

Other Training
Courses
Available



Usui Reiki-all levels
Reflexology-all levels
Anatomy & Physiology
Massage
Indian Head Massage
Hopi Ear Candles
Shirodhara
Hot Stone Massage
Life Coaching
Business Coaching
Introduction to Holistic Therapies
Aromatherapy-all levels
And More!



Holistic Centre
Of
Excellence

www.holisticcentreofexcellence.com
Email: info@holisticcentreofexcellence.com

Holistic Centre
Of
Excellence

**Shirodhara
Post-Graduate
Practitioner
Course**



061-381947

Shirodhara

Shirodhara is a healing therapy unique to Ayurveda, an ancient treatment used



over centuries for restoring the inner calm and balance of the emotions.

Shir means “head” while dhara means “flow”-Shirodhara. It is considered as one of the most powerful Ayurvedic treatments available. A steady stream of medicated oil is directed on the forehead in a unique therapy designed to relieve mental tensions and provide a calm state of mind. The regular rhythm has a restorative effect on the senses.

The Treatment

Treatment time is two hours. The client receives a thoroughly relaxing full body massage, which induces complete relaxation. This is then followed by a thin stream of warm organic herbal oil which is allowed to flow slowly and continuously over the brow or “third eye” area. This treatment has been described as the ultimate in relaxation therapies.

Benefits

According to Vedic science, it is very effective in treating mental illnesses such as depression and anxiety. However the ancient texts prescribe its use, even for physical diseases such as hair loss, insomnia, heart disease, headache, neck, eyes, ears, nose and throat problems as well as most nervous disorders. Shirodhara is a deep relaxation technique that helps insomnia, scattered or compulsive thought process, stress reduction and induces a meditative bliss.



Registration for Training Courses

To become a certified professional practitioner in Shirodhara you will be required to attend an intensive one day training programme from 9.30 am to 6.00pm and prepare to submit case studies with an examination. The Ayurveda based curriculum is demanding in its undertaking and rewarding in its achievement. It will give the student a level of understanding and expertise, which would not normally be available from training outside India. This course is open to professionals with a qualification in massage.

To register for one of our training courses please contact

Anna Gibson—Steel.

Holistic Centre
Of
Excellence

061-381947

www.holisticcentreofexcellence.com
Email: info@holisticcentreofexcellence.com