



18 SEP – 5 OCT

INTEGRATIVE HOLISTIC HEALTH





18 DAYS

INTENSIVE, TECHNICAL & INTEGRATIVE HOLISTIC HEALTH COURSE AT BOOMLAND

The course is a unique, humane, personalised and holistic approach which considers body, mind and spirit along with their relationships with nature. It is Ayurveda based, inclusive, progressive and a continuously evolving knowledge system with universal attributes.

The integrative approach to health care and cure has been the basic matrix of Ayurveda practice for thousands of years.

WE ARE
NATURE

To treat and heal we must recognise the functional integrity between lifestyle/behavioural therapy, herbal medication, transpersonal psychology, nutrition, detraumatization programmes and specific effective therapies.



MAIN OBJECTIVES OF THIS COURSE

AYURVEDA MEANS "THE SCIENCE OF LIFE"

IN A 60% PRACTICAL APPROACH WE PROPOSE:

INTRODUCTION TO AYURVEDIC MEDICINE
(‘KAYA CIKITSA’);

CREATION OF A LINE OF DERMOCOSMETIC
PRODUCTS, HERBAL SUPPLEMENTS AND VARI-
OUS AMENITIES (‘AUSADHA’);

MESSAGES AND BODY TREATMENTS FOR
SPECIFIC PREVENTION AND TREATMENT
ISSUES ASSOCIATED WITH THE 5 SENSES
(‘ABHYANGA’, ‘MARDANA’ AND ‘PANCHAS-
WASTTA’);

SANITATION AND FOOD REGULATION;

BEHAVIOURAL THERAPY
(‘DINACHARYA’ AND ‘RUTUCHARYA’);

INTRODUCTION TO AYURVEDIC
PSYCHOLOGY RESOURCES
(‘GRAHA CIKITSA’);

DETRAUMATISATION PROTOCOL
AND PRESENTATION OF THERAPEUTIC
RESOURCES.

PROGRAMME

AYURVEDA THERAPY MASSAGE

1

DURATION: 3 DAYS

PARTICIPANTS WILL LEARN TO TAILOR FULL BODY AYURVEDIC MESSAGES FOR MIND BODY AN SPIRIT, THAT EMPLOY HOLISTIC MEDICINE PRINCIPLES USED FOR MORE THAN 3,000 YEARS A60.



AUSADHA

2

DURATION: 2 DAYS

PARTICIPANTS WILL LEARN HOW TO MAKE AN HERBAL PHARMACY: TINCTURES, CREAMS, BODY LOTIONS, HERBAL HONEY, MEDICATED ALOE, TABLETS AND MANY OTHER COMPOUNDS. CLASSIC VS SIGNATURE PRODUCTS AND AMENITIES USING FLORA FROM AROUND THE WORLD, WHEREVER YOU ARE.



PROGRAMME

AHARA

DURATION: 2 DAYS

HOLISTIC NUTRITION – AYURVEDIC AND MEDITERRANEAN AND AYURVEDIC DIETETICS. PARTICIPANTS WILL LEARN HOW TO GIVE SMALL CONSULTATIONS, TAILOR FOOD TO SPECIFIC NEEDS AND THERAPEUTIC PROGRAMMES.



3

20 DIFFERENT TRADITIONAL MASSAGES AND BODY THERAPIES

DURATION: 4 DAYS

THAI – MASSAGE FOR SPECIFIC PROBLEMS:

'NEERABHYANGA' – LYMPHATIC DRAINAGE, CLINICAL EXFOLIATIONS AND WRAPS, EXTERNAL 'VASTIS'; VARIATIONS OF 'SHIRODHARA', 'PINDA SWEDANA'; 'CHAVUTTI-THIRUMAL', 'SWEDANA', 'MANI CHIKITŹA'.



4

PROGRAMME

SENSE THERAPIES - "PANCHASWASTTA"

5

DURATION: 1 DAY

PARTICIPANTS WILL LEARN DIFFERENT BODY THERAPIES FOR SPECIFIC PREVENTION AND TREATMENT ISSUES ASSOCIATED WITH THE 5 SENSES.

THERAPEUTIC MINDFULNESS EXERCISES WILL ALSO BE TAUGHT AS PART OF THE 5 SENSE PROTOCOLS.



AYURVEDIC AND TRANSPERSONAL PSYCHOLOGY, COACHING AND BEHAVIOURAL THERAPY PROTOCOLS ("DINACHARYA", "RUTUCHARYA" AND "GRAHA CHIKITZA");

6

DETRAUMATISATION PROTOCOL

7

DURATION: 1 DAY

PRACTICE OF LEARNED THERAPIES.

YOGA THERAPY

8

DURATION: THROUGHOUT THE COURSE

USE AND PRESCRIBE 'ASANAS', 'BANDAS', 'PRANAYAM' AND 'KRYAS' FOR SPECIFIC PROBLEMS.



TIMETABLE

	18 SEP	19 SEP	20 SEP	21 SEP	22 SEP	23 SEP
08H00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09H30	Ayurvedic Massage	Ayurvedic Massage	Ayurvedic Massage	Ausadha	Ausadha	Ahara
10H00	Ayurvedic Massage	Ayurvedic Massage	Ayurvedic Massage	Ausadha	Ausadha	Ahara
11H00	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK
11H30	Ayurvedic Massage	Ayurvedic Massage	Ayurvedic Massage	Ausadha	Ausadha	Ahara
13H00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14H30	Ayurvedic Massage	Ayurvedic Massage	Ayurvedic Massage	Ausadha	Ausadha	Ahara
16H00	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK
16H30	Ayurvedic Massage	Ayurvedic Massage	Ayurvedic Massage	Ausadha	Ausadha	Ahara
17H30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
19H30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER



TIMETABLE

	24 SEP	25 SEP	26 SEP	27 SEP	28 SEP	29 SEP
08H00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAK
09H30	BREAK	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	BREAK
10H00	BREAK	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	BREAK
11H00	BREAK	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK	BREAK
11H30	BREAK	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	BREAK
13H00	LUNCH	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	BREAK
14H30	LUNCH	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	BREAK
16H00	BREAK	TEA BREAK	TEA BREAK	TEA BREAK	TEA BREAK	BREAK
16H30	BREAK	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	Massage & Body Therapies	BREAK
18H30	BREAK	FREE TIME	FREE TIME	FREE TIME	FREE TIME	BREAK
19H30	DINNER	DINNER	DINNER	DINNER	DINNER	BREAK



TIMETABLE

30 SEP

1 OCT

2 OCT

3 OCT

4 OCT

5 OCT

08H00

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

09H30

Sense
Therapies

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

FREE TIME

10H00

Sense
Therapies

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

FREE TIME

11H00

TEA BREAK

TEA BREAK

TEA BREAK

TEA BREAK

TEA BREAK

**CLOSING
CEREMONY**

11H30

Sense
Therapies

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

13H00

Sense
Therapies

LUNCH

LUNCH

LUNCH

LUNCH

14H30

Sense
Therapies

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

16H00

TEA BREAK

TEA BREAK

TEA BREAK

TEA BREAK

TEA BREAK

16H30

Sense
Therapies

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

Ayurvedic psychology
& detraumatisation

18H30

FREE TIME

FREE TIME

FREE TIME

FREE TIME

FREE TIME

19H30

DINNER

DINNER

DINNER

DINNER

DINNER

