

Ayurvedic Marma Massage - Lower Body

Massage 5 times in each direction with firm pressure, not allowing the fingers to slide over the skin except where noted.

This massage circulates the prana (life energy/force/air). It is especially useful when feeling particularly tired, weak, or depressed, or you feel like you cannot practice yoga on a particular day. It increases motivation, clarity, energy, and improves digestion. It is indispensable for increasing self awareness and compassion in the Self and others.

You can use oils when doing the marma massage before bathing. Sesame and almond oils are good to use, but consult an Ayurvedic practitioner to find out what is best for your dosha.

***Do not perform this massage when pregnant.**

You will know the massage is improving your health if:

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1. You combine the massage with ujjai or victorious (deep slow breath akin to a heavy sleeping breath) breath to decrease fatigue and improve respiration and cellular nourishment/oxygenation of tissues.
 2. Your digestion improves.
 3. You experience increased energy or ability to concentrate.
 4. If the number of tender points you experience during the marma massage begins to decrease. Keep a journal and note how many and which points are tender. Continuing the practice should yield LESS tender points, with time and combined detoxification (improved nutrition and movement/exercise therapy).
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Lower Body – sit comfortably, start on the left side

- Talahridaya – middle of the sole of the foot, behind the ball of the foot
 - Stroke - massage center of the top 1/3 of the sole of the foot 9 times, making circular motions in each direction
 - Action – benefits lungs and senses by reducing kapha and pitta
- Circle the ankles 9 times in each direction.
- Medial Ankle – located behind the inside of the ankle, behind the medial malleolus/inside ankle bone. Make circular massaging motions in each direction 5 times. Repeat on the outside of the ankle, behind the ankle bone.
- Manaibandha – located at the ankles
 - Stroke – Slide and flick the fingers from the chin to the ankle down to the toes.
 - Action – Relieves stiffness by reducing stagnation of vata and improving circulation of kapha.
- Indrabasti – Look for very tender spot in the center of the calf muscle
 - Stroke – press thumb into the muscle and gently make circular motions.
 - Action – benefits digestion and blood circulation, reduces pitta.
- Extra point – Iliotibial band massage – using fistful knuckles of one hand, apply pressure to the outside of the outer thigh, starting above the knee and not on the

knee joint. Apply hard pressure down over the ITB in an upward, toward the heart direction. Use your other hand if necessary to apply extra pressure.

- Katikataruna – located at the center of the buttocks, the piriformis point.
 - Stroke – make a claw hand with fingers together – apply pressure and make small circular motions in both directions
 - Action – reduces vata, benefits sluggish or constipated bowels, can be helpful for sciatica
- Nitamba – located along the upper border of the iliac crest.
 - Stroke – use thumb to massage the tender spots along the bone
 - Action – improves circulation to hips and strength in the legs, reduces Pitta and Vata