

SriSri[™]
WELLBEING
holistic health



Sri Sri Wellbeing Training Institute

www.srisriwellbeing.com

A tropical landscape featuring several tall palm trees in the foreground and middle ground. The sky is a deep blue with soft, wispy clouds, suggesting a sunset or twilight. The overall mood is serene and natural.

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.



Sri Sri Institute of Training Programs

Sri Sri Institute of Training Programs

Amidst modern science, today the wisdom of ancient Ayurveda and other alternative therapies have carved a niche for itself. Sri Sri Institute of Training Programs are a milestone in this direction. We offer trainings in different healing modalities and programs, which aim to make authentic Ayurveda a household name. These programs have given birth to umpteen practitioners who are today, healing humans holistically.

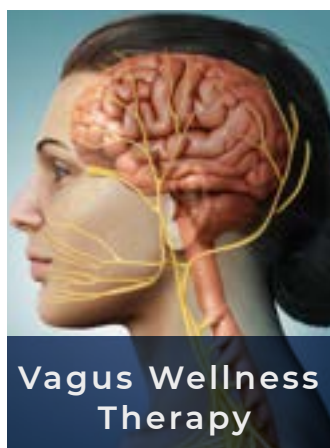
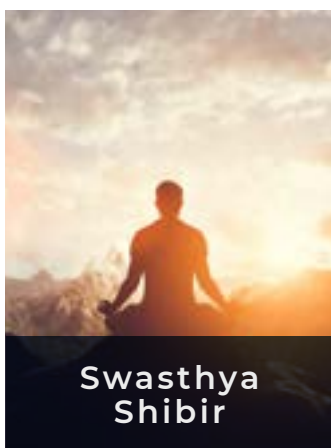
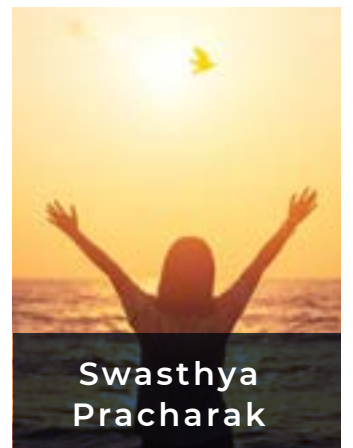
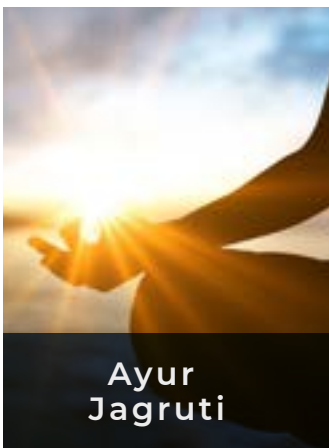
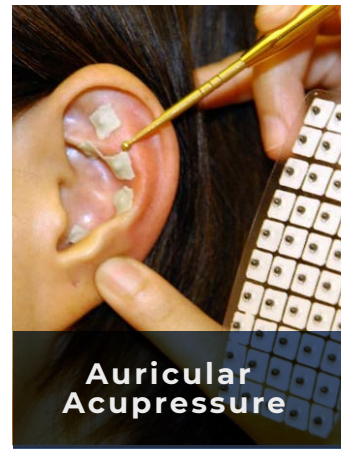
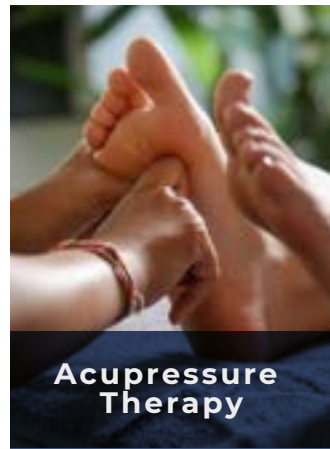
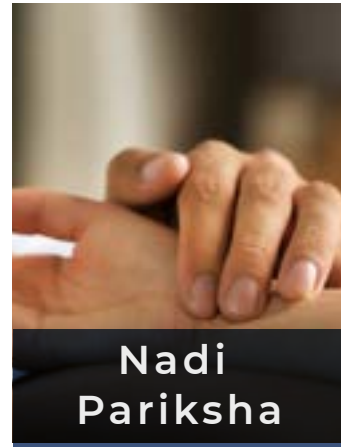
Our training institute is dedicated to fostering personal and professional growth. Our commitment to excellence is reflected in our diverse range of programs, experienced faculty, and state-of-the-art facilities.

Our students will also be provided with prestigious certificates at the end of all training programs, which will give them recognition in the professional arena.



Trainings we Offer

We offer Training for the following 15 Programs across India



Acupressure Training Program

Discover the power to heal yourself



The Acupressure Practitioners Training Program will provide a complete knowledge of Reflexology & Meridianology, making the participant a Certified Acupressure Therapist. Participants will not only be able to self-manage up to 200 Lifestyle disorders, but also start their own practice.

Ayur Jagruti

Pack more Wellness into your day with Ayurveda



Ayur Jagruti Training Program is specifically designed to equip students with the fundamental knowledge of Ayurveda in a simplified manner. This program will guide participants on balanced diets required as per climatic changes. Besides, this program focuses on self-care for optimal wellbeing, includes 9 therapeutic mudras, easy stretches for health and also offers daily detox tips. Participants will have an understanding of the ancient science of Ayurveda in an authentic and practical manner.

Ayurveda Cooking Program

Your Journey to Holistic Health



Ayurveda Cooking Program provides knowledge on the 6 tastes as per Ayurveda and their importance. The program focuses on dosha balancing diet and creates awareness on our eating habits. The program's approach to cooking, is for enhancing our digestive health. This program is not only inclusive of seasonal recipes and Ayurveda desserts & beverages, but also weekly meal plans.

Ayurveda Skin & Hair Care Training Program

Glow inside out



Ayurveda Skin & Hair Care Training Program provides knowledge about the time & tested Ayurveda secrets to achieve and maintain healthy, glowing skin & hair. This program focuses on nourishment from within, exploring the connection between Ayurveda, diet & beauty, and creates awareness about the importance of diet for a clear & healthy skin. Besides, participants will have a better understanding of the environmental impact of their beauty choices and therefore be able to embrace eco-friendly and sustainable beauty routines.

Hand & Foot Reflexology Training Program

Discover Secret Points on Hands & Feet



The Hand & Foot Reflexology Training Program provides an opportunity to understand the power of consciousness in the area of healing and will invoke your internal energy to heal others. Participants will be certified by the Health & Skill Sector Council, Government of India. They will also be eligible to start private practice, home visits & health camps on successful completion of the program.

Meridianology Training Program

Life-energy channels



The Meridianology Training Program will provide full knowledge of 14 Meridian Channels and 450+ Acupressure Points. Participants will learn the relation between emotion and organs. This program is designed to make treatment protocols using Meridian points. Besides, it will focus on Meridian massage techniques, 5 element theory and yin-yang theory. Participants will also be provided with certificates.

Meru Chikitsa

Align your entire system & tune into your true nature



The Meru Chikitsa Practitioner's Training Program is specifically designed to equip students with the necessary skills and knowledge to become proficient Meru Chikitsa Practitioners. This program addresses spinal distortions and focuses on the restructuring of the spine, muscles, bones, tissues, and overall nervous system wellbeing.

Students will learn therapeutic approaches that effectively resolve health concerns in clients without resorting to invasive surgeries or extensive intervention from other therapies or medical practices. Additionally, students will be exposed to various holistic approaches for health and wellbeing, resulting in an improved quality of life.

RakkenHo Training Program

Become Healthier as you Heal others



The Rakkenho Practitioners Training Program is designed to provide a treatment protocol for 100+ diseases and organ & emotional connection. Participants will have a comprehensive understanding of Rakkenho Therapy, a therapeutic approach that combines elements of manual therapy, bodywork, and movement education. This program will equip participants with the knowledge & skills to assess and address musculoskeletal imbalances, restore optimal body alignment, and promote overall well-being using anatomical principles and techniques. Certifications will also be provided.

Swasthya Pracharak Training Program

Adding value to the lives of people



Swasthya Pracharak Training Program will give participants an opportunity to make a positive impact in the lives of people. The program addresses faulty lifestyles and harmful food habits, due to which people are facing various mental and physical health issues. This program focuses on wellness and holistic health based on the principles of Ayurveda.

Swasthya Shibir

A uniquely designed program on health



Swasthya Shibir Training Program provides knowledge about the practical ways to follow a healthy lifestyle & diet, based on the time and tested philosophy of Ayurveda. Besides, this program will offer interesting home remedies and also create more awareness about planting a herbal garden. This program focuses on traditional and seasonal food recipes based on the place one resides in. Participants will have an understanding about the various levels of Ayurveda Chikitsa (right treatment), allowing them to achieve holistic health and balance in a reliable manner.

Nadi Pariksha Training Program

Master the Art of Pulse Diagnosis



Nadi Pariksha Training Program provides knowledge on the time & tested, accurate pulse diagnosis from industry experts. Participants will be educated about the importance of Nadi during any treatment phase. The program throws more insight on dhatus, doshas and their location in the body. The program also issues certificates to participants upon successful completion and assessment.

Vagus Wellness Therapy Training Program

Revive your Vagus Nerve & unleash Wellness



Vagus Wellness Therapy Training Program provides knowledge of vagus nerve, its function and its influence on overall health. Participants will learn diverse techniques such as Self-Healing Osteopathy Treat (SHOT), breathing exercises, yoga, vagus stretches, meditation and other complementary practices known to positively influence vagal tone & wellbeing. This training is a pioneer program which also issues certificates to participants.

Diploma in Auricular Acupressure

Manage 50+ Lifestyle Diseases



Auricular Acupressure Training Program provides basic knowledge about Auricular Acupressure and how to balance the energy flow in our body using Auricular Acupressure. The program focuses on Acupressure points for ears and the methods for applying pressure. The program addresses more than 50 lifestyle diseases, making treatment protocols for the same, using Ear Acupressure points.

Marma Training Program

Know 107 Marma Points



The Marmam technique is potentially the most restorative of Ayurvedic treatments as it harmonizes the body's built-in energy network. Marma is widely popular as a treatment. Simple and effective, with a minimum of equipment, it can be practised anywhere.

Marma points are like the body's GPS coordinates for optimal health and well-being. They are interconnected with the subtle channels known as nadis, akin to the meridians in Chinese medicine. Just as physical toxins clog our bodies, even the tiniest mental stresses can obstruct these vital points, impeding the flow of life energy (prana).

WE OFFER TRAINING FOR

Meru Chikitsa

Rakkenho

Hand & Foot Reflexology

Meridianology

Acupressure

Ayur Jagruti

Swasthya Pracharak

Swasthya Shibir

Cosmetology

Ayurveda Cooking

Nadi Pariksha



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