

Amnanda

The Amnanda Process is an Ayurvedic '*rasayana*' or rejuvenating therapy that triggers a deep process of revitalization that acts at the levels of body, brain and mind. Amnanda means "the path to joy" and this is at the heart of all Amnanda treatments and the spirit of Ayurveda.

According to Ayurveda, physical and mental trauma leaves a residual trace in our cells at the level of cell memory. These residues negatively impact our daily lives, our health, our ability to heal and can lead to premature signs of ageing. The main goal of the Amnanda process is to dissolve traumatic life experiences, at the level of cell memory; to reduce their negative effect on our daily lives and allow a process of rejuvenation or revitalisation to unfold.

Developed from a Tibetan tradition of Ayurveda, the Amnanda Process is a therapeutic program of twelve relaxing oil treatments carried out monthly over the course of a year. The oils used in Amnanda are specially prepared with herbs and mantra and are applied to the whole body. The Amnanda therapist uses a combination of touch, herbs, oils and active compassionate presence to initiate a process designed to release the negative effects of stress, adverse experiences and tension held at the subconscious level.

It is a journey that unfolds over the year - releasing trauma held in different areas of the body and at deeper levels with each successive treatment. Healing begins from the first treatment and each person's journey is highly individual but usually always includes renewed enthusiasm, greater clarity and direction in life, together with restored youthful vitality.

The cleansing and healing effects of the oil treatments are further supported by drinking two specially formulated herbal teas: green tea boosts the immune system and Woman/Man Vital Tea helps support the hormonal system. Also, for two months during the year, a tincture is taken daily to strengthen and tone the skin and connective tissues.

Amnanda is a beautiful treatment to give as well as receive and is a wonderful gift to share with others. Therapist training takes place over the course of a year with participants both giving and receiving Amnanda within a small group of trainees. Training is held over 12 days providing the opportunity for the group to exchange experiences and discover the scope of the therapy as they go through the process together. Giving and receiving treatments within the group creates a certain energy, whereby each treatment also becomes an initiation, enabling the participants to give Amnanda treatments to others from the second month onwards.

Previous experience in massage therapy is not required and cultivating the ability to be mindful throughout the treatment is as important as technique. The oil treatments are gentle and deeply relaxing, creating a sense of peace quite different to most other forms of bodywork.

Amnanda Therapist Training

The amnanda therapist training consists of twelve training days (one day per month over a 12-month period). At each session the trainee therapist observes and receives the Amnanda treatment. From the second session onwards, trainees have the chance to practice on each other under the supervision of the Amnanda trainer. The goal of amnanda is to release the effects of trauma that has been held in the body and for this, we need to cover as much of the body as we can, including ideally chest and buttocks. We preserve modesty as much as we can, and you will be covered with a sheet and duvet whenever possible during the treatment.

Trainer: Laura Shakeshaft – tel: 07979 362352 email: laura@essentialayurveda.co.uk

Venue:

Larchwood Studio, Racquety Farm Wyecliff, Hay-on-Wye, Hereford HR3 5RS

Dates:

15th April 2023, 14th May, 10th June, 1st July, 5th August, 17th September, 7th October, 4th November, 2nd December, 6th January 2024, 3rd February, 2nd March

Cost:

£80 per day which includes your treatment and training..

Additional costs:

As part of the process you will need to drink 2 cups of herbal tea and 2 cups of green tea daily. The herbal tea is £6.90 per month and the green tea starts from £4.50 per month depending on the variety chosen. For two months of the year you will need to take an additional herbal tincture which is £7.90 per month's supply. Teas and tinctures are available at www.essentialayurveda.co.uk

Amnanda Training syllabus

- Introduction to the Amnanda Process; who it is suitable for and exclusions.
- Understand the effects of stress and trauma on the body and mind.
- Learn the treatment method: the sequence of applying the oil, the use of mantra.
- Understand how the oils are used and the spacing of the treatments over the year.
- Understand the role of the teas and tinctures in the Amnanda Process, including contraindications.
- Learn how to incorporate dietary guidance into the Amnanda process.
- Understand the importance of the therapist-client interaction, the role of spirituality and the cultivation of therapeutic presence.
- Learn the role of therapeutic touch and its effect on the metabolism and epigenome.
- Practice sessions - receiving the treatment and practicing the treatment on other students under supervision of the trainer.
- Feedback sessions on treatments given during the training and the experience of receiving the series of Amnanda treatments.

Assessment Procedure:

Trainee therapists are observed performing Amnanda treatments from session three onwards. Knowledge and understanding is assessed during the question and answer sessions and presentations. Attendance of the entire course is required for certification. A maximum of two sessions can be missed due to unforeseen circumstances.

Insurance / Registration:

On successful completion of the course you will receive your certificate and will be able to register as an Amnanda therapist with Amnanda Europe. You will also be eligible for cover to practice Amnanda with Balens, BGI or Holistic Insurance.

Booking:

If you are interested in attending the course please contact Laura Shakeshaft at laura@essentialayurveda.co.uk