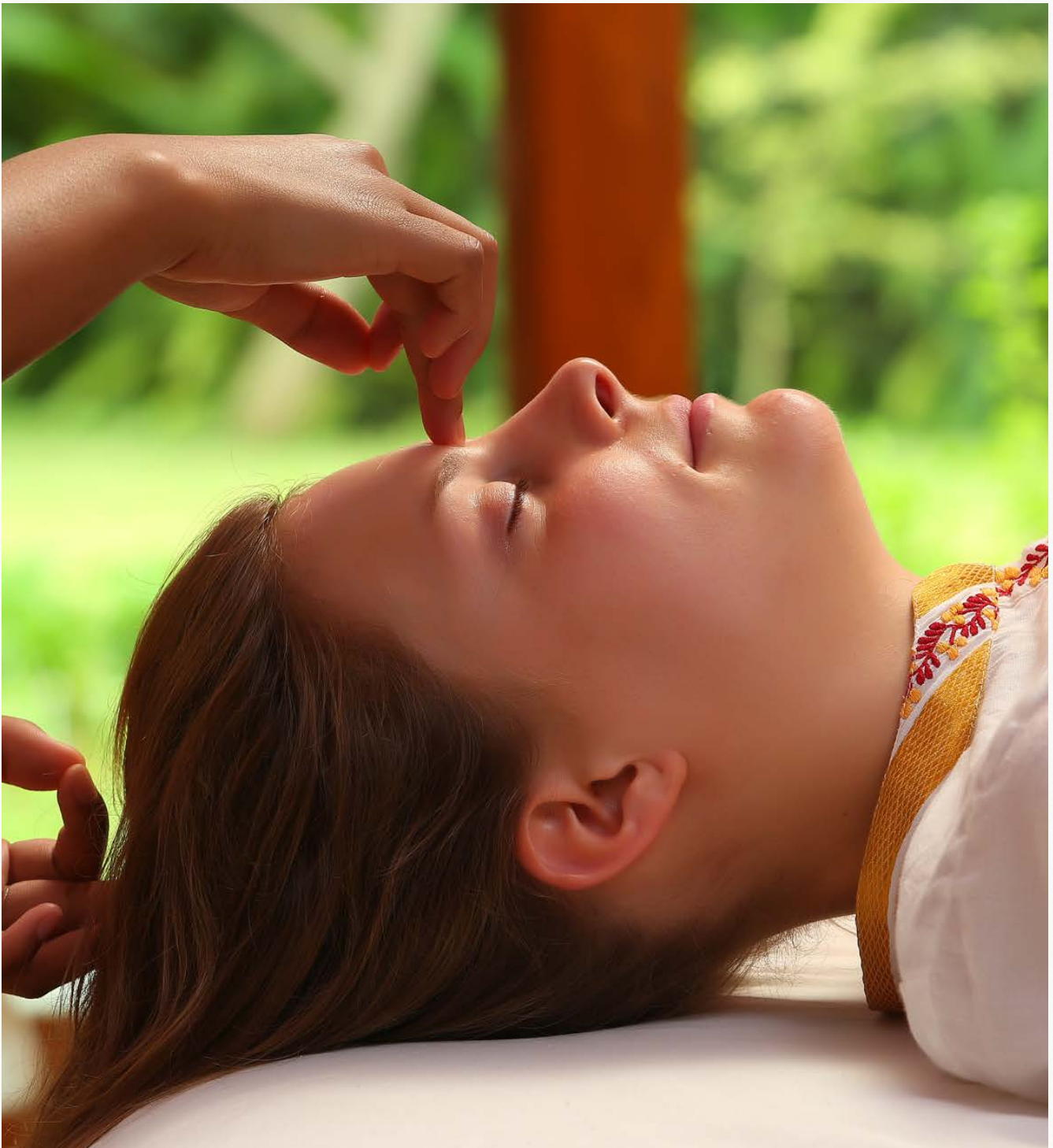


SriSri[®]
WELLBEING
holistic health

MARMA

Know the 107 Healing Marma Points





A tropical landscape at dusk. Several tall palm trees are silhouetted against a deep blue sky with light clouds. In the background, a traditional building with a red-tiled roof is visible. The overall mood is serene and peaceful.

SRI SRI WELLBEING

Amidst modern science, today the wisdom of ancient Ayurveda and other Alternative Therapies have carved a niche for itself. Sri Sri Wellbeing's Training Programs are a milestone in this direction. The primary objective of these Training Programs is to boost knowledge in the area of wellbeing. Besides, these programs are certain to increase productivity of the individual and also enhance their skills.

These Training Programs have given birth to umpteen practitioners who are today, nurturing health and happiness, and healing humans holistically.

What is MARMA

The ancient definition of marma points, handed down to us through the centuries, is specifically "the various points on the body where subtle life energy becomes matter, where thoughts transfer into the physical". Marmas are junction points in the body where matter, mind, and consciousness meet. Marmas are fundamental built-in electrical switches.





MARMA

Training program

Know the 107 Healing Marma Points

The marma points link to the subtle channels called nadis (similar to meridians in the Chinese system of medicine). Just as in the physical body the passage ways become blocked by toxins, so too the tiniest of mental stresses will cloud or obstruct these subtle points, reducing the flow of energy. Gentle pressure on the marmas releases the blocks and allows prana, or life energy to flow to the connecting organs or tissues giving them a new lease of life. The Marma technique is potentially the most restorative of the Ayurvedic treatments as it harmonizes the body's built-in energy network.

SYLLABUS

- Training in Marma Polarity Routine
- Training in 28 major Marma Pointa
- Basic Principles of Ayurveda.
- Science of the Subtle Body
- Practice sessions
- Daily Sadhana
- Satsang

Duration

5 Full days

Medium of Teaching

Online / Offline

Language of Teaching

English, Hindi, Malayalam

Eligibility Criteria

1. Any one with above 18 years of age.
2. Not having any
 - a. Contagious/Infectious diseases,
 - b. Skin Discuses Physical Disabilities/Deformities,
3. Must have experienced 'Sri Sri Marma' from an approved Marma Practitioner

Fees

Rs. 35000



WE OFFER TRAINING FOR

Meru Chikitsa

Rakkenho

Hand & Foot Reflexology

Meridianology

Acupressure

Ayur Jagruti

Swasthya Pracharak

Swasthya Shibir

Cosmetology

Ayurveda Cooking

Nadi Pariksha

Sri Sri TM
WELLBEING
holistic health

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