

# Nourish: An Abhyanga Ritual

A 90-Minute Guided Self-Care Experience for the Body, Mind & Spirit

<b>Duration</b>	90 minutes
<b>Format</b>	Group workshop: in-person, guided
<b>Group Size</b>	Flexible: intimate groups to larger studio classes
<b>Ideal For</b>	Yoga studios, wellness centres, women's circles, practitioner groups
<b>Facilitator</b>	Cindy O'Donnell, RMT & Yoga Teacher (20+ years clinical experience)

## OVERVIEW

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Abhyanga is an ancient Ayurvedic practice of warm oil self-massage and one of the most enduring acts of self-care a person can offer themselves. In this 90-minute guided experience, Cindy O'Donnell leads your group through the art and intention of this sacred ritual, making it accessible, grounding, and deeply nourishing for modern bodies and busy lives.

Drawing on over 20 years as a Registered Massage Therapist and her background as a yoga teacher, Cindy weaves together the history of Abhyanga, the science of touch and self-compassion, gentle therapeutic movement, and a closing guided meditation creating an experience that is both educational and profoundly embodied.

## WHAT TO EXPECT

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Participants move through four gentle phases over the 90 minutes:

### The Foundation

Cindy opens with the history and cultural roots of Abhyanga, sharing why this practice has endured for thousands of years and what modern science tells us about the power of intentional touch and self-compassion.

### The Practice

Using warm oil, participants are guided through a full-body self-massage sequence at their own pace and comfort level. As an RMT and yoga teacher, Cindy weaves in gentle therapeutic stretches and simple range of motion techniques to help the body release tension and arrive into presence.

## The Integration

A guided meditation and Shavasana close the practice, allowing the nervous system to fully absorb the nourishment of everything offered.

## The Takeaway

Participants leave with clear instructions to recreate this ritual at home so the nourishment continues long after the session ends.

## WHO THIS IS FOR

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This experience speaks to anyone who has been giving more than they have been receiving, anyone whose body has been carrying more than it has been held. It is especially resonant for:

- Yoga studios and wellness centres looking for a meaningful, embodied workshop offering.
- Women's circles and community groups seeking a shared ritual of self-care and connection.
- Practitioners and spiritual entrepreneurs ready to model the self-love they teach.
- Anyone craving an experience that goes somewhere beyond the surface of a typical wellness class.

## WHAT PARTICIPANTS SHOULD BRING

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- Comfortable clothing that allows arms and legs to be uncovered to each participant's own comfort level (tank tops, shorts, or loose layers that can be rolled up work well).
- An open heart and a willingness to slow down.
- All oils, supplies, and materials are provided.

## WHY CINDY

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With over 20 years of clinical experience as a Registered Massage Therapist, a background in yoga teaching, and a practice built on the intersection of Spirit and Science, Cindy holds this space with both professional grounding and genuine warmth. She understands the body and what it means to finally stop running from it.

Cindy's approach honours the roots of Abhyanga with respect and humility, offering this practice as a guide rather than claiming it and bringing the full weight of her clinical expertise to make it safe, accessible, and deeply effective for every participant in the room.

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To book or inquire: [cindyodonnell.ca@gmail.com](mailto:cindyodonnell.ca@gmail.com) | [@cindyodonnell.ca](https://www.instagram.com/cindyodonnell.ca)

"Where Spirit meets Science & healing is fun!"