



**Job Title:** Shirodhara Technician  
**Hourly Compensation:** \$14 per hour  
**Part Time, 15-20 hours per week**  
**Department:** Reports to Panchakarma Department Manager  
**Closing Date:** Open Until Position Filled

The Panchakarma Department Shirodhara Technician is responsible for administering a complete Ayurvedic shirodhara treatment in accordance with the panchakarma (PK) program requirements of Vasant Lad and the PK Department Manager. This treatment is performed to facilitate the cleansing, healing and rejuvenation of each client undergoing a traditional panchakarma cleanse. Additionally, the Shirodhara Technician is responsible for administering alternative therapies in accordance with the panchakarma program developed and maintained by Vasant Lad and the PK Department Manager. These alternative therapies include but are not limited to Netra Basti, Kati Basti, Prushta Basti, Hrud Basti, Nabhi Basti, Vrukha Basti, Yakrut Basti. These bastis are all external bastis. The Panchakarma Shirodhara Technician creates a caring and healing environment for the client throughout their purification process.

### **Function**

The function of the Shirodhara Technician is to maintain professionalism at all times and to adhere to the rules of conduct of the Panchakarma Department. The Panchakarma Department Shirodhara Technician performs duties and treatments to support our clients' personalized Panchakarma program. These duties primarily include (but are not limited to) set up and break down of treatment rooms, stocking materials/linens as needed, administering treatments to clients that includes steam, shirodhara, and udhulana (herbal dusting), light cleaning after client's shower, administering alternative external basti therapies, regular check ins with Panchakarma Department Operations Manager for scheduling and Department Manager for individual client needs.

### **Responsibilities are as follows**

- Practices time management and punctuality for all treatments and alternative therapies
- Makes appropriate preparations to receive clients in a supportive environment
- Prioritizes and works off the daily Shirodhara checklist
- Keeps client information contained and private at all times
- Practices positivity and mindfulness when interacting with clients and other staff members

### **Required Skills**

- Desire and ability to work as a team member and communicate effectively with others



- Possesses a courteous and tactful demeanor when speaking with clients, and other therapists/employees
- Above average organizational and time management skills
- Ability to properly represent The Ayurvedic Institute and teachings of Dr. Lad
- Ability to be flexible under demanding and changeable work responsibilities and scheduling
- Ability to give and receive feedback respectfully and gracefully
- Practices sensitivity of oneself and the client's boundaries during the PK process

### **Qualifications**

- High school graduate required, some college preferred
- Previous experience in a health and wellness setting a must
- Must be able to work in the US

### **Application Instructions**

To be considered for this position, email your resume and a cover letter explaining your interest to [careers@ayurveda.com](mailto: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!*