



SHIKSHANA
AYURVEDA
PRACTITIONER TRAINING



Shirodhara Mastery in Clinical Practice: Protocols for Therapeutic Mind-Body Rebalancing

Asymmetrical eLearning Course
Intermediate level

Course Syllabus



With Manjula Paul, B.A.M.S.

Shirodhara Mastery in Clinical Practice: Protocols for Therapeutic Mind-Body Rebalancing

Course Syllabus

In this class you will learn the many steps and materials needed to perform a Shirodhara successfully for your clients.

This course format is online eLearning (asymmetrical) instruction, and includes detailed videos and text. An in-person (symmetrical) course of the same material is available, accessed separately and independently.

This course contains recommended reading materials for self study.

Recommended products and useful resources are included to further the development of your private practice.

This course is intended for practitioners who have some familiarity with Ayurveda in general, and with marma points specifically, as Shirodhara incorporates several short marma treatments during typical sessions.

Course topics:

- 1- Introduction to Shirodhara
 - 1.1- Definition of Shirodhara
 - 1.2- Basic principles of Shirodhara
 - 1.3- Therapeutic applications
- 2- Indications and contraindications of performing Shirodhara
- 3- Basic materials required for performing Shirodhara
 - 3.1- Hardware (stand, Shirodhara pot, oil warmer)
 - 3.2- Base oils, various Thailams, and their respective beneficial effects
- 4- Proper setup and critical measuring of equipment relative to client
- 5- Develop the skills to perform Shirodhara therapy for various therapeutic purposes
 - 5.1- Maintaining temperature consistency
 - 5.2- Hygiene with oils
- 6- Step-by-step procedures of the Shirodhara treatment
- 7- Incorporating Shirodhara into your practice
- 8- Client criteria to receive/ decline this treatment
- 9- Question & answer session

Online eLearning module duration, including handout references: 3 hours

Self study: 7 hours.

A digital certificate will be awarded for successful course completion.