



Job Title:	Abhyanga Therapist, Male Therapist Only
Compensation Type:	Per treatment for therapeutic work Per hour for therapeutic and administrative meetings Per hour for training and promotional presentations Full Time, Part Time acceptable
Department:	Reports to Panchakarma Department Manager
Closing Date:	Open Until Position Filled

Purpose

- Responsible for the administration of a specific, synchronized massage with a partner to the client in accordance with the Panchakarma Department program developed and maintained by Vasant Lad MASc and the PK manager/director. The treatment, along with the other therapies in the Panchakarma program, facilitates the cleansing, well-being, and rejuvenation of each client.
- To create a caring and healing environment in the Panchakarma process.

Key Result Areas

Interpersonal Relations

Standard of Performance (SOP) This Key Result Area (KRA) will be done well when:

- I communicate, support, and interact with all other personnel and staff in a positive and supportive manner.
- I set a positive example in words and actions as an employee representing the Ayurvedic Institute, a holistic organization based on a spiritual foundation.
- I conduct myself in friendly, helpful, and empowering way during the clients Panchakarma process.
- I promote and practice self-discipline and teamwork.

Time Management

(There is always more to do and could be done then there is time and money for. What is essential is that the most important things get done, daily, weekly, and monthly)

SOP: This KRA will be done well when

- I arrive no later than 15 minutes prior to the first scheduled shift to make the appropriate preparations to receive the client on time.
- I perform my work according to relative importance and urgency, also keeping in mind the long-term responsibilities that must be accomplished during PK.
- At times I need to adapt to the needs of the PK Administrative Assistant, by way of accommodating changes in the Panchakarma scheduling.



- If there are any conflicting priorities, I meet with the PK Manager or the PK Administrative Assistant as appropriate to determine a resolution.

Abhyanga Therapy

This is a full time FT position and requires a minimum of 4 Abhyanga massages per shift.

Description

Abhyanga is to thoroughly oil the body and is the foundation of the detoxification program within Panchakarma. The entire body is oiled including the scalp and feet. If indicated, nose drops are administered and oil is put into the ears (karna purana). The treatment is done by two therapists and is a synchronized routine adhering to the abhyanga style and principles taught by Vasant Lad MASc. Medicated oils are used for the body and essential oils are used for the marma points. Any alterations to the routine are only done by way of Vasant Lad's and/or the PK Manager/ Consultant's recommendations.

Purpose: Thoroughly oiling the body, by way of abhyanga, loosens deep seated ama (metabolic waste materials) and brings elasticity to the srotas. It works to loosen and dislodge accumulated doshas and ama in the tissues, bringing them to the GI tract for removal. It also promotes flexibility in the joints, coordination, and a general sense of well being.

SOP: This KRA will be done well when

- I administer a 50-minute synchronized massage with a partner that starts and ends on time.
- I administer abhyanga in a caring manner where the client feels well received and cared for.
- I allow the client to experience their own healing during the PK process, respecting unique and client specific circumstances.
- I administer each massage in accordance to the clients' constitution as determined by Vasant Las MASc and/or the PK Manager.
- I maintain awareness of my clients' daily conditions and review this information with Vasant Lad MASc, the PK Manager and/or the PK administrative Assistant.
- I facilitate the comfort of the client as much as possible.

Client Relations

SOP: This KRA will be done well when

- Any relevant client concerns are promptly related to the PK manager.
- I demonstrate compassion while working with the PK clients.
- Maintain courteous and tactful demeanor while interacting with the PK clients.

Work Area and Scheduling

SOP: This KRA will be done well when

- My work area is kept clean and orderly at all times.
- I perform preparatory and end of shift duties according to the shift checklist.



- I share equally with the abhyanga partner cleaning of the massage room, transferring sheets and the client’s personal items to the next room and set up for the next abhyanga.

Stocking and Requisitions

SOP: This KRA will be done well when

- Supplies are kept adequately stocked at all times, as well as when laundry is at capacity it is taken out, always keeping the hallway clean and clear. This duty is shared with all therapists due to the growing demand of alternative therapies.
- Supply requisitioning procedures are followed at all times.
- Inventory is stored in such ways as to protect it from the weather, insects and/or other damage.

Training

SOP: This KRA will be done well when

- I attend periodic training, review sessions, and seminars as required by the department or administration.

Professional Requirements

SOP: This KRA will be done well when

- I represent the Ayurvedic Institute in an appropriate manner according to the guidelines and policies established in the department.
- As a FT therapist I fulfill the minimum of 4 abhyanga treatments per shift, and as a PT therapist I fulfill the minimum of 1 to 3 treatments per shift.
- I attend all scheduled meetings.
- I adhere to the department dress code.
- I demonstrate flexibility under demanding conditions in the face of scheduling and responsibility changes.
- I demonstrate the ability to give and receive feedback respectfully and gracefully.
- I adhere to the PK Department company code of ethics.
- I bring any other client-related concern, staff-related concern, and facility or staffing issues to the PK Administrative Assistant.
- I perform any other duties as requested.

Hiring Requirements

	Required	Preferred
Education	<ul style="list-style-type: none"> • High School Graduate or equivalent • Completed AI ASP1 program or Ayurvedic studies equivalent as assessed by the PK Manager/Consultant • Current NM Massage Therapy License. 	<ul style="list-style-type: none"> • Study of Ayurveda • Alternative health and wellness modalities



Experience	<ul style="list-style-type: none"> • Massage experience • Completed study and or interest in the study of Ayurvedic principles. 	<ul style="list-style-type: none"> • Knowledge of panchakarma practices and principles • Familiarity with Vedic teachings and the traditions of India
Skills & Attitude	<ul style="list-style-type: none"> • Can work effectively as part of a team • Can communicate effectively verbally and in writing • Demonstrates positive HR skills • Can stay positive and diplomatic during stressful work situation • Ability to properly represent the AI and the teaching of Vasant Lad • Ability to be flexible under demanding and changeable work responsibilities and scheduling • Ability to give and receive feedback respectfully and gracefully • mindfulness and sensitivity of oneself and the clients boundaries during the PK process 	

Post Hiring Conditions/Requirements

- Evaluation with PK Manager after the first month of work.
- Continual check in with monthly Department meetings

Application Instructions

To be considered for this position, email your resume and a cover letter explaining your interest to careers@ayurveda.com. Please include the position title in your email subject line. Ayurvedic Institute alumni are encouraged to apply.

Thank you for your interest in working at The Ayurvedic Institute!