

Shirodhara & Champi CEU Listing Submission

Course name: Shirodhara & Champi Bodywork Training

Course date & time: Sunday, July 11, 2021 | 10am-6pm MTN

Assessment: Completion of 10 documented practice sessions via [GoogleForm provided](#) and a written summary of their personal learning experience including how they plan to implement or integrate these treatments into their existing services.

Course type: Live online; Topics in Ayurveda

Presenter Bio: Kris Quinones is a wellness & massage educator, licensed muscular therapist, Kripalu certified Ayurvedic Health Counselor and 500-hr Ayurvedic Yoga Specialist, with over 25 years of professional experience in orthopedics, competitive sports, and natural healing. In 2014 she founded Rasayana, LLC originally in Somerville, MA and now operates out of Colorado Springs, CO where she teaches empowering strategies for natural pain relief, body mobility, and injury recovery using an integrative approach with the ancient systems of Ayurveda, Yoga, and Massage, and her former orthopedics & competitive sports background.

Through transformational on-line programs, professional CEU trainings, personalized coaching sessions, and powerful custom bodywork treatments, she helps change the narrative on the aging process with compassionate candor and a little panache along the way. [www.rasayana.com]

Description: In this ayurvedic bodywork training you will learn how to perform the powerful mental health treatment of *shirodhara* and the traditional Indian scalp massage, *champi*. Foundations in Ayurvedic theory, the treatment's purpose, and appropriate modifications informed by anatomy and physiology will be covered. Tuition includes CEU's, certificate of completion, pdf handouts and access to online demo videos. All trainings are in Mountain Time

Shirodhara is a classic rejuvenation treatment for the mind that synchronizes brain waves by pouring a warmed, medicated substance over the 3rd eye where it flows off the crown of the head. Effective for stilling the mind, soothing the nervous system, and balancing moods and sleep patterns.

Champi is a vigorous scalp massage aiding in glymphatic drainage around the brain, and activating several energy points (*marma*) on the head along cranial sutures for improving focus and concentration.

Syllabus:

10am-11am (1 hour = TIA)

- Classifications and roles of Ayurvedic bodywork
- Foundations of Ayurvedic psychiatry & U.S. mental health stats
- Indications / Benefits of shirodhara & champi bodywork treatments

- Equipment & Supplies
 - Care of
 - Set up
 - Sourcing & disposing

11:00am-12pm (1 hour = TIA)

- Live demonstration of techniques
- Breakdown

12pm-1pm

- Lunch

1pm-2:30pm (1.5 hours = TIA)

- Clinical assessment & Applications
- Gross & subtle anatomy of head & neck
 - Key marma points
 - Endocrine, musculoskeletal, and fascial systems
 - Manovaha & pranavaha srotas
 - Rule out contraindications & identify cautions
- Dosha Gati & Soft tissue techniques
- Post treatment instructions
- Referring to & collaborating with western practitioners
 - Psychiatrists
 - Social workers
 - Trauma workers
 - Psychologists
 - Behavioral health specialists

2:30pm-2:45pm

- Break

2:45pm-3:45pm (1 hour = TIA)

- Hands-on practice w/ close family member or loved one

3:45-4pm

- Break/Clean up

4-6pm (2 hours = TIA)

- Group reflection / coaching of 1st practice session
- Ancillary tools
 - Gemstones & crystals
 - Aromatherapy
 - Sound therapy
 - Pranayama