

Abhyanga



Total Duration : 15 - 45 minutes

Your practice can be as little as 15 minutes.
It can be 45 minutes or more.

Entry :

Begin your practice with 2 - 3 minutes of
Ad/360 breath

Marma Point duration :

You can stay on one marma point for few
seconds to up to 2 -3 minutes

Exit :

End your practice with 3 - 5 minutes
of Savasana

Abhyanga



Benefits :

- Reduce Stress
- Improves Sleep
- Reduce Tightness
- Improves Energy and reduce fatigue

Mindfulness :

- Continue with AD/360 breath throughout the Abhyanga Practice

Note on Oil :

- Apply the oil slowly and mindfully.
- Use slippers if you applied oil to your feet.
- Let the oil stay for 30 minutes or more.
- Take a warm shower after.

Abhyanga



Contraindications :

Do not practice Abhyanga on

- Surgical Incision
- Broken skin
- Infected area
- Open wound
- Scars
- Numb area
- Injured area

**Pregnancy : Don't practice Abhyanga on
Lower Body (hips/Legs/Feet)**

Do not practice it if you have fever

Precautions :

- Make sure to apply gentle pressure.
- If it gives you any pain or discomfort then please discontinue.

Abhyanga



Marma Points for foot :

- Behind Medial malleolus
- Behind Lateral malleolus
- Behind the ball of the foot
- Above the calcaneus (heel bone)