

MEHANA INSTITUTE - INFORMATION about PROGRAMS for PUBLIC

Mehana Institute organizes healthy-educational programs for the public under the guidance of doctors, physiotherapists, and professional instructors.

Programs last 5, 7, or 9 days (the 1st day starts at 6 pm, the last day ends at 9 am).

What is the purpose of the Mehana programs?

- To provide clients with the practical tools to maintain good health and prevent illness
- To support clients to have confidence in their own ability to prevent illness and to positively reinforce their responsibility for their health

What is the content of the Mehana programs?

Non-invasive and non-pharmacological methods that are consistent with the scientific knowledge of Western medicine

During the course, participants will be introduced to the following methods:

- Physiotherapeutic techniques: visceral physiotherapy, acupuncture, joint manipulation, soft tissue techniques
- Movement activities: yoga, qi gong, dance
- Educational seminars on the following topics: principles of psychosomatics, prevention of illness and injury, rapid recovery, promotion of self-healing mechanisms of the body and mind
- Other activities: contemplative techniques, breathing exercises, relaxation techniques, aromatherapy, music therapy, hardening, shinrin yoku (forest therapy)

What will participants gain from the programs?

- a better understanding of the psychosomatic principles involved in maintaining good health
- a better understanding of the origin of disease, its prevention, and the mechanisms of recovery
- acquiring practical tools to maintain good health and prevent illness and injury
- positive encouragement to take more responsibility for their health

Programs scheduled in 2023:

Date	Name	Content	Place
22.-26.6.	Healing Touch	physiotherapeutic principles, visceral therapy, breathing exercises, yoga, elements of qi gong, physio-dance, music, shinrin yoku, relaxation	Novohradské mountains
26.-30.6.	Inner Strength	breathing exercises, qi gong, kung fu, yoga, mobilization of the joints, acupuncture, barefoot walking, cold baths, shinrin yoku, relaxation	Novohradské mountains
22.-30.6.	Musculoskeletal Healing Course	physiotherapeutic principles, visceral therapy, joint mobilization, acupuncture, breathing techniques, healthy walking, barefoot walking, hardening, qi gong, yoga, physio-dance, shinrin yoku, relaxation	Novohradské mountains
23.-29.8.	Body-Mind Movement	dance, yoga, qi gong, breathing exercises, physiotherapeutic principles, relaxation	Hobsovice by Slany

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