



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

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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. ☐

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.
 - **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

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**.
 - **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. ☺♀

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)**
 - **Legs & Feet (15 min):** A complete *Pada Abhyanga* ritual, treating the feet as a map of the entire body.



- **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.