Garshan & Abhyanga CEU Listing Submission

Course name: Garshan & Abhyanga Bodywork Training
Course date & time: Thursday, August 12, 2021 & Friday, August 13, 2021 | 9am – 4pm 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: In this ayurvedic bodywork training you will learn the powerful lymphatic massage treatments of *garshan* and *abhyanga*. Foundations in Ayurvedic theory, these treatments' purpose, and appropriate modifications informed by anatomy and physiology will be covered.

Garshan is a dry brushing of the body using raw silk gloves, exfoliating the skin and stimulating arterial and lymphatic drainage. Known as an ideal preparation for abhyanga.

Abhyanga is a full body, rhythmic, detox & rejuvenation massage using warmed herbal oils specific to the client's constitution or imbalances. It is the hallmark of Ayurvedic massage. A single therapist treatment is taught.

Syllabus:

THURSDAY, AUGUST 12
9am-10am (1 hour = TIA)

- Classifications and roles of Ayurvedic bodywork
- Foundations of lymphatic system

10:00am – 11am (1 hour = TIA)

- Indications / Benefits of garshan & abhyanga bodywork treatments
- Pre & Post treatment instructions & recommendation
- Equipment & Supplies
    - Care of

    - Set up & hygiene
    - Responsible sourcing & disposing

11:00am-12:15pm (1.25 hour = TIA)

- Live demonstration of techniques
- Breakdown

12:15pm-1:15pm

- Lunch

1:15pm-2:15pm (1 hour = TIA)

- Clinical assessment
- Ayurvedic anatomy & physiology
    - Dhatus (tissues)
    - Tridosha Theory
    - Key Srota (gross channels)
- Rule out contraindications & identify cautions

2:15pm – 3:30pm (1.25 hours = TIA)

- Supervised Hands-on practice w/ close family member or loved one
- Break down/Clean up

3:30pm – 4pm (.5 hours = TIA)

- Group reflection / coaching of 1st practice session
- Guided grounding & integration exercise

FRIDAY, AUGUST 13

9am – 10:30am (1.5 hours = _____)

- Manual soft-tissue techniques
    - Hand positions
    - Rhythms
    - Tempo
    - Sequencing
    - Variations

10:30am – 12pm (1.5 hours)

- Supervised Hands-on practice w/ close family member or loved one
- Group reflection / coaching of 2nd practice session
- Break down/Clean up

12pm-1pm **LUNCH BREAK

1pm-2pm

- Ancillary tools
    - Aromatherapy
    - Sound therapy (mantra)
    - Somatic breathwork

2pm – 3:30pm

- Treatment plan construction & considerations
    - Scenario #1
    - Scenario #2
    - Scenario #3
- Supervised Hands-on practice w/ close family member or loved one
- Break down/Clean up

3:30pm – 4pm

- Group reflection / coaching of 3rd practice session
- Final Assessment requirements
- Integration exercise & closing ceremony
- Additional resources

NCBTMB Info:

Learning Objectives:

1. Students will learn the major classifications of Ayurvedic Bodywork and the indications/benefits of garshan and abhyanga treatments.
2. Students will learn how to properly maintain, clean & sanitize equipment
3. Students will identify the (7) Ayurvedic tissues (*dhatus*) and the location of rasavaha and pranavaha energy channels.
4. Students will identify contraindications and cautions for Garshan and Abhyanga
5. Students will identify the signs and symptoms of Ama
6. Students will safely & effectively perform a one-therapist, garshan & abhyanga treatment in 75 minutes.
7. Students will learn Three-fold examination (Trividha Pariksa) to determine doshic imbalance
8. Students will learn (4) specific hand positions
9. Students will learn (3) specific stroke rhythms
10. Students will learn how to safely, effectively, and intelligently modify stroke sequences based on their clinical assessment
11. Students will be able to integrate at least (2) ancillary tools into a given treatment plan
12. Students will be able to explain the differences between abhyanga and commonly known western massage styles (i.e. Swedish, Deep tissue)

Learning Outcomes:

Student will demonstrate proficiency in Garshan & Abhyanga treatments and appropriately modify technique for dosha balancing. This includes a controlled and contained application of treatment oil, choosing the appropriate oil & technique, demonstrating appropriate timing and anatomical precision.