

**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 ,  
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**WHERE: PITTSBURGH SCHOOL OF MASSAGE THERAPY,PITTSBURGH, PA.**

**TEL: 1 - 800-8601114 WHEN: APRIL 20 th ,Friday 8.30 – 5.30**

**Cost: \$ 120.00 - \$ 50.00 DEPOSIT LOCKS DOWN YOUR PLACE ! 8 CE HOURS**

**“ Thinking is more interesting than knowing, but less interesting than learning ” –  
GOETHE**

*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
  - 1 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 , 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:  
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*NAMASTE !*