

ANCIENT HEALING RETREAT

1 - 28 NOV

2024

Course information

IN NEPAL

FOR PERSONAL AND PROFESSIONAL DEVELOPMENT

PERSONAL AND PROFESSIONAL DEVELOPMENT WITH ANCIENT HEALING

The Healing Hands Center is based in Kathmandu, Nepal, where Rahul Bharti teaches a comprehensive one-month course in ancient healing techniques.

Whether you're interested in mastering these techniques for personal self-healing or the professional treatment of others, this training was developed to serve both purposes.

Because according to the ancient teachings, 'self-healing and the healing of others are two sides of the same coin'.

After all, ANY development starts with self-development. That is why at The Healing Hands Center, each student is trained in an equally professional way, with respect for personal questions, health- and life issues.

The purpose of this unique training: to develop an awareness that will enable you to diagnose and mediate blockages that affect you - or others- on a physical, mental, and energetic level.

'The magic is in you!

We give you the tools, you do the work!'

COURSE CONTENT

UNDERSTANDING THE ENERGETIC SYSTEM & SELF-HEALING

Rahul takes you on a journey whereby you learn the anatomy and physiology of the energetic body. You will learn how to become in charge of your own health with the use of self-healing exercises. These exercises focus on balancing and grounding your energetic system and is part of a 2 weeks detox program.

DETOX PROGRAM

The detox program is a method to clean and re-balance your whole system. During the 14-day program, you will work on your physical, psychological and, energetic system to raise your immune system. The program consists of lifestyle changes, energetic exercises, a diet, a cleansing of the intestine and physical exercises.

ANCIENT 'YOGA' STRETCHES

Ancient yoga stretches create a perfect balance between flexibility and strengthening of the muscles. It helps to prevent, improve, or even remove many physical ailments. You will master a 1,5 hour workout that is not only benefiting you on a personal level, but also your massage work as a therapist and it is easily taught to others.



MEDITATION

We like meditation in action. Therefore, all our meditation exercises have a specific focus. For example, we make use of sound, imagination or breathing to calm the mind and work on the energetic system. During the course you will learn plenty of meditation exercises.

HOW TO GIVE A HIGH-QUALITY TREATMENT

We heal by healing others. Learn how to diagnose conditions and counter them with high-quality treatments. Additionally, subjects such as treatment environment, materials, treatment timings, and cleaning the energy are also taught.

ANCIENT 'THAI' MASSAGE

Traditional Thai massage is an extraordinary method of aligning the energies of the body. It consists of a combination of stretches, pressure points and 'tai chi' movements that almost look like a meditative dance. You will learn how to give a traditional Thai massage of 1,5 hours true to the original technique created by Dr. Jivaka Kumar Baccha, the doctor of the Buddha.

DANCING WITH THE WIND

'Dancing with the wind' is a short energetic practice that looks like Tai Chi. It is a great meditative practice and will balance your energy. It also helps the massage therapist to learn the feeling of a flow in a massage.



SOUND HEALING WITH SINGING BOWLS

"What we can not do with our hands, we can do with the singing bowls..." You will learn about the history of Tibetan singing bowls, how they work, what they can do for someone. At the end of the course, you will be able to play 3 impressive sequences originating from the Shamans from Sri Lanka.

ENERGY HEALING

The energy healing exercises are first focused on self-healing by balancing your masculine and feminine energy, grounding, giving love and confidence or taking heavy energy away. Subsequently, you will learn how to apply this onto others through a specific laying hands technique. A 1,5 hour treatment, called 'ancient healing' the original predecessor of reiki.



PRACTICAL INFORMATION

Course date

1 – 30 November 2024

The training takes 24 days, spread over 4 weeks. Classes are held from Monday until Saturday. On Sunday the students have a day off.

9.00 – 13.00 (class)

13.00 – 14.00 (lunch break)

14.00 – 17.00 (students practice with assistant)

Extra gift

Normally our course would be from 1 – 28 November, however, we have decided to give 2 days as a gift whereby we enjoy the nature of Nepal during a rafting trip and a small trekking.

Course location

1 – 10 November – Hotel Thamel Park

Chaksibari Marg 594-16 (*street and number*)

Thamel (*area*)

Kathmandu 44600 (*city and postcode*)

Nepal

www.hotelthamelpark.com

Ph: +97714701536

11 – 30 November – Little River Camp

Sukute Beach

Nepal

Certification

Students receive a certificate of completion for the one month professional Ancient 'Thai' Massage course with 120 hours classroom instruction. Our certificate is recognized by the Thai Healing Alliance and Natural Health Practitioners of Canada.



Price

€ 2500

The course price includes:

- Course fee
- Food: breakfast – lunch and dinner
- Accommodation during the course: shared room with private bathroom (2 persons)
- Transportation to the accommodation in Sukute Beach on the 11th of November
- 2 Days activities in nature: rafting and small trekking, incl. food and lodging

Course language

The course is taught in simple English. There is no interpreter for any language.

Payment

€ 750 – deposit. When the deposit is paid, your spot at the course is confirmed. The deposit is non-refundable.

Payment details will be provided after we have received the registration form.

€ 1750 – to be paid in cash in Nepali currency (NPR). The amount in Nepali currency should be estimated with the exchange selling rate of the 1st of November, the day that the course starts.

At the ATM from NABIL bank you can take 35.000 NPR (or sometimes up to 40.000 NPR) out of the ATM for 700 NPR (+/- 5 euro) at a time (according to 22/3/2024). This seems to be the best rate from the ATM. If possible, start already to take cash out of the ATM before the 1st of November.

Another option is to change money at the airport or other exchange offices in the city. You can bring a maximum of € 2000 into Nepal.

Cancellation policy

We kindly ask you to consider your commitment to join the course before you register yourself.

Your spot at the course is only confirmed after we have received the deposit of € 750, which is non-refundable.

Visa

For most countries, you can get a visa on arrival at the airport in Kathmandu. You can find all information about the visa at:

<https://www.immigration.gov.np/page/tourist-visa>

You can also already apply online for the visa at:

<https://nepaliport.immigration.gov.np/online>

Always apply for a tourist visa, mentioning you are visiting Nepal for a holiday.

Vaccinations for Nepal

Check vaccinations, that you might need / would like to take, by the health services in your country for the most up to date information.

Weather

In the month of November, the mornings and evenings can be cold (around 10°C). During the day, the temperature rises around 20°C.

What to bring

Hereby a few tips for your packing

- a torch (*electricity is not always stable in Nepal*)
- mosquito repellent
- light colored clothes (*lighter colours are less interesting to mosquitos than darker shades like navy and black, red or orange*)
- sunscreen cream
- a hat
- sunglasses
- warm clothes for the chilling mornings and evenings
- 1 L thermos bottle (*to be used during the detox program*)
- a recorder (*you are allowed to record the course - for personal use only*)
- a camera (*you are allowed to film the course - for personal use only*)
- loose, comfortable clothes from a natural fabric, for example cotton (*for the practice of the massage and exercises*)
- - if you wear contact lenses, make sure you bring glasses as well (*Kathmandu is quite dusty*)
- - medication passport and medication itself if you use any medication
- - some pass photos if you would like to buy a Nepali sim-card (*however, can also be made in Nepal but it saves you time*)

Course preparation

You can do a little preparation for the detox program to bring or buy a 1 to 1,5 L thermos bottle. You can buy this in Kathmandu, or you can bring it from your home country.

Further, just come with an open mind and put everything you have learnt before to the side for this month. After the course, you can make your own mixture of all teachings you ever received and use what works best for you.

Safety Kathmandu

Kathmandu is quite a safe city. The people are very friendly and helpful. However, we do not recommend to walk, especially alone, in the night on the streets.

Contact

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