

# Programma Pindasweda

## *Fomentation therapies*

### Hours Breakdown

- 16 hours in a weekend (in contact with the Senior Teacher)

### Syllabus

- *Theory:*
  - Ayurveda principles;
  - Panchakarma;
  - Preliminary panchakarma therapies;
  - The fomentation therapies;
  - How to do a “pinda” and different types of “pinda”;
  - Properties of herbs and spices;
  - Recipes;
  - Indications and contraindications;
- *Practice:*
  - Basic massage;
  - How to use “pinda”;
  - Maneuvers of the “pinda” massage;
  - Sequence;
  - How to heat “pinda” (oil, steam, milk);