Pinda Svedana

Description: This 2-day course provides students with hands-on experience preparing and using pindas in groups of two. Pindas are prepared from rice and herbs wrapped in cotton fabric and soaked in medicated herbal decoctions. Pinda Svedana[i] [1] is a deeply therapeutic site specific localized heat and massage application through the gentle to moderate pressure of the herbal bolus. The practice of Pinda Svedana is an important modality to alleviate joint and muscle pain.

Instructor: TBA

Pre-requisites:

Foundations Course [2] or enrollment in our Ayurvedic Health Educator Program. Our Foundations course can be completed through distance learning and takes approximately one month to complete.

Course Dates: Aug 2-4, 2013

Course Fee: $175

Combined Enrollment Discount

Enroll in two Massage and/or Body Therapy courses at the same time and receive a 10% discount on both courses. Enroll in three Massage and Body Therapy courses at the same time and receive a 20% discount on each course. Enroll in 4 or more courses and receive a 25% discount on each course. Enrollment is complete when registration forms are returned signed and deposit payment for all courses is made. This offer excludes Foundations and Pancha Karma[i] [3] Specialist Certification courses (Foundations special with a Body Therapy Course still applies). Discount will not include new programs added after registration has been completed.

Request Information **[4]** Register Now **[5]**

Source URL: http://www.ayurvedacollege.com/programs/workshop/pinda-svedana

Links:
[1] http://www.ayurvedacollege.com/glossary/term/4
[2] http://www.ayurvedacollege.com/FoundationsCourse.php
[3] http://www.ayurvedacollege.com/glossary/term/11
[4] http://www.ayurvedacollege.com/contact/workshops
[5] http://www.ayurvedacollege.com/programs/online_applications/workshop