda

Presenter Bio: Kris Quinones is a wellness & massage educator, licensed muscular therapist, Kripalu certified Ayurvedic Health Counselor and 500-hr Ayurvedic Yoga Specialist, with over 25 years of professional experience in orthopedics, competitive sports, and natural healing. In 2014 she founded Rasayana, LLC originally in Somerville, MA and now operates out of Colorado Springs, CO where she teaches empowering strategies for natural pain relief, body mobility, and injury recovery using an integrative approach with the ancient systems of Ayurveda, Yoga, and Massage, and her former orthopedics & competitive sports background. Through transformational on-line programs, professional CEU trainings, personalized coaching sessions, and powerful custom bodywork treatments, she helps change the narrative on the aging process with compassionate candor and a little panache along the way. [www.rasayana.com]

Description: In this Ayurvedic bodywork training you will learn how to perform the powerful mental health treatment of shirodhara and the traditional Indian scalp massage, champi. Foundations in Ayurvedic theory, the treatment's purpose, and appropriate modifications informed by anatomy and physiology will be covered. *Tuition includes CEU's, certificate of completion, pdf handouts (including a 40-page training manual) and access to online demo videos. All training is in Mountain Time.*

Shirodhara is a classic rejuvenation treatment for the mind that synchronizes brain waves by pouring a warmed, medicated substance over the 3rd eye where it flows off the crown of the head. Effective for stilling the mind, soothing the nervous system, and balancing moods and sleep patterns.

Champi is a vigorous scalp massage aiding in lymphatic drainage around the brain, and activating several energy points (marma) on the head along cranial sutures for improving focus and concentration.

Course Objectives:

- Deliver a safe and controlled flow of dravya
- Select the appropriate dravya/thailum to doshic imbalances.
- Consider an interdisciplinary approach to longevity and mental health

Syllabus:

10am-11am (1 hour = TIA)

- Classifications and roles of Ayurvedic bodywork
- Foundations of Ayurvedic psychiatry & U.S. mental health stats
- Indications / Benefits of shirodhara & champi bodywork treatments
- Equipment & Supplies
 - o Care of
 - o Set up
 - o Sourcing & disposing

11:00am-11:30pm (.5 hour = TIA)

- Live demonstration of techniques
- Breakdown, Q&A

11:45a-12:45p Hands-on practice w/ close family member or loved one (1 hour = TIA)

12:45pm-2pm

- Lunch

2pm-3:30pm (1.5 hours = TIA)

- Clinical assessment & Applications
- Gross & subtle anatomy of head & neck
 - o Key marma points
 - o Manovaha & pranavaha srotas
 - o Rule out contraindications & identify cautions
- Dosha gati & Champi techniques
- Post treatment instructions
- Referring to & collaborating with other disciplines

3:30p - 3:45pm - Break

3:45pm- 5pm (1.5 hour = TIA)

- Hands-on practice w/ close family member or loved one
- Group reflection / coaching of 1st practice session
- Ancillary tools
 - o Gemstones & crystals
 - o Aromatherapy
 - o Sound therapy
 - o Pranayama
 - o Psilocybin, Ketamine