WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

20. Protocol sequencing: 60, 90, and 120-minute formats

Protocol Sequencing: 60, 90, and 120-Minute Formats

Introduction: The Art of Structuring Time

A master of *Kalari Uzhichil* is not only a skilled technician but also a master of time. Structuring a treatment within a specific timeframe is a crucial skill that ensures the recipient receives a complete, balanced, and effective session. It is not about rushing to fit everything in or dragging out a session unnecessarily; it is the art of intelligently allocating time to honor the body's needs while respecting the practical constraints of a clinical or wellness setting.

This chapter provides templates for sequencing a *Kalari Uzhichil* session into 60, 90, and 120-minute formats. These are not rigid prescriptions but adaptable frameworks (*tantras*). A skilled practitioner learns to feel the flow of the treatment, intuitively spending more time on areas of need, but these structures provide a reliable foundation for delivering a professional and holistic experience every time.

1. The 60-Minute Format: The Foundational Tune-Up

This format is ideal for regular maintenance, for clients with limited time, or as an introduction to *Kalari Uzhichil*. The goal is a full-body energetic sweep to balance the *Doshas* and relieve general tension, rather than deep-diving into complex chronic issues. The pace is fluid and efficient. \square

Focus & Goal

- **Primary Goal:** Full-body balancing and revitalization.
- Pace: Consistent and flowing, with no time for extensive, deep, focused work.
- **Key Omissions:** Deep, condition-specific protocols, advanced joint mobilizations, or work in the lateral position are generally omitted.

Approximate Time Allocation (60 min)

- Initial Check-in & Transition to Prone (5 min)
- Prone Position (25 min)
 - **Back & Spine (15 min):** Focus on long, warming strokes. Perform basic paravertebral work and dedicated kneading on the trapezius and lumbar regions.
 - **Posterior Legs (10 min):** Apply deep, upward strokes to hamstrings and calves. Briefly activate the **Indrabasti Marma** on each calf.
- Transition to Supine (Included in flow)
- Supine Position (25 min)
 - Anterior Legs & Feet (8 min): Long strokes on quadriceps and shins. A quick, invigorating foot massage (Pada Abhyanga) focusing on the sole.
 - Arms & Hands (5 min): Continuous long strokes from shoulder to fingertips.
 - o Abdomen & Chest (4 min): Gentle clockwise abdominal massage followed by expansive pectoral sweeps.
 - **Head, Neck, & Face (8 min):** Can be done supine or with the client briefly sitting up. Focus on releasing neck tension and activating the **Sthapani Marma** (third eye).
- Final Integration & Grounding (5 min)

2. The 90-Minute Format: The Comprehensive Therapeutic Session

This is the standard and most recommended duration for a therapeutic *Kalari Uzhichil*. It provides sufficient time for a thorough full-body treatment while also allowing for focused, deep work on one or two specific areas of concern, such as a

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

painful lower back or stiff shoulders.

Focus & Goal

- **Primary Goal:** To provide a holistic treatment while addressing specific complaints.
- Pace: Unhurried, allowing for deeper assessment and application of specialized techniques.
- **Key Inclusions:** Integration of condition-specific protocols (Chapter 16), detailed *Marma* sequences, and potentially the use of the lateral position for issues like sciatica.

Approximate Time Allocation (90 min)

- Consultation & Transition to Prone (5 min)
- Prone Position (35 min)
 - Back & Spine (20 min): Allows for a full spinal alignment sequence. Includes deep cross-fiber friction, focused sacral work, and specific activation of the Kukundara Marmas.
 - Posterior Legs & Gluteals (15 min): Deeper work on the hamstrings and gluteals, with time to address the piriformis muscle if needed.
- Transition and/or Lateral Position (10 min)
 - This time can be used for a slow transition or for 10 minutes of dedicated work on one side in the lateral position to address the IT band and hip.
- Supine Position (35 min)
 - Anterior Legs & Feet (10 min): A more detailed Pada Abhyanga, including work between the metatarsals and on key Marmas like Talahridaya and Kshipra.
 - o Arms & Hands (8 min): Thorough work on forearms, wrists, and individual finger joints.
 - Abdomen & Chest (7 min): Slower, deeper abdominal work and more time for energetic balancing over the Hridaya Marma.
 - Head, Neck, & Face (10 min): A complete Shiroabhyanga sequence, including suboccipital release and gentle neck stretches.
- Integration & Recommendations (5 min)

3. The 120-Minute Format: The Deep Rejuvenation Ritual

This two-hour session is a profound therapeutic immersion. It is designed for deep rejuvenation (Rasayana), detoxification, or for comprehensively addressing multiple, long-standing issues. The pace is meditative and luxurious, allowing the body and mind to enter a deep state of rest and healing. \Box

Focus & Goal

- Primary Goal: Deep systemic reset, profound relaxation, and addressing complex conditions.
- Pace: Meditative, spacious, and unhurried, with moments of stillness for integration.
- **Key Inclusions:** Use of all four positions (prone, supine, lateral, seated). Extensive and detailed *Marma Chikitsa*. Can incorporate related elements like localized oil pooling (*Basti*) if appropriate.

Approximate Time Allocation (120 min)

- Consultation & Setting Intention (10 min)
- Prone Position (40 min)
 - **Back & Spine (25 min):** Ample time for meticulous spinal work, deep muscular release, and holding pressure on *Marmas* for multiple breath cycles.
 - Posterior Legs & Gluteals (15 min): Complete and thorough treatment of the entire posterior chain.
- Lateral Position (20 min; 10 min per side)
 - Comprehensive work on both lateral lines of the body, fully opening the hips, side-waist (QL muscle), and shoulder girdle.
- Supine Position (40 min)
 - o Legs & Feet (15 min): A complete Pada Abhyanga ritual, treating the feet as a map of the entire body.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.







WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

- o Arms & Hands (10 min): A full Hasta Abhyanga, treating the hands with detailed care.
- **Abdomen & Chest (5 min):** Standard protocol, performed with deep presence.
- Head, Neck, & Face (10 min): A full and deeply relaxing Shiroabhyanga sequence.
- Integration & Rest (10 min)
 - This includes time for the recipient to rest quietly in Savasana for several minutes after the hands-on work is complete, allowing the profound effects of the treatment to settle and integrate fully.

Conclusion: Guided by Intuition, Framed by Discipline

These time-based protocols provide the discipline and structure necessary for professional practice. They ensure that every client receives a well-rounded and complete treatment. However, the true artistry of *Kalari Uzhichil* lies in transcending the clock. A master practitioner uses these frameworks as a guide but ultimately follows their intuition and the unique story the recipient's body tells them, allowing the healing session to unfold organically within the sacred space of the allotted time.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.