



Nature Care College

Mantras for Health & Healing

DESCRIPTION:

You don't need to subscribe to any religion or culture to derive benefits from chanting. Chanting involves using Sanskrit mantras which offer a powerful method of slowing down the brain activity and calming the nervous system. This induces a deeply relaxed, elevated and meditative state of mind and consequently allowing inner healing to take place.

During this experiential workshop you will learn:

- What Sanskrit mantras are
- Benefits of mantra chanting
- Applications of mantras and methods of chanting
- Mantras for specific purposes
- Developing a daily practice

No prior experience with mantras required.

ABOUT JAS SINGH:



Jas is an AyurVedic Health and Wellness Coach trained by many authentic teachers, experts in the fields of ayurveda, yoga, mantra, meditation, organ meridian massage - specializing in combining therapies such as ayurvedic marma massage, reflexology, diet and nutrition.

Drawing on his sensitivity, deep insight and extensive research, Jas fashions linkages with Ayurveda and Yoga's wisdom of self awareness and transformation to set the foundation for a more positive, fulfilling life and a return to wellness. So remarkable are these transformative sciences, they have complemented the medical management of Jas's life threatening condition.

He has helped numerous people to understand the deeper benefits of Ayurveda and Yoga to break through old patterns and bring new found freedom, empowering them to take control of their health. Once you begin to know that for yourself, you are well on the way to creating peace in your life; a direct healing benefit towards restoring the whole being.

He lectures part-time in the Yoga program at Nature Care and conducts workshops in tongue diagnosis, ayurveda cooking, mantras, meditation and men's retreats.

DURATION:	6 hours (1 day workshop)
WHAT TO BRING:	Pen, notebook, comfortable clothing
CPE POINTS:	Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours. Please bring your ATMS CPE form to have signed by your trainer at the end of the course.
AFTER THIS COURSE:	You might like to consider the following related short courses: <ul style="list-style-type: none">▪ Planetary Mantras▪ Born Singing and The Sacred Power of Voice▪ Sound of Chakras▪ Meditation 1 (Meditation Facilitator's Certificate)▪ Introduction to Energetic and Spiritual Healing (Diploma of Energetic Healing)

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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