



Rajah Ayurveda



**AYURVEDA
TRAINING COURSE
CALENDER
2025**



Rajah Ayurveda

MARCH	15 th MARCH	AYURVEDIC MASSAGE & PANCHAKARMA THERAPY
APRIL	17 th APRIL	BASICS OF AYURVEDA & HERBS
MAY	12 th MAY	AYURVEDIC SELF CARE
JUNE	1 st JUNE 24 th JUNE	BASICS OF AYURVEDA AYURVEDIC NUTRITION & COOKING
JULY	5 th JULY	BASICS OF YOGA & MEDITATION
AUGUST	1 st AUGUST	AYURVEDIC BEAUTY CARE

AYURVEDIC KNOWLEDGE SHARING SESSIONS

Various full-time and part time courses in Basics of Ayurveda, Panchakarma, Beauty Care, Yoga and Cookery . The syllabus is so designed that both beginners and those with pre knowledge in the field can easily comprehend the concepts and can have a wider perception of the topic under expert advice. Theory classes and practical trainings are given by experienced and professionally well qualified physicians.

PICK YOUR COURSES HERE

TRADITIONAL & PROFESSIONAL TRAINING
OFFERING BOTH IN CLASS AND ONLINE FORMATS:-

- ◆ Ayurvedic Massage & Panchakarma Therapy.....6 Weeks Course
- ◆ Basics Of Ayurveda & Herbs.....1 Month Course
- ◆ Ayurvedic Self Care.....15 Days Course
- ◆ Basics Of Ayurveda.....15 Days Course
- ◆ Ayurvedic Nutrition & Cooking.....10 Days Course
- ◆ Certificate Course On Yoga & Meditation.....20 Days Course
- ◆ Ayurvedic Pregnancy Care & Baby Massage.....7 Days Course

MARCH

15th

AYURVEDIC MASSAGE & PANCHAKARMA THERAPY

Introduction to Ayurveda's purification therapies- Panchakarma. Focus on detoxification, three stages of Panchakarma, Keralaleeya Panchakarma therapies to be implemented based on the individual's condition.

- ◆ Introduction to Ayurveda
- ◆ Principles of Ayurveda.
- ◆ Panchakarma Therapy
- ◆ KERALALEEYA PANCHAKARMA
- ◆ Marma
- ◆ Different types of massages-Indication, preparation and procedures

PRACTICALS

- ◆ Abyanga (Oil Massage)
- ◆ Uzhichil (Synchronised Oil Massage- 4 hands)
- ◆ Elakkizhi (Bolus Bag Massage with Medicinal Leaves-Synchronised Massage- 4 hands).
- ◆ Nhavarakkizhi (Bolus Bag Massage with Nhavara Rice-Synchronised Massage- 4 hands).
- ◆ Podikkizhi (Bolus Bag Massage with Medicinal Powders-Synchronised Massage- 4 hands).



MARCH

15th

AYURVEDIC MASSAGE & PANCHAKARMA THERAPY

Introduction to Ayurveda's purification therapies- Panchakarma. Focus on detoxification, three stages of Panchakarma, Keraleeya Panchakarma therapies to be implemented based on the individual's condition.

- ◆ Shirodhara.
- ◆ Udhwarthana (Powder Massage- Synchronised Massage- 4 hands).
- ◆ Nasyam.
- ◆ Kateevasthi (For Low Back Pain).
- ◆ Greeva vasthi (For Neck Pain).
- ◆ Urovasthi (For Chest Pain).
- ◆ Januvasthi (For Knee – Joint Pain).
- ◆ Akshitharpana (For Improving the Health of Eyes).
- ◆ Pizhichil (Oil Bath).

DURATION : 6 WEEKS
CLASS TIMINGS : 10:00 am - 12:30 pm;
02:00 pm - 04:00 pm
AVAILABLE SEATS : 30
NEXT SESSION : 15th March
ONLINE : 30 HOURS



JUNE

01st

BASICS OF AYURVEDA

This Course will Introduce You to the Foundational Concepts of Ayurveda that will Enable You to Expand Your Knowledge and Prepare for more Advanced Studies. Ayurvedic Philosophy, Psychology, Physiology, Daily & Seasonal Routines, Unique Body Constitutions, and Nutrition are Some of the Main Topics that will be Covered.

- ◆ Introduction to Ayurveda.
- ◆ Branches of Ayurveda.
- ◆ Principles of Ayurveda.
- ◆ Diet and exercises.
- ◆ Daily Routine
- ◆ Seasonal Routine
- ◆ Prakruthi- Constitution assessment

DURATION : 15 DAYS
CLASS TIMINGS : 10:00 am - 12:30 pm
02:00 pm - 04:00 pm
AVAILABLE SEATS : 50
NEXT SESSION : 12th May
ONLINE : 25 HOURS



JUNE

24th

AYURVEDIC NUTRITION & COOKING

Savouring Ayurveda: Flavours from India: This Foundational Course will Introduce you to the Multiple Concepts of Ahara: Tastes, Gunas, Karma, Virya, and Vipaka. You will Learn about Proper Digestion from Ayurvedic Teachings. It will also go Over Ways to Balance the Diet, Including When and How to Take in Foods as Well as Which Foods to Eat. All of These Concepts Will Teach you How to Customize Your Eating Habits and Meal Planning for a Healthier Lifestyle.

- ◆ To introduce different ingredients of Ayurvedic and Kerala food
- ◆ To get a general idea about the food in Ayurveda.
- ◆ What is good and what is not good in which conditions?
- ◆ How to cook and serve healthy food?
- ◆ Properties of food - rasa, guna, veerya, vipaka and prabhava
- ◆ Properties of different food materials that are commonly used.
- ◆ Diet to be followed/ not to be followed in different disease conditions
- ◆ Food combinations and incompatibilities.
- ◆ Healthy cooking methods.

DURATION : 10 DAYS
CLASS TIMINGS : 10:00 am - 12:30 pm
02:00 pm - 04:00 pm
AVAILABLE SEATS : 10
NEXT SESSION : 1st JULY
ONLINE : 15 HOURS



JULY

05th

BASICS OF YOGA & MEDITATION

Certificate Course on Yoga & Meditation

Basic Principles of Yoga & Meditation Combined with
Practical Sessions 24 Asanas Pranayama Meditation

- ◆ Introduction to Yoga
- ◆ Beneficial Affect of Yoga on Body and Mind
- ◆ Yogic Diet
- ◆ Basic Principles of Asana Practice
- ◆ Benefits and Contra indications of various Asanas
- ◆ Basic Principles of Pranayama
- ◆ Benefits and Contra indications of Pranayama
- ◆ Practice of Breathing Exercises
- ◆ Practice of loosening Exercises
- ◆ Practice of 24 different Asanas

DURATION : 20 DAYS
CLASS TIMINGS : 08:00 am - 10:00 am
04:00 pm - 06:00 pm
AVAILABLE SEATS : 50
NEXT SESSION : 1st JUNE
ONLINE : 25 HOURS



AUGUST

01st

AYURVEDIC BEAUTY CARE

Enhancing the Physical Appearance of an Individual can Play a Vital Role in Boosting Self Esteem and Confidence, Thus Contributing to the Concept of Positive Health. Ayurveda with it's Holistic Approach Towards Health, Advocates Various Recipes, Practices, and Regimens Aimed At Improving Beauty And Wellness.

- ◆ To Understand the Fundamental Principles of Modern and Ayurvedic Cosmetology
- ◆ Introduction to Ayurveda.
- ◆ Diet and Exercises.
- ◆ Theoretical Knowledge about - Head Massage, Face Massage, Facial, Face Pack, Foot Massage.
- ◆ Practicals - Head Massage, Face Massage, Facial and Face Pack, Foot Massage, Preparation of Henna

DURATION : 20 DAYS
CLASS TIMINGS : 08:00 am - 10:00 am
04:00 pm - 06:00 pm
AVAILABLE SEATS : 50
NEXT SESSION : 1st JUNE
ONLINE : 25 HOURS

