maharani academy

Ayurvedic Sacred Bodywork™ & Panchakarma Training

Professional Certification
300 hours



Together we reclaim the wisdom of life

Sankalpa Ayurveda College

Sankalpa Ayurveda College in collaboration with Maharani Academy

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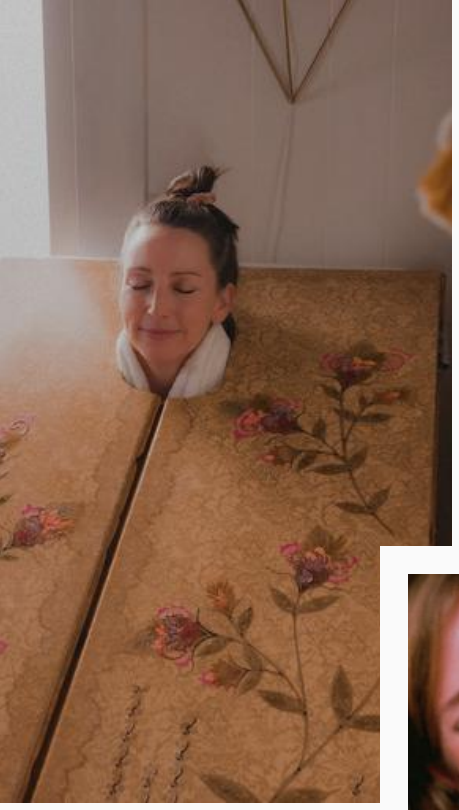



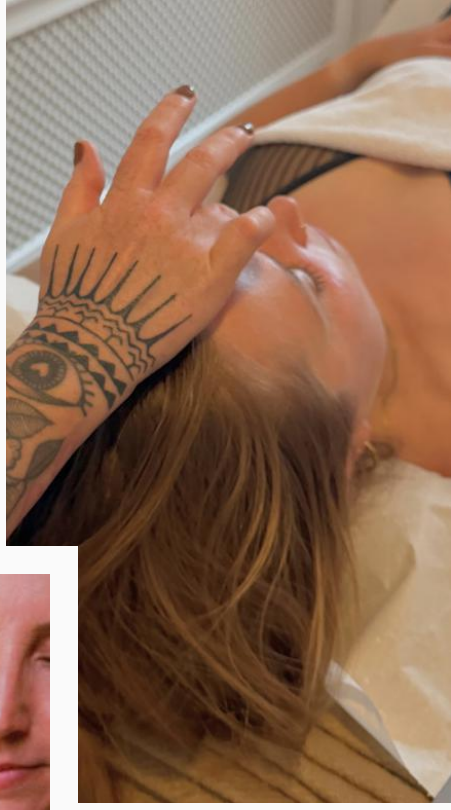













Ayurvedic Sacred Bodywork™ & Panchakarma Training



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.



A Progressive Professional Training

This certification program combines comprehensive online study with immersive hands-on practicum training, allowing students to develop both theoretical understanding and practical mastery of Ayurvedic Sacred Bodywork™.
The training progresses through four stages:

LEVEL 1
Online Foundation: Starts 5 September 2026
↓
PRACTICUM I
Foundational Ayurvedic Bodywork: 28 Jan - 31 Jan 2027
↓
PRACTICUM II
Advanced Marma & Sense Therapies: 5 Mar - 7 Mar 2027
↓
PRACTICUM III
Classical PanchaKarma Therapies: 2 Jul - 4 Jul 2027
Professional Certification upon completion of all Practicums.



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



Become an Ayurvedic Bodywork and Panchakarma Therapist - 300 hrs certification

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 Ayurvedic Sacred Bodywork & Panchakarma 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.

I am beyond grateful that our School gets to offer this professional training of Maharani Academy in Europe, rooted in the Svaka Vanisya Ayurveda lineage and led by Corinna. ~ Riim Lagerwerf

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When I completed my panchakarma Therapist training almost 10 years ago, I did not yet know about the Svaka Vansiya Ayurveda Lineage. Now that I do know it, I feel it is truly a blessing that Corinna is able to pass on this knowledge in Europe.

Her experience and love for Ayurvedic bodywork is so evident when you see her work with students.

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.



Ayurvedic Sacred Bodywork™ is the signature style of treatment developed by Corinna Maharani, founder of the Maharani Academy, a modern Ayurvedic Academy rooted in a living tradition, as it is offered through the lens of a living lineage, the Shaka Vansiya Ayurveda tradition (SVA) as preserved by Vaidya R.K. Mishra.

This training combines her 35 years of clinical practice with Ayurveda, PanchaKarma and Marma therapy, with two decades of teaching experience into one smooth, impactful training experience.

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.

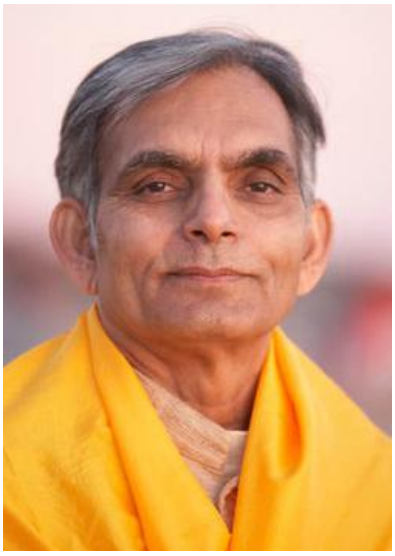
Her legal name, "Maharani," means Great Queen, chosen because she wanted to reflect her devotion to the power and blessings of the Divine Feminine as well as honoring the principles of treating others with noble respect.

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 brilliantminds 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 theunderstanding 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.

(Photo by Todd Smith)

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

LEVEL 1 — Online Foundation Starts September 5

Step Into the Foundations of Ayurvedic Healing

LEVEL 1 is designed for healers, wellness professionals, bodyworkers, Ayurvedic practitioners, yoga teachers and devoted students seeking a deeper understanding of Ayurveda through therapeutic practice, ritual, and embodied study. Through twelve live online classes, treatment demonstrations, guided rituals and comprehensive professional training materials, students develop a strong foundation in:

• Ayurvedic Sacred Bodywork™
• PanchaKarma
• Marma Therapy
• Classical Ayurvedic healing principles

All sessions are recorded and remain available for ongoing study and integration.

Starts September 5

Investment
€1,400
Sankalpa Discount
10% with code SANKALPA
Your tuition: €1,260



Areas of Study

- Ayurvedic foundations in bodywork
- PanchaKarma principles & treatment protocols
- Marma Therapy & energetic anatomy
- Ayurvedic Sacred Bodywork™
- Herbs, oils & decoction preparation
- Ritual healing practices
- Detoxification & rejuvenation therapies
- Therapeutic treatment flow & client care

Key Therapies Introduced

- Marma Therapy
- Abhyanga
- Shirodhara
- Swedana
- Basti & Nasya
- Pichu, Udvartana, Lepana, Pinda Sweda & Indian Head Massage

Included in Level 1

• Complete online training platform
• 12 professional training modules
• Lifetime access to recordings
• Live mentoring sessions
• Comprehensive training manual
• Clinical treatment protocols
• Recipes, oils and formulations
• Guided meditations
• Student Forum
• Eligibility for the Hands-on Practicum

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 awarenessl

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



What other participants say about Level 1

> *I really enjoyed the online live classes and feel so inspired by these practices all over again! These classes are not only inspiring intellectually, but also inspiring me to take better care of myself every day—to truly live and breathe Ayurveda."*
>
> *— Annalise DeSilva*



What other participants say about Level 1

The online training is incredibly comprehensive and inspiring. Corinna has a rare gift for making Ayurveda feel both deeply rooted in tradition and immediately applicable. The live classes, manuals, demonstrations, and ongoing mentorship created an experience that transformed not only my professional skills, but also my own daily practice and relationship with health."

— Susan Schenk, Ayurveda Practitioner



What other participants say about Level 1

Corinna's mentorship has been a guiding light on my journey. She taught me not only the treatment techniques of Ayurveda and PanchaKarma, but how to truly embody the spirit of healing with grace, presence, and integrity."

— Joann Schermerhorn

What you will practice during Level 2 & 3

- 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 systemand quieting the mind.
- The enveloping warmth of Swedana, releasing stagnation andopening the channels.
- The quiet depth of Pichu, where sustained contact allows profound absorption.
- The grounding art of foot therapies, awakening balance through thebody's foundational points.
- The use of herbalized oils and sensory therapies, guiding the bodyback to its natural state of harmony.

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

Continue Your Training Journey

LEVEL 1 ONLINE FOUNDATIONS STARTS SEPTEMBER 5TH, 2026

Foundational Ayurvedic Bodywork

Abhyanga
Indian Head Massage
Pichu
Swedana
Shirodhara
Foundations of Marma and more.
Special Sankalpa Tuition €1260

CONTINUE INTO THE HANDS-ON PRACTICUMS

Many take Level 1 Online Foundations as a standalone training.
Those wishing to continue can progress into our immersive, hands-on Practicum Trainings.

Level 1 Online Foundations is a prerequisite for all Practicum Trainings.
Practicums are limited to a maximum of 6 participants.

LEVEL 2 Practicum
4 Days
Foundational Ayurvedic Bodywork

- Abhyanga
- Indian Head Massage
- Pichu
- Swedana
- Shirodhara
- Foundations of Marma

Tuition €950

Dates: January 28-31
4 days

LEVEL 3 Practicum 1
3 Days
Advanced Marma & Sense Therapies

- Advanced Marma
- Eye therapies
- Ear therapies
- Nasya
- Mouth therapies
- Ayurvedic decoctions

Tuition €850

Dates: March 5-7
3 days

Level 3 Practicum 2
3 Days
Classical PanchaKarma Therapies

- Classical PanchaKarma
- Herbal scrubs
- Pinda therapies
- Advanced treatment sequencing

Tuition: €850

Dates: July 2-4
3 days

FULL PATHWAY

Complete Practicum Package

€2,400

Save **€250** when enrolling in all three practicums.
Practicums may also be booked individually after completing Level 1.

or €3500 paid in full for complete 300 hours certification package

Payment options

We offer several payment options to make the training pathway accessible while rewarding students who commit to the full program.

LEVEL 1 — ONLINE FOUNDATIONS
Tuition €1,260
Pay in Full
€1,260

Payment Plan: 3 monthly payments of €430. First payment to be paid prior to start.
Total €1,290

PLUS: **INDIVIDUAL PRACTICUM TRAININGS**
Practicums may be booked individually after completing Level 1 Online Foundations.
Level 2 - 4 day Practicum — €950
Level 3 - 3 day Practicum 1 — €850
Level 3 - 3 day Practicum 2 — €850
Individual practicums are paid in full before the start of each practicum.

COMPLETE PRACTICUM PACKAGE
Includes all three Practicum Trainings
Pay in Full — €2,400
Save €250 compared with booking the practicums individually.
Payment Plan — €2,480
€800 deposit + 4 monthly payments of €420

COMPLETE 300-HOUR CERTIFICATION PATHWAY
Includes Level 1 Online Foundations + all three Practicum Trainings
Pay in Full — €3,500
Best Value — save €410 compared with enrolling in each level individually.

Payment Plan — €3,650
10-Month Payment Plan
€1,000 deposit upon enrollment

- 10 monthly payments of €265
- Total tuition: €3,650

PAYMENT & ENROLLMENT
Your place is confirmed after your online registration and once the full payment or first deposit has been received. Payment plans must be completed before the final practicum.

Level 1 Online Foundations is a prerequisite for all Practicum Trainings.

To ensure personalized guidance and extensive hands-on practice, Practicum Trainings are limited to a maximum of 6 participants. All payments are subject to the enrollment

300-HOUR PROFESSIONAL CERTIFICATION AYURVEDIC SACRED BODYWORK & PANCHAKARMA

The complete 300-hour certification pathway is a professional training for those who wish to develop the knowledge, practical skills and confidence to work professionally with Ayurvedic bodywork and Panchakarma therapies.
The program combines comprehensive online study with intensive hands-on practical training, progressing from foundational Ayurvedic bodywork to advanced Marma and sense therapies and classical Panchakarma treatments.

YOUR CERTIFICATION PATHWAY

LEVEL 1 — ONLINE FOUNDATIONS
Ayurvedic Bodywork Foundations. You receive certificate of completion
LEVEL 2 — PRACTICUM
Foundational Ayurvedic Bodywork. You receive certificate of completion
LEVEL 3 — PRACTICUM 1
Advanced Marma & Sense Therapies. You receive certificate of completion.
LEVEL 3 — PRACTICUM 2
Classical Panchakarma Therapies. You receive certificate of completion.

Upon successful completion of the complete pathway, including all required practical work and assessments, you will receive the:
300-HOUR AYURVEDIC SACRED BODYWORK & PANCHAKARMA PROFESSIONAL CERTIFICATE

INTERNATIONALLY ACCREDITED PROFESSIONAL TRAINING

The complete 300-hour training is professionally accredited in both Europe and the United States:
KTNO — The Netherlands
Accredited as a professional training within the Dutch complementary healthcare education sector.
NAMA — United States
Accredited by the National Ayurvedic Medical Association (NAMA) for Pace credits, the leading professional membership organization representing the Ayurvedic profession in the United States.
These accreditations reflect the professional educational standards, depth of study and practical training incorporated into the complete certification pathway.

SMALL-GROUP PRACTICAL TRAINING

Our hands-on Practicum Trainings are limited to a maximum of 6 participants, allowing for close supervision, individual feedback and extensive practical experience.
Level 1 Online Foundations is a prerequisite for all Practicum Trainings.

KTNO KEURMERK geaccrediteerde vakopleiding

NAMA® NATIONAL AYURVEDIC MEDICAL ASSOCIATION

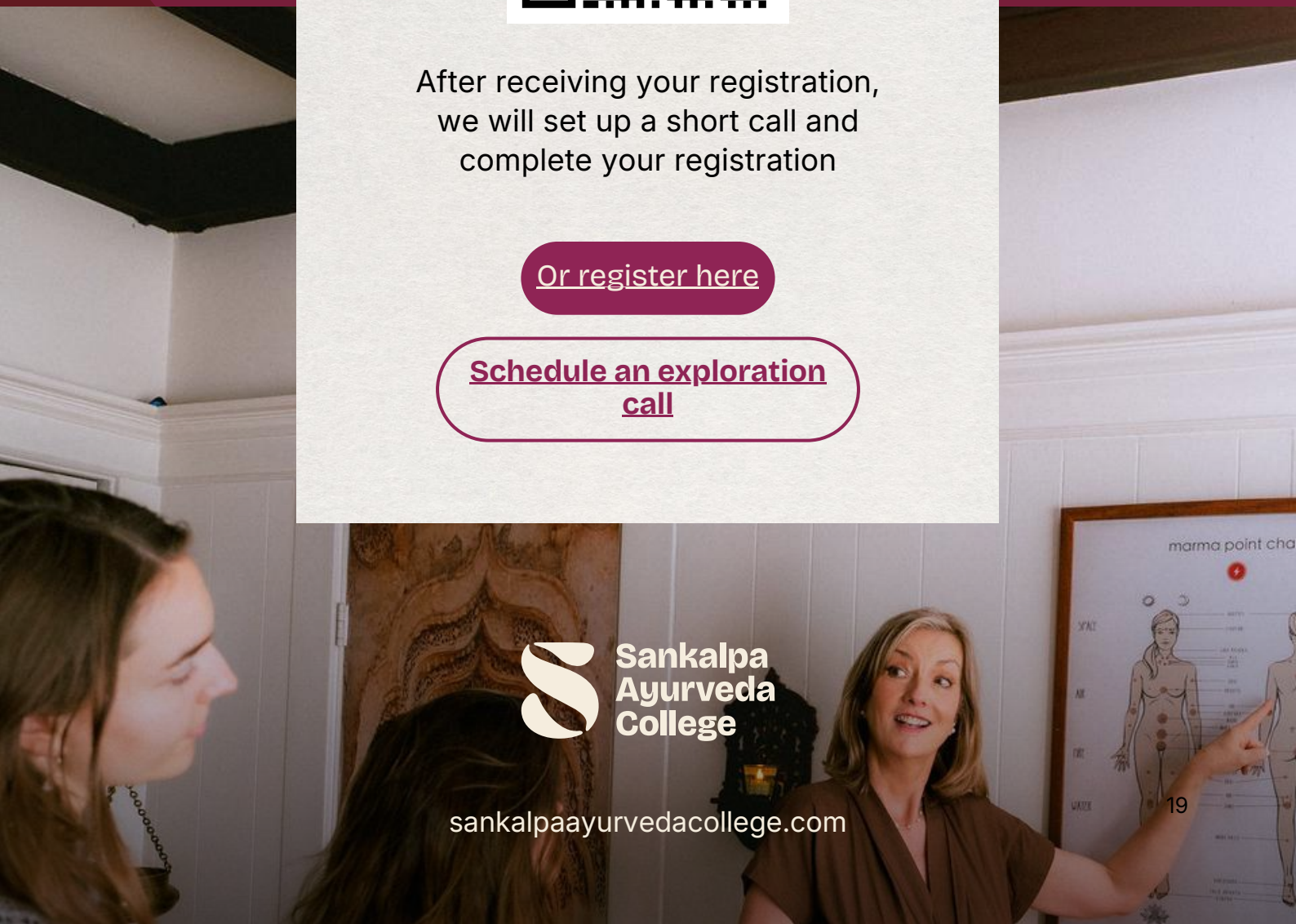
Begin Your Journey Into Ayurvedic Sacred Bodywork™

You can visit our registration form via the QR code:

After receiving your registration, we will set up a short call and complete your registration

Or register here

Schedule an exploration call



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