

“MARMA THERAPY - ENLIVENING THE 'COSMIC SWITCHBOARDS' IN THE BODY USING ESSENTIAL OILS” Jonathan Hinde (UK)

Our health and vitality depends on both physical and psychological well-being. The Marmas are the points on the body where there is the most direct connection between mind and body. Many (most?) health complaints have their basis in an imbalance at this 'mind-body interface', and by treating these points in a gentle way one can enhance the flow of vital energy (*Prana* or *Chi*) in the body, sometimes with quite dramatic results. The essential oil blends enhance the effect.

Our hands are full of such Marmas, and these give us the sensitivity to feel mentally and physically, informing the way we move our hands and the way we touch.

The technique of treating Marmas in this way is known as Sukshma Marma Therapy® and was developed by Dr Ernst Schrott who gave a presentation at Botanica 2016. 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 (time permitting) and details will be given of how you can train as a Marma Therapist.

About Jonathan...

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