5-Day Marma Therapy Intensive
June 10-14, 2020
Course Outline

Led By: Madison Madden, A.D.

Location: Pacific Coast Ayurveda, 38921 Sedalia Dr. Gualala, CA 95445

Prerequisites:
Current students and practitioners of Ayurveda.

Class Details:
In this 5-day hands-on intensive, you will learn about the art and science of marma in many forms:

- Prepare to explore the relationship between marma points and their diverse expression and practical applications.
- Learn how marma is a cornerstone of all ayurvedic medicine, from hands-on therapies, to internal herbal protocols, to the pranic exchange between client and practitioner.
- Train to identify marma points and their physiological, psychological, and spiritual relationships.
- Practice various marma therapy protocols and learn to create your own. Learn ways in which marma can be used as a diagnostic tool.
- Gain an understanding of the role of marma therapy in traditional therapies like abhyanga, udvartana, localized basti – kati, greeva, janu, netra, etc., and shirodhara, as well as how to apply specific manual techniques (massage, finger-pressure, manual stretching, tuning fork, herbal lepa, steam, etc.) to facilitate healing of marma points.
- Examine practices that influence the doshas, the subdoshas, and the dhatus, and review the relationship between the ayurvedic system of marma and the meridians of Chinese Medicine.

Begin each day with yoga and pranayama, exploring the direct relationship between marma and yogic practices. The course is meant to strengthen your understanding, confidence, and effectiveness as an Ayurvedic therapist and practitioner.

Cost:
Standard Registration (after December 31, 2019) - $545
Early Registration (before December 31, 2019) - $495

Accommodations:
There are many lodging options in Gualala, both hotels and vacation rentals. We can provide you with suggestions as well as help facilitate shared-housing and carpooling with other participants.

Meals:
Vegetarian lunch provided in-house daily for $15.