Akasha Healing | Retreat
A Complete Wellness Solution
Healing I Retreat

A Complete Wellness Solution

August 12-16, 2017
Kathmandu, Nepal.

www.thevisionaryworld.com | info@visionarycoaching.com.np
Healing is done through Akasha Healing System. It is a powerful, scientific and latest Healing Technologies combined with modern psychology. It uses the 27 symbols and a set of Neuro Linguistic Programming tools to edit, heal and rewrite the timeline. It also re-programme the subconscious mind and does connection with higher minds. It is experiential and energy healing process.

It is complimented by the 5 Tibetan Yoga called “Fountain of Youthfulness,”, Hatta Yoga & Mindfulness Practices. The retreat is graced, guided & led by the founder Master Jack Makani himself.

**There are 7 levels of the training**
- but you are free to take only 1, 2, 3 or as many as you want. Read more about how to be certified as Holistic Coach and Holistic Psychotherapist.
The Holistic Akasha Healing Workshop
The Holistic Akasha Healing Workshop is an advanced training in personal development which enables you to stay more centered and balanced in a faster changing and competitive world. The training expands your inner communication to include the conscious, the subconscious and the higher mind. This creates a deep understanding of who you are and what is your mission in life. This makes it a lot easier to create focus exactly on what is right for you and achieve that.

How is it organized?
We offer 7 levels of Akasha Training. This will take you to become a certified Akasha Master 3rd degree with the competence to certify Akasha level 1 and 2. Each level can be taken on a Akasha seminar, which consists of about 5 days of intensive training and is finished with a certificate. We recommend that there is at least 2 months in between each seminar for the initiation to become fully integrated before to take the next level seminar.

Would you like to participate?
The training for participants at level 1-3 takes place at the same time. Participants at level 4-6 start one day prior to the others. As the training is very much based on individual experience most of the training takes place at the same time – some parts of it may however be split up between beginners and advanced levels.
You enroll by clicking on the seminar you want to participate in listed on the top of this page, which will bring you to the enrolment form.

Do you have any questions? -To read more about Akasha at www.makani.com
How is a seminar organized?

1\textsuperscript{st} day: \textbf{The nature of the three minds} – the Conscious mind, the Subconscious mind and the Higher Mind. The energy bodies and the \textbf{Chakra system} – explored in practice.

2\textsuperscript{nd} day: Morning meditation. \textbf{Loosen up for negative emotions} with breathing therapy and dynamic energy dancing. Cleaning out negative emotions. Higher Self connection and \textbf{how to communicate with the Higher Self}.

3\textsuperscript{rd} day: Morning meditation. \textbf{The four elements} and how to balance the personal energy. How to communicate with the \textbf{Subconscious Mind} and elicit unbalances like limiting beliefs, internal parts and illness. In the end of the day the student receives the first nine healing symbols – primarily for healing oneself.

4\textsuperscript{th} day: Morning meditation. \textbf{Excursion to a nature spot} and explore how to work with connection to nature. Later on the 4\textsuperscript{th} day the student will work on how to integrate the nine healing symbols and use them in practice.

5\textsuperscript{th} Day: Longer \textbf{excursion to specific energy spots} (normally in a mountain area) to practice a more intensive connection to energy in nature and how to achieve resources from that.

5\textsuperscript{th} or 6\textsuperscript{th} day: Morning meditation. \textbf{How to do self healing and healing others}. Finding the mission of life. How to live a healthy life and maintain it. The student creates a personal plan.
Health and Happiness are two most sought things in human life. Everybody wants to be healthy and everybody wants to be happy. Yoga has re-emerged as a popular means of relieving stress and improving our overall wellbeing in today's stressful, distorted, disoriented, chaotic and unhappy lifestyle, people are looking back to scientific and proven ancient philosophy of East for a balance. Yoga, as the Sanskrit world itself denotes (Yoj = to unify) is the unification of body, mind and spirit. Yoga has many physical and mental benefits that create inner peace, harmony and wellness.

**Hatha yoga** is the most ancient and traditional form of yoga, regarded as the foundation of all yoga. It brings the sun energy (Pingala nadi) and the moon energy (Ida nadi) together to create a perfect balance. It purifies body and awakens vital energies that flow in our body through energy channels called Nadis. The essence of Hatha yoga is to balance our mind by removing stress and negative thoughts and balance our body by keeping our postures correct. It also increases our energy level. Hatha yoga is a slow form of yoga where postures are held as far as possible by connecting the body, breath and mind. This style is the most popular yoga style among western yoga enthusiasts.

**Vinyasha yoga** is a series of postures that will move our body through the power of inhaling and exhaling. Vinyasa in Sanskrit means 'a flowing sequence'. In this style, the movements are coordinated with breath to flow from one pose to the next. Vinyasa yoga, also known as Vinyasa Flow, is beneficial for releasing toxins and re-energizing body. It also helps to calm stressful mind and release blockage of energy flow in the body.
Why should I do this?
Akasha Healing Training has been developed for the modern woman/man by Jack Makani. The training increases the balance between body, mind and spirit and provides students with tools to maintain psychical, emotional and mental balance. Students will learn to communicate with the subconscious mind to discover and balance themselves. They will learn to listen to and understand the messages from the spirit – their own core inside. And for those who continue to more advanced levels they will learn how to heal others as well and combine this with the use of psychological methods for change work like NLP. The training is based on Jack's 25 years of experience working with personal transformation. It provides students with more intuition and creativity to meet the challenges of modern life. It takes you deep inside yourself and reveals hidden resources ready to set free.

Who can benefit from Akasha Healing Training?
Everybody who would like to move from the understanding of plain psychology and further into the spiritual level. The Akasha Healing Training goes behind the rational mind and into the wisdom, love and power that exists behind the psychological mind. This gives less stress and more calmness in daily life and provides the student with a feeling of being connected to her/his inner being.

Who will you meet at the Akasha Training?
This training attracts people from many different professions – young people as well as seniors, men as well as women. You can meet young people and elderly people of both sexes and from several countries.

Prerequisites for participating - Before starting you will need to have a basic insight into your personality. You can get that by taking a NLP Practitioner, Selfcoach or Enneagram 1.
You will learn about:
- The four intelligences
- The three centers
- The subconscious mind and how to communicate with it
- How to maintain perfect health
- How to balance your own energy
- How to communicate with your higher mind
- The elements behind physical manifestation
- How you find your core values and personal mission
- How you create goals and create the life you want
- How to adjust your belief system so it supports your goals
- How you negotiate conflicting internal values
- How to release heavy or negative energy and balance yourself in line with the upcoming paradigm
- How you maintain focus during a stressful working day

Some of the elements of the seminars are dynamic dance meditations. We also work with other meditations, with the energy of nature, and with letting go of limiting beliefs and negative thought patterns, which will result in a freer energy flow. You will also receive healing symbols and learn to use these in daily praxis for your own benefit – for a more energy filled and healthier life!

The seminars are based much more on personal experience for each participant than on theory.
Jack Makani is an international Trainer of Akasha Healing, coaching and personal development, who was one of the pioneers of NLP in Scandinavia. During the last 27 years he has trained thousands of people in NLP and Self Coaching, and hundreds of them have been trained in the Akasha Healing System.

Jack has written a Danish NLP book and developed the Akasha Healing system together with his sister the Danish healer Annmarie Bremer. Together with his business partner and former wife Helene Makani he has developed a series of DVDs and CDs for NLP training, in both English and Danish. Jack founded NLP Huset (the NLP House) in Copenhagen in 1990 and NLP Huset in Oslo in 2000, as well as the Cyprus based Makani Academy in 2004. Since 2000 he has specialized in the HR Coach Programme, which is one of the most thorough coaching trainings on the market. He is also co-founder of International Coach and Trainer Association (ICTA). Today he is part of a network of cooperating partners from Denmark, Cyprus, Norway, Russia, Lithuania, Belarus, India and Nepal, who are working together to broaden out trainings in personal development to people who want to take even more responsibility for their life and want ideas and knowledge of how to create an even better life for themselves, family and business.
Akasha Healing System is very powerful technology to serve humanity. I have been personally benefited from its 27 symbols as handy tools and enjoy each moment of blissfulness as it expanded my inner-self.”
“Akasha Healing System is well integrated with my Yoga Program I achieved total wellbeing in my life since I started using Akasha healing 4 years ago. I am happier, balanced and focused now.”

Neetal Rana
Yoga Instructor from World Yoga Alliance
Certified NLP Coach Practitioner
I Akasha Healing Initiator I
Post Graduate in Educational Psychology
“Akasha Healing System is source of connection...higher power...creativity & energy”

Indra Gurung
MBA | Akasha Healing Initiator
Certified NLP Coach & Facilitator of Team Building
Firewalk Instructor Trainer (UK)
Performance & Brain Coach at Nepal Olympic Committee
An International Certified Coach
“Akasha Healing is a new technology of healing. Amazing system!”

Nath Mukti Sadan

Executive Director | AZKKA Pharmaceuticals Pvt Ltd
Akasha Healing Practitioner

Business Enterprise
“Akasha Healing System and Himalayan mountains of Nepal are simply beautiful. An amazing and beautiful energy. Simply awesome!”

Sharan Taneja
Hypnotherapist | Akasha Healing Practitioner
Certified NLP Coach Practitioner

A Happiness Coach & Healer
“Akasha Healing is the most beautiful thing happen to me. I always use Akasha symbols to empower myself. It is very useful in my client works.

Sanjeev Pandey
Herbal Entrepreneur | Spiritual Seeker
Certified NLP Coach Trainer
Business Owner
“Akasha Healing is the science beyond our rational mind. It is mindfulness that touched me immensely.”

Dr. Bishow Udhir
Principal - Pokhara College of Management
Certified NLP Coach Practitioner
Akasha Healing Practitioner
Educationist
Your Host

The Visionary International is an international training, NLP coaching and Event management company. It is the only company in Nepal for coaching & certifying authority on NLP. We believe to attain an extraordinary life- a life on your terms, one filled with joy, ultimate success and lasting fulfillment. We integrate breakthrough tools & technologies and human excellence power to unleash the potentialities. The Visionary is associate partner of Makani Academy Ltd., Denmark & Cyprus and ICTA-Europe for Asia.

This is 8th International Akasha Healing Workshop hosted by Visionary International, Makani International Denmark & Cyprus & Mind Matrix, Pune, India.

Registration Information:

Title: Certified Holistic Coaching – Akasha Healing
Date/Duration: August 12-16, 2017

Tuition Fees: USD$600 (INRs.30,000) for 5 days Workshop, conference meals & materials.
Accommodation @ Hotel: INRs. 2500 to 5000 per day (Min 6 nights)/ USD$ 50 to USD$100 Per day.
All conference meals, tuition, materials, certificates are included. Hotel Accommodation and Applicable Taxes are additional.

Final Nomination date: July 15, 2017
Venue: Nagarkot Hillside Resort, Nepal
Accommodation: Venue and Local Hotels

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1. Corporate Wellness Retreat - 3 Days (120 Hrs)
2. Yoga Retreat for Personal Wellness - 3 Hrs Per session
3. Personal Energy Transformation - 3 Hrs Per Session
4. Wellness Boot Camp - 3 Days to 7 Days
5. Disconnect to Reconnect Boot Camp - 3 Days
6. The SPIRITUAL Trekking - 5 days to 21 days
7. Mindful Nature Hiking - 1 Day
8. Meditation Mastery - 1 Year (200 hrs)
9. Happiness Coaching & Mastery - 1 day - 3 days
10. Akasha Healing Retreat - 5 Days
11. Certified Yoga/Mindfulness/Akasha Training - 100-500 hrs

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