

Patient Info for Maharishi Marma Therapy

Dear Patient,

We have scheduled one or several appointments for you to receive Maharishi Marma Therapy.

Maharishi Marma Therapy is one of the powerful aspects of the different methods of Maharishi AyurVeda which together cover all levels of health – mind, body, behavior, society and environment. It is the art of treating special energy points and is used to detoxify, rejuvenate, and relax the body, to resolve energy blockages and to treat diseases. Through these energy points we can influence the function of internal organs, strengthen the self-healing power and harmonize mind and body.

What are Marmas?

Marma points are subtle yet very effective control areas or switchboards for body and mind.

Maharishi Marma Therapy is based on the Sukshma Marma® Concept *

The gentle method of the Sukshma Marma® Concept is a subtle and effective form of Marma Therapy and is perceived as very pleasant. In contrast to a firm pressure massage we apply a very gentle and subtle touch. It works primarily on the level of consciousness and secondarily on the level of the body and its organs. Therefore we call it *sukshma*, the subtle Marma treatment. Although this gentle Marma technique seems simple, that simplicity is the key to its effectiveness.

Gentle touching of the Marmas while you are in a relaxed position creates subtle but profound healing impulses. Maharishi Marma Therapy restores the connection between the body and its basis in consciousness. Many patients feel a distinct relief from their discomfort even during the first treatment.

Important Notes

- Please arrive on time for your treatment, 5-10 minutes before the appointment
- Avoid stimulating drinks such as coffee, black or green tea
- Also avoid eating hard-to-digest food before the treatment
- As needed visit the bathroom before the treatment
- Please take some rest and relaxation after the therapy. It is best not to engage in strenuous activities right away

If you cannot come to an appointment please notify us ahead of time, ideally three days in advance!

For any questions about the method or the course of treatment we will be happy to help you.

* Sukshma Marma Therapy was developed on the basis of thousands of years old knowledge as described in the ancient Ayurvedic texts, on the profound principles of Maharishi Vedic Science, and on many years of research and practical testing.