

Bring back the "Wow" in your therapy !
**INDIAN HEAD ,FACE AND FOOT MASSAGE WORKSHOP WITH AYURVEDIC
OILS**

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

WHERE: North. Virginia School of Therapeutic Massage, Falls Church, Va. WHEN:
APRIL 13TH Friday 9.00 – 5.30

COST: \$ 120.00/ \$ 50.00 DEPOSIT LOCKS DOWN YOUR PLACE

" You can't turn back the clock ,but you can wind it up again " – Bonnie Prudden (
Massage pioneer of Trigger point therapy)

**FOR THE MASSAGE THERAPIST AND ESTHETICIAN
, COSMETOLOGIST**

*Indian Head Massage known as " Champi " 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 CONTACT: WOLFGANG LUCKMANN – TEL: 904 6109489 E-MAIL:

wushebang@comcast.net Website: www.wolfganluckmann.com

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