



Ayurvedic Postpartum Massage and Bodywork Program *Recommended Course Sequence*

This sequenced Diploma program is for those who wish to become Ayurvedic perinatal massage therapists.

Our 52 hour Perinatal Massage Program is a comprehensive training in Ayurvedic bodywork therapies for both mom and baby. We teach protocols for pregnancy care (by elective) and body care recommended by Ayurveda for the 42 days' following childbirth. We discuss how to integrate a massage practice with other postnatal AyuDoula care and cover topics such as:

- post-surgery considerations; maternal scheduling & working in the mother's home
- lactation considerations, abdominal belly wrapping and other comforts for mom and babe

In addition to the extended training on pregnancy and postpartum, we also teach traditional infant massage. According to Ayurveda, the best life insurance for a baby is mother's milk and infant massage! Babies love it and parents enjoy the bonding experience. Parents also enjoy learning to do this simple full body warm oil (Ayurvedic style) massage they can do on Baby at home. Students learn of the many benefits, abundant research, and how to safely teach parents how to massage a full term baby during a 1 hour home visit, any time after baby's cord has dropped off. This 3 hour class includes lecture, observation, and discussion about working with clients in person. You'll learn to teach your clients how to do a full body 10-15 minute baby massage, during a home visit.

It includes:

- Practicing on dolls and later moving to real babies
- Discussing the benefits (including healthy weight gain, happy baby tummies, good sleep patterns, and strong immune systems)
- Choosing oils for newborns
- Infant massage timing, setup, and wrap up for a professional 1 hour session in client instruction
- Safety considerations and understanding the scope of baby exercise
- How to bathe baby and make a simple "pudding" soap

Marma therapy (Ayurvedic acupressure massage) is another part of our training program. This gentle hands-on, clothing-on technique helps balance both electromagnetic energy pathways and neurotransmitter function. It fills a needed gap in the treatment option for mothers after childbirth and is perfect when:

- massage is not appropriate or is not having enough effect
- there are unusual symptoms from high vata that contraindicate standard massage
- the mother is experiencing difficulties in lactation or digestion
- there is headache, pain, mood issues or overwhelm and the mother needs help to center and ground

A technical massage course is not complete without a discussion of ethical massage. In our two Ethics courses you will receive guidance as to which modalities can be used and when they are appropriate. You may find yourself redefining your protocols and priorities for postnatal care and massage when you discover mother nature's plan of "42 Days for 42 Years" in the early postnatal window of care. You will learn the important role of massage therapy for daily or frequent massage, and the necessity of teaching your mother-clients warm oil self-massage. You will also gain insight into the unusual vulnerabilities of mothers in the first 2 months after giving birth, learn why this time has been called "the black hole in health care," and why postpartum massage is seldom taught.

While this is intended to be a professional program for licensed massage therapists (CEUs are available) we welcome non-licensed individuals as well. After completing this training, unlicensed graduates are advised to check with local laws and practice only according to the scope of practice for your area. In most cases, this means that you may be able to practice only on friends and family without charging for your services.

Sacred Window Ayurveda – Perinatal Massage and Bodywork Program

The credits earned in this program may or may not apply toward another school's requirements.
 The first three online courses (in grey) are pre-requisites for all massage classes at Sacred Window School.

Course Title	Hours	Price	Upcoming Classes	Notes
AY1 Technical – School Orientation	2	\$0	anytime	<i>(recording available now)</i>
AY100 Discovering Ayurveda <i>(DAM) Discovering Ayurvedic Medicine</i>	12	\$240	Fall 2014, TBA Live Webinar	<i>(recording available now)</i>
ETH110: Ethics of Postnatal Care and Touch I <i>(PME-I) Ethics of Postnatal Massage I</i>	2	\$50	Fall 2014, TBA Live Webinar	<i>CEU Credits available (recording available now)</i>
AYM150 Teaching Ayurvedic Infant Massage I: Teaching Parents <i>(AIM-I) Ayu Infant Massage I</i>	3	\$60	Fall 2014, TBA Live Webinar	<i>(recording available now) with Powerpoint</i>
ETH210: Ethics of Postnatal Care and Touch II <i>(PME-II) Ethics of Postnatal Massage II</i>	2	\$50	Fall 2014, TBA Live Webinar	<i>CEU Credits available; (recording available now)</i>
AYM312: Ayurvedic Postpartum Massage: Videos by Section <i>(PPM) Ayurvedic Postnatal Bodywork</i>	1.5	\$46	anytime	<i>Videos demonstrating techniques on body sections</i>
Hands-on Bodywork Intensive in New Mexico or Colorado				
<i>NOTE: Take the above lectures before taking the following hands-on classes</i>				
AYM250: Teaching Ayurvedic Infant Massage II Practicum: Coaching the Moms <i>(AIM-II) Ayurvedic Infant Massage II</i>	5	\$115	Fall 2014, TBA Hands-on Intensive	Hands-on week <i>No recording available</i>
AYM310: Ayurvedic Postpartum Massage and Bodywork: Hands-on Training <i>(PPM) Ayurvedic Postnatal Bodywork</i>	21	\$483	Fall 2014, TBA Hands-on Intensive	Hands-on week <i>No recording available</i>
AYM350: Mama Marma: Ayurvedic Energy Work for Mothers <i>(MM) Mama Marma</i>	6	\$138	Fall 2014, TBA Hands-on Intensive	Hands-on week <i>No recording available</i>
Total tuition for 52.5 hour Diploma Program <i>(must demonstrate competency for 12 hour Discovering Ayurveda to waive it)</i>			<i>Program w/ Discovering Ayurveda: \$1221.00</i> <i>Program w/o Discovering Ayurveda: \$942.00</i>	
<i>NOTE: For those on a budget who do not wish to have credits or diploma, we offer recordings of some of these massage classes on our Self-Guided Learning (SGL) page.</i>				