

Ayurvedic Sacred Bodywork™ Training



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Sankalpa Ayurveda College



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Ayurvedic Sacred Bodywork™ Training

This professional certification training of Maharani Academy – is offered to you by **Sankalpa Ayurveda College** – and invites you into the depth and nuance of Ayurveda’s ancient healing modalities, including:

- Longevity Treatments
- Therapeutic Bodywork
- Marma Therapy

This training welcomes both experienced professionals and devoted seekers.

The program unfolds in two levels: an online foundation (**Level 1**) and an in-person practicum (**Level 2**).

Corinna Maharani is the founder of the Maharani Academy, and senior SVA lineage practitioner and NAMA-certified Ayurvedic professional.

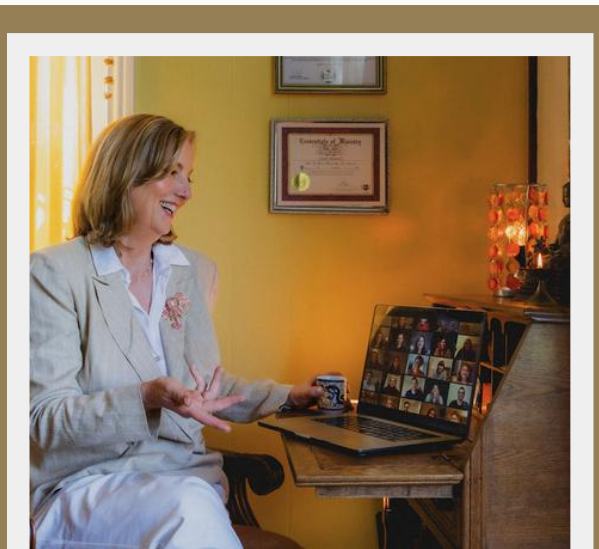
In this training she guides you into the study of ancient healing rituals, offered through the lens of a living lineage, the Shaka Vansiya Ayurveda tradition as preserved by Vaidya R.K. Mishra. Here, Ayurveda is not only learned, it is experienced, embodied, and refined through hands-on practice. You will gain the professional skills, clinical understanding, and certification needed to offer truly transformative healing rituals.





“Corinna is one of the foremost experts in PanchaKarma in North America.” Vaidya R.K. Mishra







Study Ayurvedic Massage, Shirodhara and Marma Therapy, this Summer!

Ayurvedic bodywork therapies are among the most quietly powerful forces emerging within modern integrative healthcare. Rooted in an unbroken stream of ancient wisdom and refined through generations of living practice, they answer a deep and growing longing for healing that touches not only the body, but the subtle layers of mind, heart, and spirit. To practice Ayurveda through the hands is to enter a sacred dialogue.

This training, is designed to guide you into the art and science of Ayurvedic Sacred Bodywork™, equipping you with the skills, sensitivity, and confidence to offer truly transformative treatments in a spa, clinical, or private setting.

Whether you are stepping onto a new vocational path or seeking to deepen an existing healing practice, the integration of Ayurvedic therapies brings a level of depth, precision, and soulfulness that transforms both practitioner and client alike.

If you feel the quiet call to bring Ayurveda into your professional life, this immersive and innovative training is for you. Study with us in a blended format—online and in person—where knowledge ripens into embodied experience.

Key Therapies You Will Learn

- Abhyanga – rhythmic, therapeutic oil application to nourish and restore
- Swedana – herbal steam therapy to open channels and support detoxification
- Shirodhara – the meditative oil stream calming the nervous system
- Marma Therapy – working with the body’s vital energy points
- Additional therapies – Pichu, Indian Head Massage, foot treatments, and Garshana

For who: *This training welcomes both experienced professionals and devoted seekers. Whether you are an Ayurvedic practitioner, bodyworker, wellness coach, acupuncturist, or simply someone drawn to the healing arts, this journey is designed to awaken the healer within you and guide you toward a deeper mastery of Ayurveda.*



LEVEL 1 – Online Foundation (12 Classes)

This self-paced online training can be completed within three months and offers a clear, structured pathway into the foundations of Ayurvedic bodywork. You will study with Corinna Maharani, senior practitioner in the SVA lineage of Vaidya R.K. Mishra, whose teachings emphasize precision, subtlety, and respect for the body's natural intelligence.

Through these 12 classes, you will explore the theoretical and energetic principles behind core therapies such as Abhyanga, Swedana, Marma Therapy, and Shirodhara, while developing a deep understanding of treatment logic and application.

Three live integration calls offer space for guidance, reflection, and direct connection:

Dates: June 13, July 11, August 8. Time: 9–11 AM (CET)

(All sessions are recorded)

Investment: €1500

Included in Level 1:

- Step-by-step video demonstrations of treatment protocols
- A comprehensive 200-page professional training manual (PDF)
- Inspirations, guided meditations, and self-care practices
- Detailed protocols including recipes, indications, and clinical application

Prerequisite access to advanced professional training

Level 1 Curriculum overview

Foundations of Shaka Vansiya Ayurveda (SVA)

- Understanding constitution beyond the doshas
- Dinacharya as a therapeutic foundation
- Ritual, mantra, and the healer's presence
- Creating a conscious treatment space

Digestion, Detox & Lifestyle Medicine

- Agni and its role in cleansing
- The 4 types of toxins (āma)
- Food guidelines and therapeutic nutrition
- Practical application for clients

Anatomy of Healing: Physical & Subtle Body

- Koshas, ojas, and immunity
- Nadis, chakras, and pranic flow
- Marma points and energetic anatomy
- Understanding the vibrational body

Marma Therapy & Energy-Based Treatment

- Mapping and application of marma points
- Emotional and physical balancing through marma
- Transdermal approaches in SVA
- Integration with breath and awareness

Core Therapies & Hands-On Practice

- Garshana (dry stimulation therapy)
- Abhyanga (therapeutic oil massage)
- Shirodhara (head therapy)
- Nasya and sense therapies
- Swedana and pinda treatments

Herbal Medicine & Practical Application

- Ayurvedic herbs for digestion, mind, and immunity
- Preparation of oils, lepās, and scrubs
- Basic apothecary skills
- Treatment customization

Health, Disease & Clinical Thinking

- Causes of disease (Ayurvedic perspective)
- Understanding pathogenesis (beginner level)
- Detox strategies and home protocols
- Integrating knowledge into practice



LEVEL 2 – 5-Day In-Person Practicum

Held at Sankalpa Ayurvedic College in The Hague, the Netherlands

While the online training builds your foundation, it is here that the teachings come to life—through direct experience, touch, and presence.

In this immersive 5-day retreat, you will both give and receive the therapies, refine your touch, and begin to perceive the subtle intelligence that guides true Ayurvedic healing.

Dates

Monday 17 – Friday 21 August. 9:30- 16:30

Investment

€1,450

Level 1 is a prerequisite.

Enroll in both levels and receive a €150 reduction (Total: €2,800).

Limited to 6 participants. Early reservation is recommended.

What you will learn

- The depth of Marma Therapy as a living energetic system.
- The art of Abhyanga through rhythm, pressure, and presence.
- The profound stillness of Shirodhara, calming the nervous system and quieting the mind.
- The enveloping warmth of Swedana, releasing stagnation and opening the channels.
- The quiet depth of Pichu, where sustained contact allows profound absorption.
- The grounding art of foot therapies, awakening balance through the body's foundational points.
- The use of herbalized oils and sensory therapies, guiding the body back to its natural state of harmony.

This is where technique becomes intuition, and knowledge becomes embodied wisdom.

Corinna Maharani



Corinna Maharani is a certified Ayurvedic practitioner and educator with over 30 years of experience in teaching and practicing Ayurvedic Sacred Bodywork™, Marma Therapy and PanchaKarma. Her legal name, “Maharani,” means Great Queen, chosen because she wanted to reflect her devotion to the power and blessings of the Divine Feminine as well as honoring the principles of treating others with noble respect.

She graduated from one of the first Ayurveda programs held at the Maharishi International University in Iowa in 1989. There she also met her lifelong teacher Vaidya R.K. Mishra, who is considered to be one of the most brilliant minds in Ayurveda history. She remained being his devoted student for 25 years and he taught her directly from his ancient lineage, the SVA lineage (Shaka Vansiya Ayurveda).

For fifteen years, Corinna was the director of the Pancha Karma educational program at the Kanyakumari School for Ayurveda, in Wisconsin. There she taught hundreds of students the Art of Ayurvedic Bodywork and PanchaKarma. Many of whom have since then successfully operated their own Ayurveda businesses and work all around the globe in Spas and Clinics. She launched the Maharani Academy in 2010, an international school for Ayurvedic Bodywork, that teaches vocational trainings both Online and live, in Santa Barbara and some of the world's most beautiful places. The Academy offers in-depth certified training to those who feel called to spread the light of Ayurveda. Corinna’s primary goal with this work is to deepen the understanding of this holistic science and to help lay people and professionals alike to apply these ancient principles toward health and healing. Corinna also owns her own Ayurvedic product line and is a frequent public speaker and published writer on the topic of Ayurveda.



The SVA Lineage



Vaidya R.K. Mishra's family lineage served as Raj Vaidyas, personal doctors to the royalty of India, who preserved their medical knowledge even through the Mogul era, when most Ayurvedic Sanskrit texts were destroyed. SVA stands for Shaka Vansiya Ayurveda and originated on of the islands of Sri Lanka, called Shaka.

Ayurveda originated over five thousand years ago within the Vedic civilization of India and is regarded as one of the world's most ancient systems of healing.

While much of what is known today is drawn from classical texts that have survived through centuries of historical change, certain lineages preserved their knowledge through continuous oral transmission. Shaka Vansiya Ayurveda is one such living tradition, carried forward through the family lineage of Vaidya R.K. Mishra.

This lineage is said to extend back over 120 generations and is referenced in ancient Vedic literature, including the Puranas. As a direct successor, Vaidya R.K. Mishra dedicated his life to preserving and sharing this depth of knowledge. His teachings continue to be carried forward by his students and lineage holders around the world.

It is from this living tradition that Corinna shares her love and understanding of Ayurveda.

For his complete biography, **[visit here](#)** or visit [SVAyurveda](#)





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Study with us this summer

Send us an email through button below and we will reach out to you so schedule a call and provide you registration form

YES I WANT TO REGISTER

