

Holistic Therapies

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**
Safe, monitored and compassionate ibogaine treatments
- **PRE AND POST CARE**
We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards
- **HOLISTIC THERAPIES**
Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food
- **ON/OFF SITE COUNSELLING**
Our expert counsellors will hold space and guide you through your processes
- **NAIKAN THERAPY**
Naikan introspection therapy is a wonderful way to get back in touch with yourself
- **IRM**
FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

VIPASSANA, YOGA AND PRANAYAMA

Yoga is not just an activity, but a complete science, truth and a solution to life. Yoga is a complete health, pleasure, peace, satisfaction, happiness, success, purpose and Endeavour of life.

Vipassana meditation: Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body.

Anapana: is the first step in the practice of Vipassana meditation. Anapana means observation of natural, normal respiration, as it comes in and as it goes out.

Pranayama is the conscious awareness of breath. The life force that both energizes, detoxified and relaxes the body. (Prana = energy + Yama = control)

Prana, is the sum total of all energy

that is manifest in the universe. All physical forces, all mental forces come under the category 'Prana'.

Kundlini Jagaran is ending session of the human achieving. It is a feeling of total satisfaction, peace and balanced mind.

Pranayama in Tabula Rasa:

1. Bhasrika 2. Kapala Bhati 3. Bhaya 4. Anulom-vilom 5. Bhramari 6. Om mantra 7. Ujjayi 8. Murccha

Benefits: Negative thinking is replaced by positive approach of life. Lungs, heart, brain, Asthma, allergies, sinus, obesity, diabetes, constipation, acidity and diseases pertaining to kidney, pancreas, liver, spleen, intestine is cured. Its purified blood, arteries and Chakra and many more.

Chakras are the circular vortexes of energy that are placed in seven different points on the spinal column, and all the seven chakras are connected to the various organs and glands within the body.

