



MINI ABHYANGA

How to + Precautions

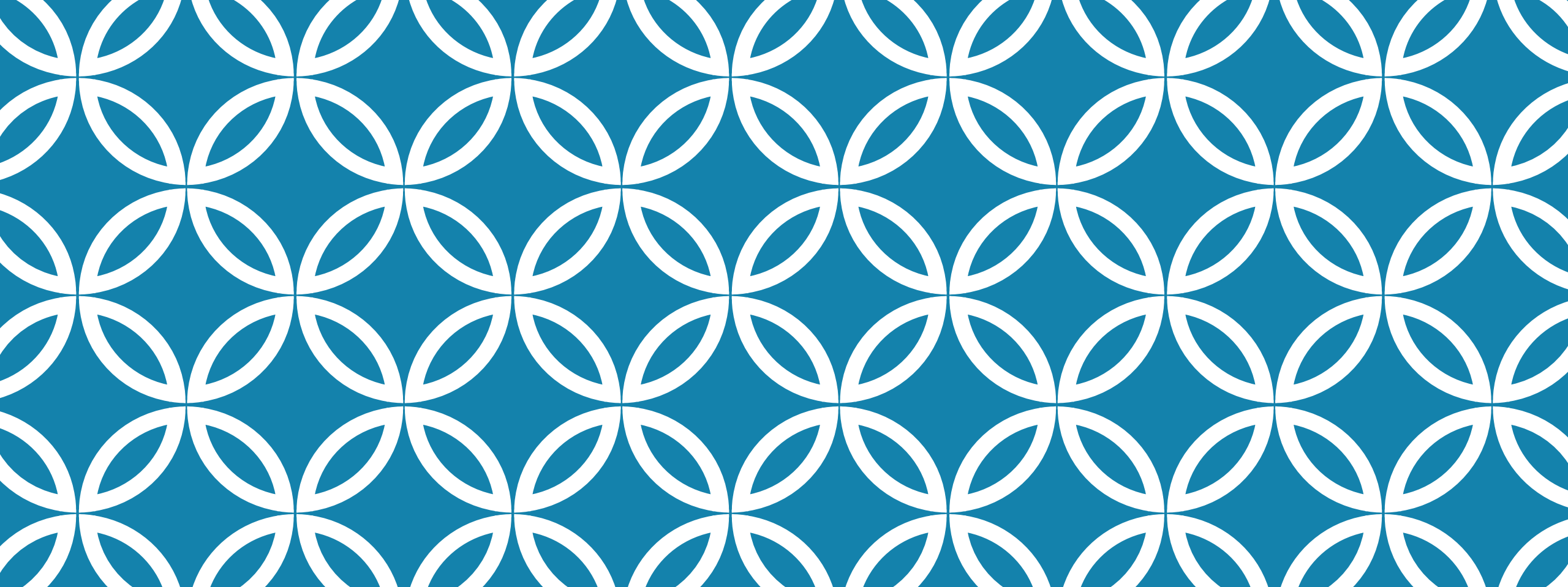
A **krya** presentation

WHAT IS A MINI ABHYANGA?

1. An abhyanga should be done “dina” to re-set all 3 doshas, and promote harmony + balance in the body
2. For those who do not find the time to do a full Abhyanga daily, we suggest a mini version of the Abhyanga
3. In the Mini Abhyanga, we target organs and dhatus of vata dosha primarily. This mini Abhyanga is designed for urban dwelling, smart phone and laptop using adult men and women.
4. A mini Abhyanga assumes you are otherwise healthy and have no special circumstances that demand practice of a full Abhyanga every day.

MINI ABHYANGA CONDITIONS

1. Mini Abhyanga must be done 15 minutes before your morning bath
2. You must be sufficiently awake , should have done your “business”, and should be on an empty stomach before your Mini Abhyanga
3. If you sleep in an AC room, give the body time to “warm up” to normal temperature BEFORE mini abhyanga
4. Mini Abhyanga should be done in a CLOSED room, with no AIR draught
5. Use COMFORTABLY WARM Abhyanga oil for Mini Abhyanga

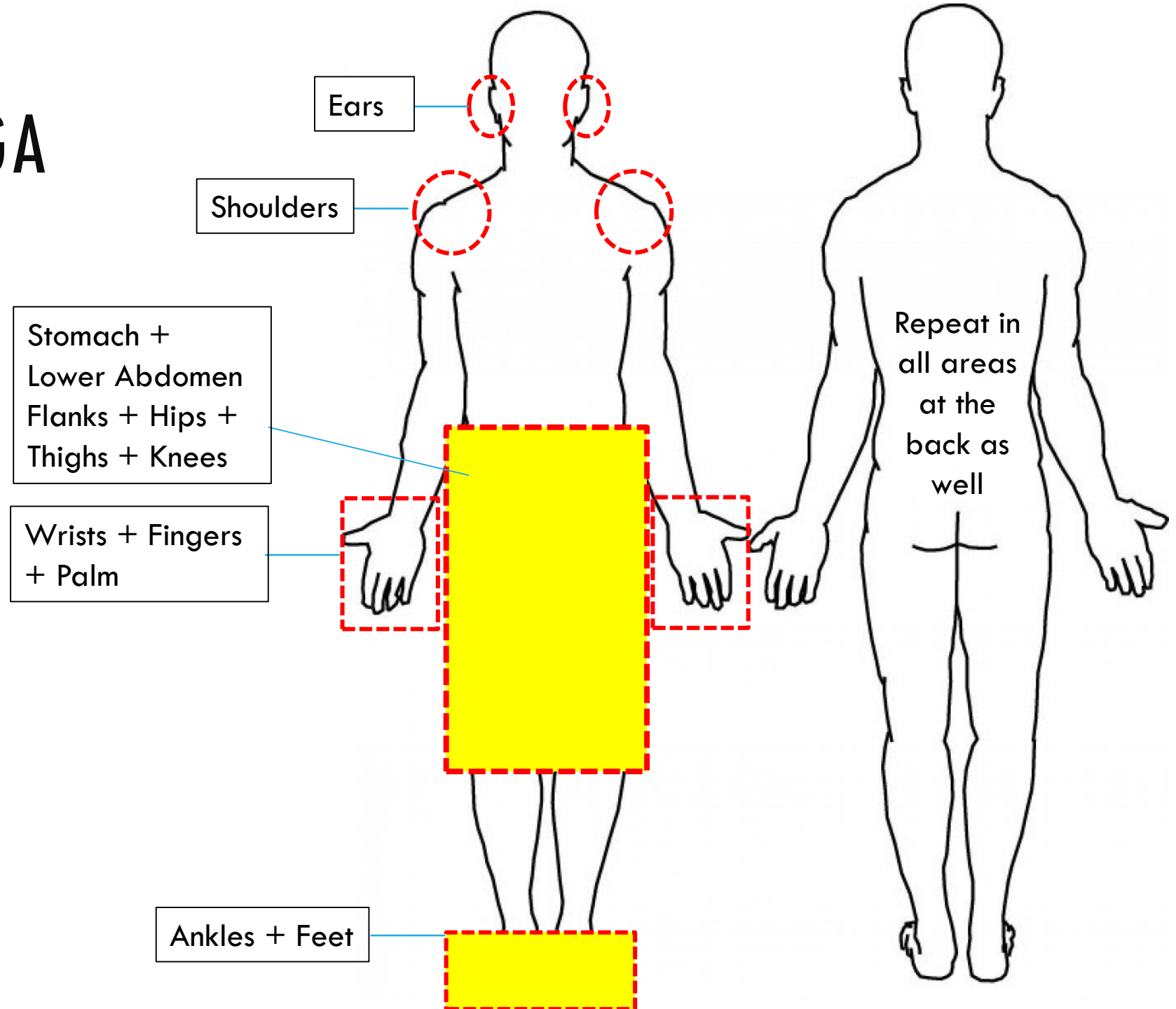


MINI ABHYANGA FOR WOMEN

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MINI ABHYANGA FOCUS POINTS



MINI ABHYANGA TECHNIQUE

Explained in detail in
Karna abhyanga
video

Circular
movement

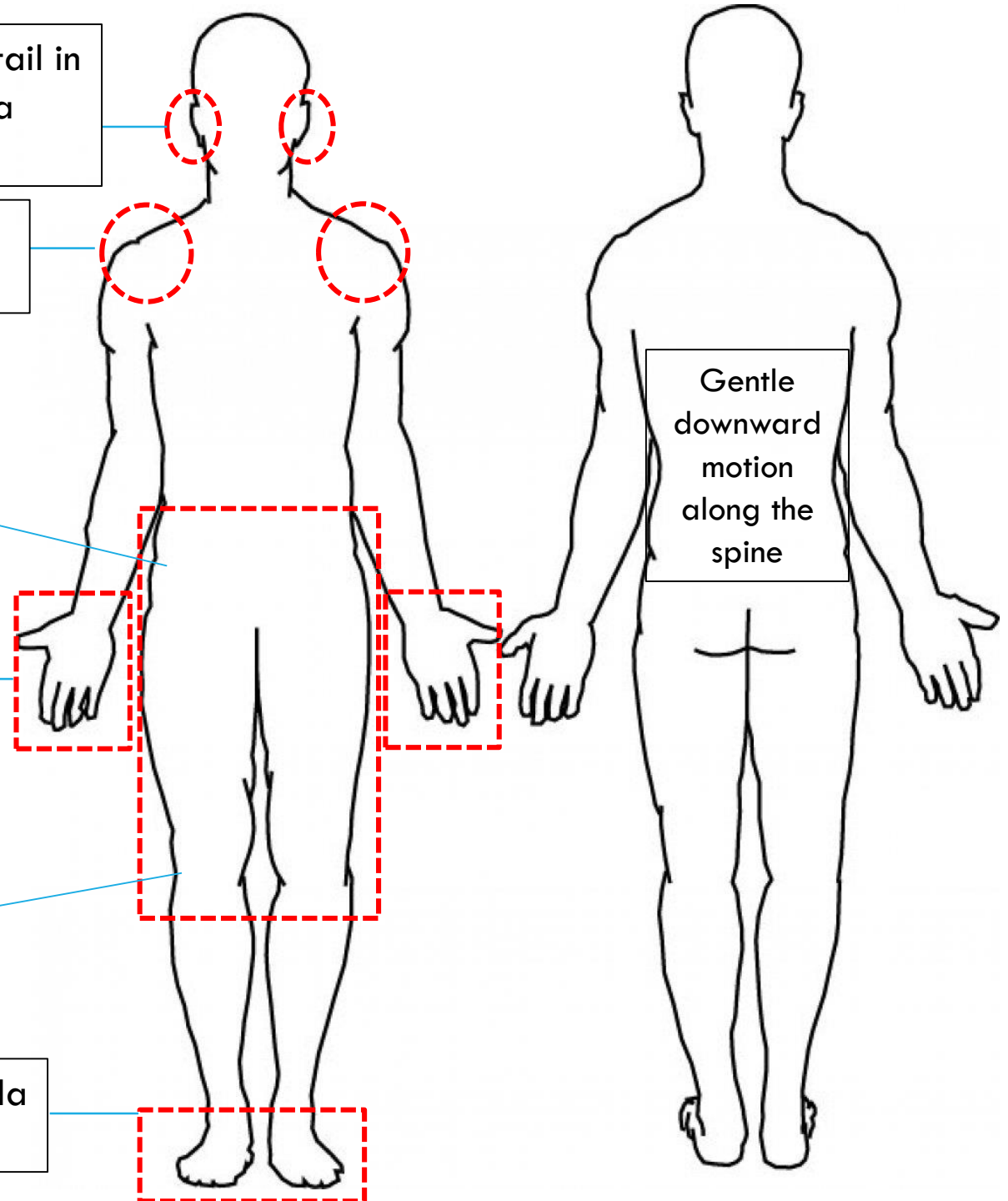
Circular around navel
and downward motion
everywhere else

Wheel like massage around wrist,
circular on palm, elongatory pulling
motion for fingers

Circular motion around knee joint. Use
expansive circular motion on back of
knee joint to encourage opening of back
of knee muscles

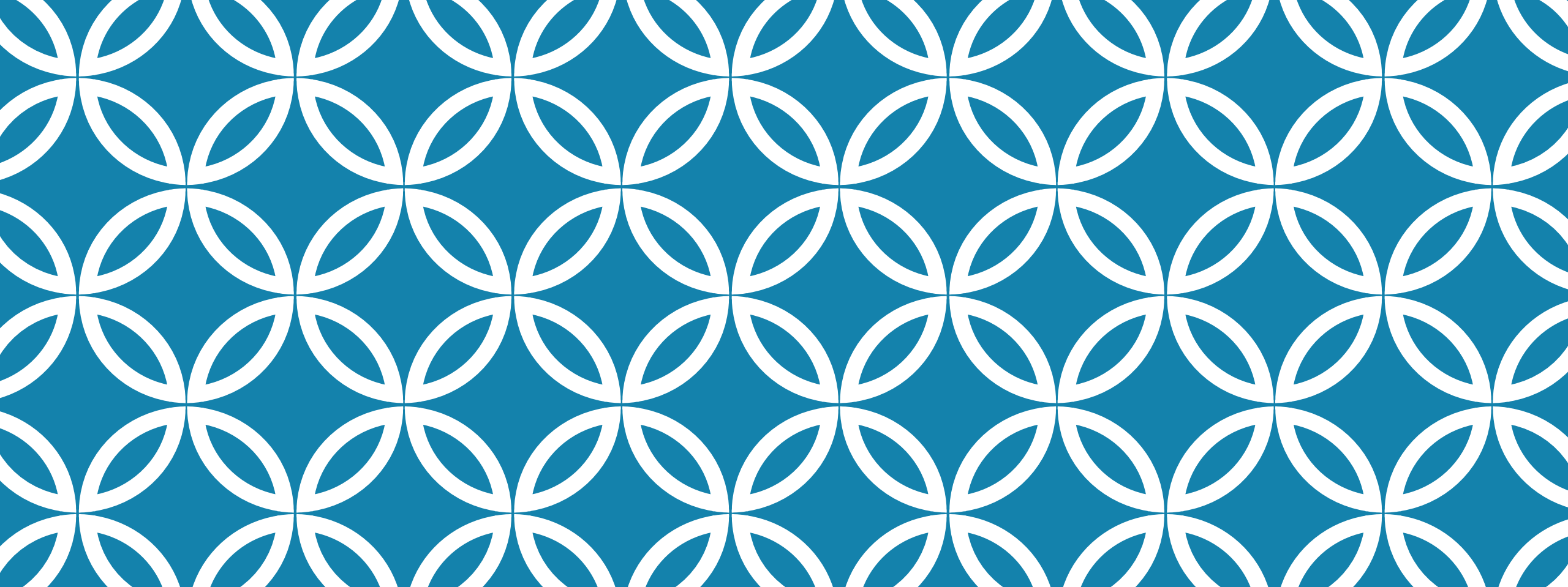
Explained in detail in Pada
abhyanga video

Gentle
downward
motion
along the
spine



MINI ABHYANGA — FOR WOMEN

1. Focus on settling Apana Vayu to correct the direction of Vata to “Anuloma” or downward direction.
 - When Vata is aggravated, it rushes in upward and downward direction leading to issues in bowel movement, proper urination and proper flow of menstrual blood
 - Hence, maximum time should be spent on lower abdomen + flanks + hips (front and back) upto knees to ensure proper flow of Apana Vayu
2. In addition, regular Pada Abhyanga atleast thrice a week is excellent to soothe aggravated vata, promote restful sleep and release accumulated gas through the body
3. Regular hair oiling is a given for Women to achieve good hair growth and texture— So I have not emphasized this particularly in this presentation!

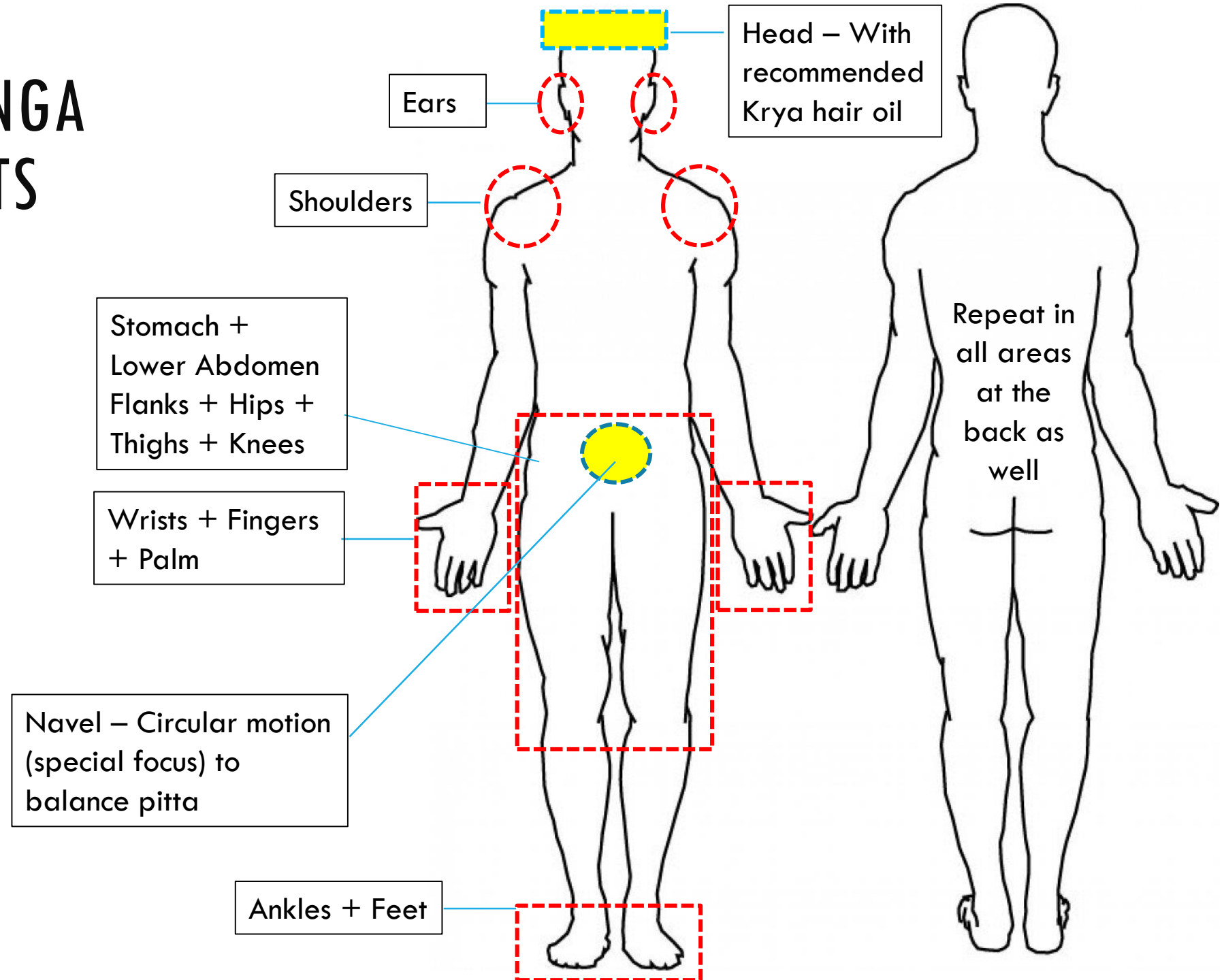


MINI ABHYANGA FOR MEN

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MINI ABHYANGA FOCUS POINTS MEN



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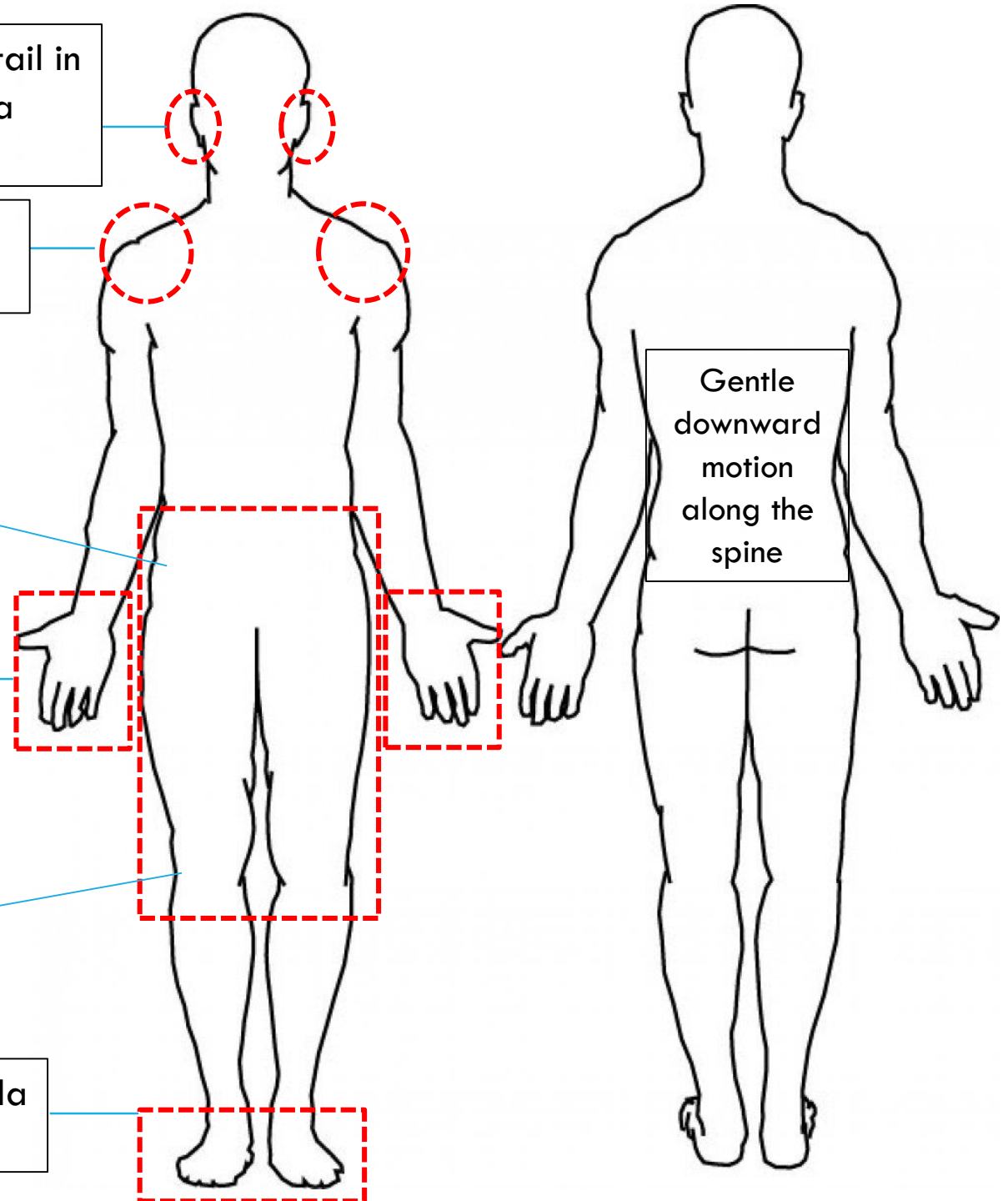
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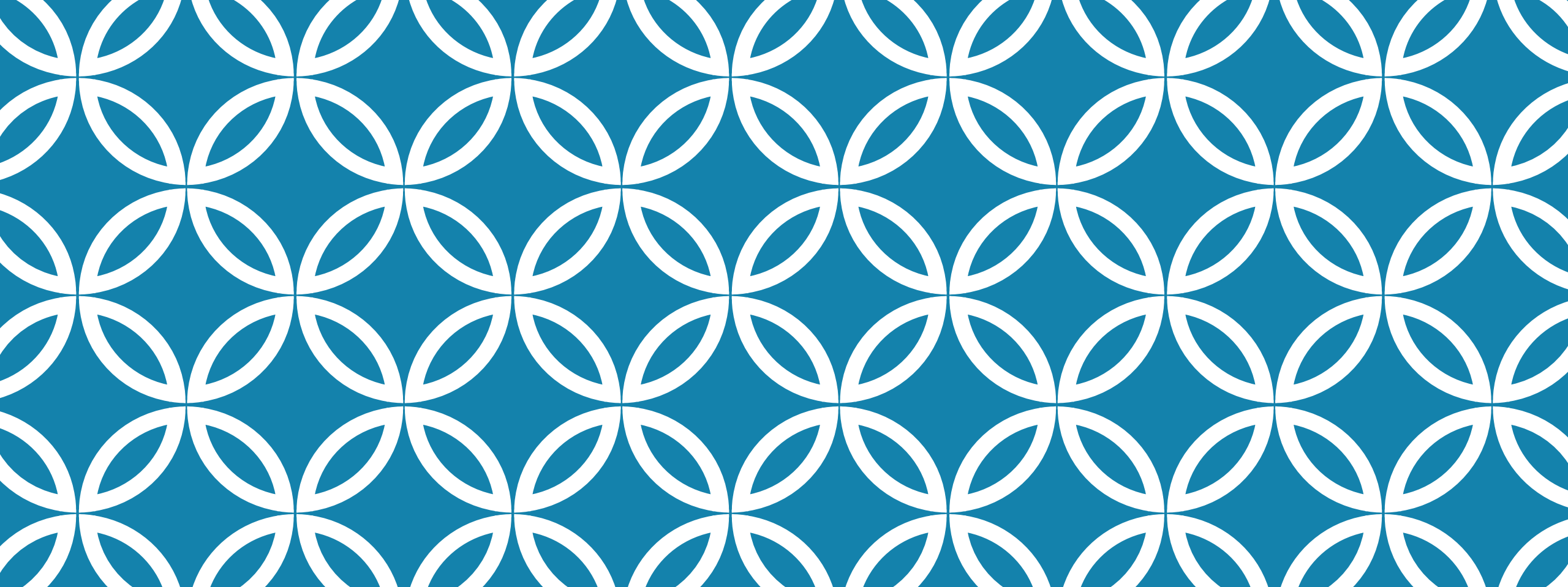
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MINI ABHYANGA — FOR MEN

1. Same as women, with 2 specific focus points to balance build up of Pitta dosha which is typically very high for Men
2. Emphasis on regular hair oiling at least 4 times a week (EVEN IF THERE IS NO HAIR PROBLEM) to help balance aggravated Pitta Dosha
 - Krya Classic Hair Oil, Krya harmony hair oil or a combo of these 2 is generally suggested for Men
3. Special emphasis on abhyanga around navel using CLOCKWISE, GENTLE CIRCULAR motion to help balance aggravated Pitta
4. Regular Pada Abhyanga at least thrice a week is also very helpful



MINI ABHYANGA POINTERS

Duration, Timing, Oil Choice, etc

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MINI ABHYANGA – DURATION & POINTERS

1. 1 - 3 minutes per focus point with warmed Abhyanga oil
2. Total Mini Abhyanga should take between 10 – 20 minutes depending on time spent
 - When massage is done for longer duration, the oil is able to penetrate much deeper into the dhatus
3. Use LESS oil compared to Full Abhyanga as we are NOT covering large swathes of skin
4. Focus on VIGOROUS MOVEMENT and creating WARMTH during the abhyanga

MINI ABHYANGA — PRECAUTIONS

1. Pregnant women should avoid massaging the lower abdomen, stomach , etc
 - If there is swelling of the feet, etc, they can do a gentle Pada abhyanga alone
2. Avoid Mini Abhyanga during
 - Periods
 - Fever
 - Cough / Cold
 - Fasting
 - Exhaustion / Tiredness
 - After severe sun exposure
 - In severely cold temperature where body is not accustomed to weather

MINI ABHYANGA – WHEN IS IT NOT ENOUGH

1. For very severe Vata Aggravation, doing a regular Mini Abhyanga is NOT ENOUGH to settle deranged Vata. Examples:
 - Post partum Women
 - Career sportspeople, serious Exercisers
2. Such people need to do more FULL ABHYANGAS to help the body balance aggravated Vata dosha
3. For beginners with above condition who are unsure about being able to do regular FULL ABHYANGA, here is a schedule:
 - Month 1 : 2 Full Abhyanga + 5 Mini Abhyanga + 5 Pada abhyanga
 - Month 2: 3 Full Abhyanga + 4 Mini Abhyanga + 4 Pada Abhyanga
 - Month 3: 4 Full Abhyanga + 3 Mini Abhyanga + 3 Pada abhyanga

MINI ABHYANGA – CHOICE OF OIL

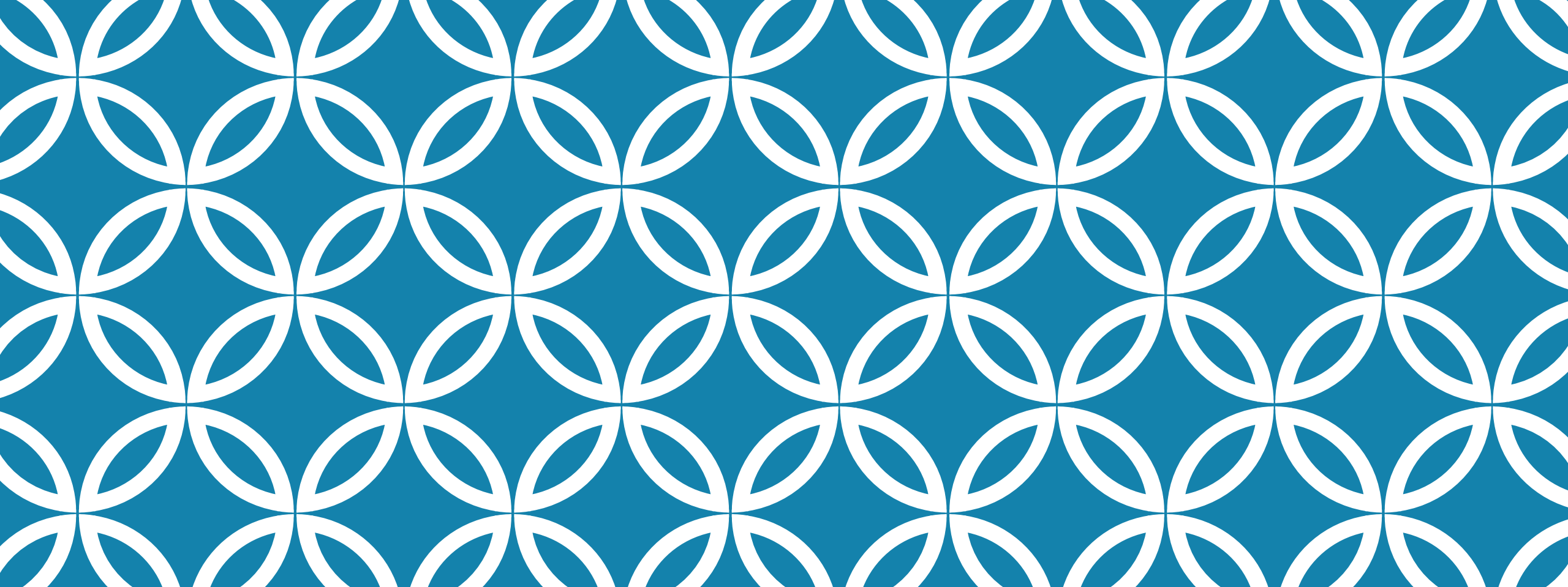


1. Krya Abhyanga Oil (Classic)
 - Default oil for any Abhyanga beginner
 - Works well for all Prakritis EXCEPT when there is VERY DERANGED VATA or Lifestage itself is NATURALLY VATA DERANGED (post partum women)
 - Can be used for Pitta Prakriti as well
2. Recommended for Men UNLESS VATA IS SEVERELY DERANGED
3. Recommended for Seniors UNLESS VATA DERANGEMENT DISEASE (Arthritis) exists
4. Best Washed off with Krya Women's Ubtan OR Krya Men's Ubtan

MINI ABHYANGA – CHOICE OF OIL



1. Krya Abhyanga Oil (Intense) : Oil suggested for Vata Prakriti People and for Vata aggravated conditions / lifestage. For example:
 - Thin, individuals who lose weight very fast / Emaciation after severe illness
 - Job / Career where night shifts, high speaking on cell phone, high air travel exists
 - Post partum Women
 - Career sports persons / serious athletes
 - Seniors with severe Vata disorders (arthritis)
 - Entrepreneurs
2. Is a more concentrated formulation with a different mixture of Vata reducing herbs.
3. Best used with Krya Ubtan range



THANK YOU!

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