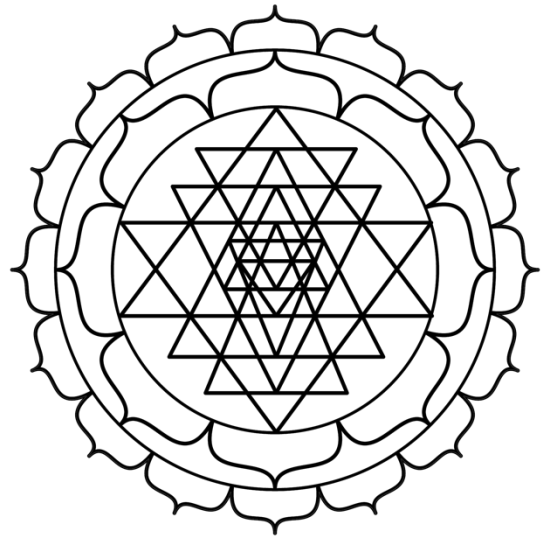


# energy treatment (prana sampradyam) & ayurvedic psychology session

90-120 minutes  
online via zoom/skype  
or whatsapp

## about

kalari healing therapies have been proven effective over hundreds, if not thousands of years in southern india. the ancient tradition of physical and pranic (energy) treatment promotes healing at the deepest level.



treatments follow the fundamental principles of india's medicinal system, ayurveda (ayur=life / veda=science) and have also been influenced by siddha medicine and other regional indigenous knowledge systems.

like chinese and tibetan medicines, ayurveda views a human being as a microcosm of the natural world. treatments assist the body to return to a state of balance so that it can ultimately heal itself.

what distinguishes the kalari therapist's medical expertise from that of other specialists is their psychophysiological training as a martial artist. this gives the practitioner extraordinary control over their body and thus control of the vital energy or wind (prana vayu). the efficacy of treatment is based on this ability to control and channel prana (energy) while giving treatments.

## sessions

prana sampradyam translates as 'energy lineage', referring to the practice of understanding and working with the subtle energy system of the body.

the method of reading and receiving energy (prana) is simple. when treatments are conducted in person, a recipient remains clothed and lies or sits and relaxes. the kalari therapist gently places their hands in a series of non-intrusive positions near the body to analyze and revitalize the energy system.

when treatments are given over distance, the recipient will sit or lay and relax, while the therapist goes into meditation. energy is not limited by space, meaning the therapist can analyze and treat the energy system from any location.

once the energy treatment is complete, where blocks in the system were present, the therapist will discuss these with the client and together they will talk through holistic ayurvedic lifestyle practices (movement, diet and herbs, pranayama or breathing exercises, mindfulness and spiritual practice) to rebalance the mind, body and energy.

## **benefits**

treatments help:

- empower and support you to understand and harmonize your physical, mental, emotional and spiritual self.
- relax and restore balance if you are feeling overwhelmed or disconnected.
- assist you to work through or release negative energy, thoughts, or habits that may be impacting your wellbeing.
- bring feelings of peace, centeredness and an ability to cope better with the challenges of life.

## **about the therapist**

what--makes has over 20 years' experience in kalari, yoga, ayurveda, insight meditation and mindfulness-based therapies.

they have spent several years living in india, north and south america, studying health sciences with indigenous and traditional people.

what--makes is passionate about passing on the philosophies and practices they have learnt with their teachers.