



NEW HAMPSHIRE INSTITUTE FOR THERAPEUTIC ARTS

*School of Massage Therapy*

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# 2018

## Continuing Education Program

*Ayurvedic Massage Therapy*

*September 20 & 21 • October 18 & 19 • November 15 & 16, 2018*

*January 17 & 18 • February 21 & 22, 2019*

*For more information on our programs visit our website at [www.nhita.com](http://www.nhita.com)*

*Offered at our Bridgton, Maine Campus  
27 Sandy Creek Road, Bridgton, Maine 207.647.3794*

## **Ayurvedic Massage Therapy, 80 CEUs**

**Instructor: Nancy Tripp, LMT, AC**

**Dates:** Thursday & Friday, September 20 & 21, October 18 & 19, November 15 & 16, 2018, January 17 & 18, February 21 & 22, 2019

**Tuition:** \$1,200.00; **Supplies:** \$125.00 (Text, Oils)

Enhance and balance the diversity of your practice with efficacious techniques derived in the East:

This series of five two-day intensives offers instruction in the healing massage techniques developed within the Indian healing practice known as Ayurveda. The Sanskrit translation of Ayurveda is the science of life, the sister science to Yoga. The Massage Therapy techniques instructed in this program are used to promote a balancing of the physical and subtle body systems, providing a sense of wellbeing and deep relaxation through the rhythmic application of herbalized oils and pastes. These techniques offer a practitioner more gentle techniques for body mechanics.

On completion of this course practitioners will have an understanding of assessing client needs in terms of doshic imbalances so that proper treatment, oils and touch may be administered. Ayurvedic anatomy and physiology will be an inclusive part of this program, offering massage therapists a deeper understanding of the application of Ayurvedic massage.

Ayurvedic techniques included within the course:

- Garshana is a dry glove used to exfoliate the skin and stimulate the lymphatic and circulatory systems
- Abhyanga techniques uses warm herbalized oils applied to the head and body to balance the physical and subtle bodies, calming the mind, enhancing digestive functions and promoting longevity.
- Vishesh emphasizes treatment of muscles and tendons using deeper strokes with the application of warm oils.
- Shiro Abhyanga Nasaya is a shoulder, head and neck treatment with herbalized steam.
- Shirodhara calms the mind and effects relaxation of the nervous system by treating with a light, steady stream of oil directed in patterns on the forehead.
- Kati Basti - treatment for relieving tensions of the lower back and disorders of the lumbosacral region, including slip disc, lumbar spondylosis and sciatica.

*Nancy Tripp, LMT, Ayurvedic Consultant - Specializing in Ayurvedic Lifestyle Consults and Ayurvedic Massage Therapy. Nancy taught at New Hampshire Institute for Therapeutic Arts (NHITA) for 21 years. She is a licensed Massage Therapist, graduating from NHITA, and a Certified Ayurvedic Consultant, graduating from the Kripalu School of Ayurveda. She is certified to practice as an Ayurvedic Lifestyle Consultant through in-depth studies of Vedic philosophy, Yogic psychology, Ayurvedic anatomy, physiology and herbology, with a focus on constitutional analysis. Nancy specializes in Ayurvedic massage and instructs the various techniques that comprise the Ayurvedic approach to Massage Therapy. She maintains a practice in Bridgton, Maine*

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name of program attending: \_\_\_\_\_

Confirm dates of program: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Signature: \_\_\_\_\_

**Make Check Payable to:** *New Hampshire Institute for Therapeutic Arts*

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***Print & Mail To:***     **New Hampshire Institute for Therapeutic Arts**  
27 Sandy Creek Road  
Bridgton, ME 04009

***Questions?***  
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