



Mehana

*Medicina in Harmonia
cum Natura*

MEHANA INSTITUTE PROGRAMS

Our programs are designed for everybody who likes to:

Boost responsibility over his/her own health

Reinforce stability in the changing and unpredictable times

Learn more about the **psychosomatic principles** of health and
disease

Gain more **confidence in self-healing capacity** of the body and
mind

Find more of **trust, security and medical aid in the resources of
nature**

Acquire different tools how to diagnose, prevent and handle diverse
health troubles

Implement the practice **into the daily life**

www.mehanainstitute.com



MEHANA INSTITUTE PROGRAMS

MUSCULOSKELETAL HEALING COURSE

9 DAYS

JUNE 22-30, 2023
SOUTH BOHEMIA
€1880

Experience basics in physiotherapy and musculoskeletal medicine. Discover the healing potential of your hands and learn how to keep your body fit and strong.

BODY-MIND MOVEMENT

7 DAYS

AUGUST 23-29, 2023
CENTRAL BOHEMIA
€1345

Our pivotal program. For everybody who likes to understand better the psychosomatic patterns and discover healing potential of the healthy movement.

HEALING TOUCH

5 DAYS

JUNE 22-26, 2023
SOUTH BOHEMIA
€1020

Learn with the masters in physiotherapy. Refine your touch and discover the healing potential of your hands.

INNER STRENGTH

5 DAYS

JUNE 26-30, 2023
SOUTH BOHEMIA
€1020

Learn how to keep your body fit and strong, even after an injury or operation.