

Course name: Ayurvedic Bodywork Training: Basti

Course date & time: Tuesday, August 2, 2022 | 10am – 5pm MTN

Assessment: Completion of 10 documented practice sessions via [GoogleForm provided](#) and a written summary of their personal learning experience including how they plan to implement or integrate these treatments into their existing services.

Course type: Live online

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.rasa-yana.com]

Learning Objectives/Description: Basti - Localized therapeutic oil saturations In this ayurvedic bodywork training you will learn 5 variations of the ayurvedic bodywork treatment, *basti*. This localized, therapeutic application of oil aids in chronic inflammation and pain relief, improving joint mobility, nourishing nerves, discs, and other delicate tissue from degeneration. Foundations in Ayurvedic theory, this treatment's purpose, and appropriate modifications. Gross & subtle anatomy and physiology will be covered.

Basti translates to English as 'container', or more literally, 'bladder'. A warmed, concentrated application of medicinal oil pools on the treatment site and saturates the affected tissues with herbal formulas.

- Netra (eye)
- Kati (spine)
- Janu (knee)
- Hrid (heart)
- Nitamba (hip)

Syllabus:

TUESDAY AUGUST 2, 2022

9am-10:30am (1.5 hour = TIA)

- Classifications and roles of Ayurvedic bodywork
- Classic vs. Modern Basti Applications

10:30-10:45am BREAK

10:45am – 12:30pm (1.75 hour = TIA)

- Indications / Benefits of [modern] basti treatments
 - Contraindications of [modern] basti treatments
- Common pathologies in the joints and bone tissue
- Client positioning, draping & bolstering

12:30pm – 1:30pm LUNCH BREAK

1:30pm – 3pm (1.5 TIA)

- Equipment & Supplies
 - Demonstration & Guided Practice (supine position)
 - Netra (eye)
 - Hrid (heart)
 - Janu (knee)

***3pm – 3:15pm BREAK**

3:15pm – 4:45pm (1.5 TIA)

- Demonstration & Guided Practice (side-laying position)
 - Nitamba (hip)
 - Janu (knee)
- Demonstration & Guided Practice (prone position)
 - Kati (spine)

4:45pm – 5pm (.25 TIW)

- Group reflection & Grounding Exercise.