

Supplementary File

Item #2 – Curriculum - Hourly Breakdown of Indian Head Massage Course

Day 1

9:00 a.m. Registration

9:15 a.m. Introduction of teacher and students and Introduction and History of Indian Head Massage/Ayurveda

9:30 a.m. Benefits and Contraindications of Indian Head Massage

10:00 a.m. Break

10:15 a.m. Anatomy of Shoulders and Back and Massage Technique demo and student practice

12:15 p.m. Lunch

12:45 p.m. Anatomy of Upper Arms and Massage Technique demo and student practice

Review of Techniques learned so far – student practice

2:45 p.m. Discussion on Stress and its affect on the body physically and emotionally and discussion of the Power of Touch

3:30 p.m. Anatomy of Neck and Neck Techniques demo and student practice

Review of Techniques learned so far – student practice

5:00 p.m. End of Day

Day 2

9:00 a.m. Review Massage Techniques learned so far – student practice

10:00 a.m. Break

10:15 a.m. Anatomy of Head and Massage Technique demo and student practice

Use of oils

12:15 p.m. Lunch

12:45 p.m. Review of Techniques learned so far – student practice

2:45 p.m. Discussion on Chakras and Meridians

3:15 p.m. Anatomy of Face and Ears and Massage Techniques demo and student practice

Balancing Techniques at end of session demo and student practice

Review of Techniques learned so far – student practice

Professionalism/Consultation/Ethics Discussion

Certificate of Attendance/Questions

5:00 p.m. End of Day