

Swami Prem Nirvata

Has been working successfully in his own private practice for 40 years in Australia, India, Canada, Taiwan and Europe. He was the first man in the world to give legitimate massage in the YWCA, both in Melbourne and in Sydney. Nirvata is an Austrian qualified instructor of alpine skiing.

“My introduction into spinal adjustments started when I was sixteen as a student of Zanshin Shotokan Karate. During the next years I became an apprentice to a Chiropractic doctor who guided me in how to align and adjust the spine both for myself and others. I completed advanced training in deep bodywork called Rajneesh Rebalancing, offering these treatments on the east coast of Australia since 1980.

Eventually coming into contact with Karate instructors who taught me traditional barefoot Shiatsu and introduced to me silent sitting meditation. At one point it was time to learn all about opening the breathing through touch, guidance and training came from a prominent psychologist. I have completed training in bio-energetics and Neo-Reichian Gestalt deep bodywork as well as psychic massage.

Having lived and worked for three years with a Sydney based psychic surgeon my ability to function in the psychic realm was secured, thus producing bio-electrical grounding. Training extensively with Chinese doctors from Shanghai in ChiGong I was guided in directing the Chi.

In India while learning to deepen my meditation in Osho's Ashram my apprenticeship was completed in Osho Tibetan Pulsing Healing under Swami Shantam Dheeraj.

Nirvata Spinal ChiGong is the flowering of my life's effort to discover or uncover that which works, it is the merging of my spinal adjustments and Osho Tibetan Pulsing Healing.“



Swami Prem Nirvata

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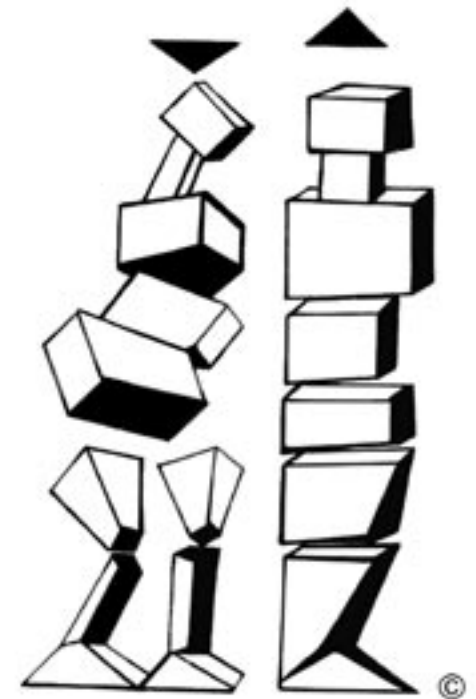
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Osho Tibetan Pulsing Healing Nirvata Structural Massage And Posture School

Individual Sessions and Seminars
with Swami Prem Nirvata



Osho Tibetan Pulsing Healing

These sessions begin with an eye reading to determine where it would be best to work. The human iris is like a computer chip clearly showing the internal map of our nervous system. All past, present and future potential is evident when looking in the eyes. We choose the deepest tension still operating within our perception and discharging this from the skeleton we eliminate our bad habits from the very roots.

Shocks either emotional or psychological are easy to recognize and then uniting these past episodes with the pulse beat, a beautiful wave of release comes as you adjust your watcher from that time to here-now. Pain and suffering are vulnerable to the beat of the heart and gladly dissolve when a gentle loving touch is received.

“In my experience of many forms of meditation and bodywork Osho Tibetan Pulsing Healing stands out as being one of the most potent methods of today. And yet this virtually unknown practice has had amazing success on the international self-help and personal growth scene. Unlike other body work which is available today Osho Tibetan Pulsing Healing has as its motor force the pulse beat.

When for example you hold pain or tension within the body it is gathered within the soft tissues and has roots all the way down to the bone. These tensions are vulnerable to the pulse beat and release effortlessly as if re-united with a long awaited lover. They simply dissolve in the relaxation produced as an effect of a loving pulsing touch. Combining the pulse beat with sound we have a powerful healing tool.“

*From the article: "Healing Sounds" by Nirvata
Good Morning Magazine, August 2001*

Nirvata Structural Massage

Beginning with a Tibetan Eye Reading.

Nirvata's massage is a great way to let go of old patterns of posture we are subjected to from our work and play. By imitating our parents and peers in their unconscious habits while sitting, standing and walking, we loose sight of our own natural posture.

Gently massaging tensions will give the body a chance to relax and release the unessential. We enter more into balance thus promoting sitting and standing vertical within gravity. Our breathing opens and deepens improving digestion while bio electrically grounding the system.

We can understand that having a creative upright posture will be a healthy guide towards a greater understanding of our everyday life. Massage opens the body to the potential to dance and celebrate.

Chinese cupping with Nirvata's massage is available, cupping helps to break up structural congestion and promoting flow.



Posture and Breath Awareness

Posture and breath are intimately related and to sit upright enhances both our respiration and digestion, our assimilation and elimination are greatly improved.

All old habits like ambition and speed can make us obsessive, we then go beyond our natural limits and the body begins to break down. One must again start listening to the warning signals emanating from within the spine and the internal organs.

To eliminate our bad posture we must learn again the balance between tension and relaxation. Like a violin string if it is too loose it will not produce music and if it is too tight, it will produce a screeching sound like mania in the marketplace.

Using awareness and the pulse beat we can eliminate pain, and in relaxing the muscles we can change our habitual patterns of poor posture. Thus giving rise to a natural vertical position, balanced within the pull of gravity. We enter into joy!

Swami Prem Nirvata

is a fully qualified instructor and practitioner in:

- * Osho Tibetan Pulsing Healing
- * Original Rebalancing, deep bodywork
- * Breath Release, Rebirthing
- * Massage and Chinese Cupping
- * Grounding and Bio Energetics
- * Posture School Right sitting
- * Nirvata Spinal Chi Gong
- * Personal Protection Process
- * Austrian Alpine Skiing

Nirvata is the author of the book: Right sitting.
English version coming soon.