



Invitation Marma Training from 15th -19th September 2010, Germany

Dear Friends,

We are delighted to invite each of you to our first Marma therapy course, which will take place in Bad Antogast at the Sri Sri Ayurveda centre, from 15th September 2010. The course will be led by one of our finest teachers, Ann Revington. She will be coming from the Canada Ashram Sri Sri Ayurveda Centre. Ann has been working for many years as an Ayurvedic therapist and teacher and is currently the Director of the Sri Sri Ayurveda Centre in Canada. This is a unique opportunity to learn Marma from one so experienced. Ann will be sharing knowledge acquired through more than fifteen years dedicated to this ancient therapy.

Date: from 15th (starts with Satsang) to the 19th September(5pm)

Price: 450 € plus accommodation and food (38€/ 46€/ 54€ - per day)

Prerequisite / requirement: Part I + 2x Part II or 1x Part II and Sri Sri Yoga TTC, or Part II and DSN

What is Marma therapy?

Marma is a Sanskrit word meaning ' secret, hidden, vital.' On the surface of our body are found sensitive points where energy or Prana is concentrated. Marma is that ancient technique of activating energy points on the physical level to energize and relax the whole system. By exerting gentle pressure on these Marma points, one can release the blocks and allow the Prana or life energy to flow to the connecting organs or tissues, thus giving them a new lease of life. Marma promotes a greater balance and integration of the body, mind and consciousness. Guruji highly recommends the learning of this practice.

Please do not hesitate to contact us in any case.

Kind regards

Susanne Kamp and Team

<h2 style="margin: 0;">Training in Marma</h2> <h3 style="margin: 0;">Application Form</h3>
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Course Description:

- Prerequisites: Art of Living Course Part 1 + recommendation from an Art of Living teacher who knows you.
- Minimum of 2 Advanced courses or 1 advanced and 1DSN or 1 advanced course or Yoga TTC Acceptance will be given on stability in Sadhana practice.
- Basic training. 24 hours over 4 days.
Practicum: minimum 10 reported treatments with non paying clients, checked by a designated practitioner in your area and re-checked by your tutor (or designated tutor) when feasible each year.

I wish to enrol for the _____ training course in Marma
(dates)

Name		Date of Birth	
Address			
Home phone		Work phone	
E-mail		Mobile phone	
I have taken the following "Art of Living" courses (one Part 1 course required)			
Part 1 Course dates:		Teacher :	
Other courses (Part 2 __, DSN __, Sahaj __, SSYTTC __):		Teacher(s):	
<i>Please enclose a letter of recommendation from an AoL teacher who knows you..</i>			
Physical state of health:		<i>(This document is strictly confidential)</i>	
Skin diseases:			
HIV:		Hepatitis	
Mental State of Health:			
Food Allergies:			
Drugs:	Prescribed:	Recreational:	
Cigarettes: Yes	No	Alcohol : Yes	No
Why do I wish to learn marma? (use reverse, or include separate sheet)			
My profession and hobbies:			
Accommodation and food: 38 € Group Room without Bathroom / 46€ Group Room with Bathroom / 54€ double room +Bathroom			
Training Fees: 450€			
Payment: please enclose with application			
Credit card No : for security, please give over the phone			

I agree not to teach this practice to other persons or groups . I agree to practise Marma only in conjunction with Personal practise of Asanas, Pranayamas, Sudarshan Kriya and Meditation.