

JONATHAN HINDE (UK)

“AN INTRODUCTION TO SUKSHMA MARMA THERAPY® - A GENTLE, POWERFUL AYURVEDIC TREATMENT”



Marma Therapy is the art of treating specific vital points on the body and is one of the greatest healing secrets of Ayurveda. In contrast to the rather robust and vigorous forms of Marma Therapy found in South India, Dr Ernst Schrott, Dr JR Raju and Stefan Schrott (authors of the book *Marma Therapy: The Healing power of Ayurvedic Vital point massage*) developed a very gentle technique they called Sukshma Marma Therapy®. Sukshma means gentle or subtle and this treatment creates silence within the targeted marma point. It also re-establishes its proper functioning and regenerates its energy resources.

Sukshma Marma Therapy acts primarily on the level of consciousness and secondarily in the body and its organs. The initial focus is on the energy-related aspects of the points – the field of consciousness within the marma, the energy field or aura around the marma, and the proper flow of prana in the related nadis. Essential oil blends are generally used to enhance the treatment.

This engaging workshop with Jonathan will explain the background, the practice, and details of which conditions can be treated with Sukshma Marma Therapy®. During this workshop you will also experience what it is like to receive Sukshma Marma Therapy and talk about the essential oil blends used in treatment. Details will also be given of how you can train as a Marma Therapist.

About Jonathan...

Jonathan Hinde is a qualified Sukshma Marma therapist, MD of Oshadhi Essential Oils, and a teacher of Transcendental Meditation.

www.oshadhi.co.uk