

INDIAN FOOT MASSAGE (Kansa Vatki) TRAINING

1 DAY - 10AM TO 5PM

(Daily training times may vary - please see website Training Dates & Locations page)

Fee: \$299 + GST - Includes one copper bowl and workbook.

Equipment required for treatment: Massage Table - Bolster - Sheets, Blanket, Towels, Telecaster (rolling) Chair. You may be asked to bring one or more of these items but not all.

Ghee (can be purchase at most health food stores and some grocery stores) Ghee is provided in class for the training by the instructor.

Copper Bowl - one copper bowl is provided with the above training fee. Each paid student may purchase 1 more copper bowl for \$55.

This treatment is done on a Standard Massage Table and is **not suited to a Reflexology chair.**

What is Indian Foot Massage (Kansa Vatki Foot?)

This unique treatment, steeped in centuries of Ayurvedic ceremony is delivered with a copper bowl and ghee (clarified butter). The treatment includes the combination of massage and reflexology on the feet and lower limbs with and without the bowl.

Additionally, 5 key Marma points on the feet and 1 Marma point on the lower limb are addressed as are the seven-chakras on the bottom of the feet and the toes.

This treatment is considered a **Tri-Dosha balancing** treatment.

This course will teach you the basics of working with the three Ayurveda Dosha's (Pitta, Kapha and Vata) and how to bring these back into balance. Students will also learn some basic Anatomy and Physiology of the lower limbs. 50% of this treatment is done with the use of a metal bowl that has a powerful effect on the body's energies and can be more effective than gold and silver on the various internal organs and energy channels.

This instruction is simple enough to absorb inside one day along with the pre reads sent to students before class. Students are required to do a minimum of 10 to 12 practicums before offering this treatments to paying clients.

Who Can Train for This Therapy?

While there are no pre-requisites required for this training it is important to have no upper body impingements (shoulder, upper arm or collar bone) and to have good mobility in the wrists. It is important to have a strong desire to do hands-on bodywork. This therapy is a good fit in Spas, Wellness and Yoga Centers and Salons. Indian Foot Massage fits well with Indian Head Massage for a tandem treatment.

You will receive a certificate of completion for your credits. At this time there is no advanced certification offered for this training.

Why Do People Seek to have Indian Foot Massage (Kansa Vatki) Treatments?

Kansa is a healing metal used in Ayurveda consisting of copper, zinc and tin. Copper may help in **reducing pain and inflammation**, and tin is believed to be **helpful in digestion, relieving headaches and insomnia**.

We know that stress and tension are known to be the biggest cause of dis-ease in the body. A body/mind under constant stress has less resilience and resistance. When you relieve tension in the body, healing can begin.

This soothing session helps to balance the three Doshas of Vata, Pitta, and Kapha, and thus helps draw out excess heat, leaving the entire body cool, refreshed and relaxed.

People who primarily seek this treatment are people who spend a good deal of time on their feet ongoing. Postal Carriers, Nurses, Runners/Athletes, Teachers, Factory Workers, etc.

Many people who want to support a detox program and others who are looking for relaxation, balance and support to sleep better are also those who seek this treatment.

What are some of the Benefits of Indian Foot Massage?

Physical Benefits

- Helps detoxify internal organs.
- Relaxes tired feet and legs and make them feel lighter.
- Improves blood & lymphatic circulation.
- Improves joint mobility in lower limbs.
- Improves condition of ligaments and muscles of the lower limbs.
- Increases strength and stamina of lower limbs.
- Relieves tired eyes and brings relief from eyestrain.
- Rebalances the body's natural energy flow.

Mental Benefits

- Calms the mind and body.
- Enhances mental activities.
- Induces sound sleep.
- Reduces stress, anxiety and depression.
- Restores & Rebalances the body's natural energy.

Copper (the bowl used in the treatment) encourages:

Iron Utilization

Elimination of Free Radicals

Development of Bone & Connective Tissue

What are some of the Contra-Indications of Indian Foot Massage?

This treatment is not suitable for those who have bulging varicose veins or other unexplained bruising to the lower limbs. **Please do not sign up for the course if you have either of these as you are required to be worked on during the training.**

Recent injury or broken bones/skin in the areas to be worked on. Knees and below.

Any foot/toe fungus or any kind.

Recent strains or sprains still painful to touch.

Any medical condition which is under the care of a doctor will require careful consideration and this is further detailed in the training course.