



75 PACE CREDITS

UNLOCK THE LOST ANCIENT SECRETS OF AYURVEDA-SIDDHA VEDA



MARMAA SHAKTI MASTERY COURSE - RETREAT

A Transformational 10-Day Journey of Healing, Learning,
and Spiritual Awakening

17-26 NOVEMBER 2025

Parmarth Niketan Ashram, Rishikesh

Offline & Online Options Available

ENROLL RISK-FREE

100% Satisfaction
Guaranteed, Full Refund
if Not Satisfied

Introduction to the Program



In today's fast-paced world, stress, lifestyle disorders, and chronic illnesses have become all too common. Now, more than ever, the wisdom of ancient healing practices offers a powerful solution. **Marmaa Shakti**, an extraordinary science rooted in Ayurveda, holds the key to unlocking the body's natural ability to heal, restore balance, and promote longevity.

Marmaa points—sacred energy centers—serve as gateways to vitality, influencing physical, mental, and emotional well-being. By precisely stimulating these points, one can activate the body's self-healing mechanisms, remove energetic blockages, and rejuvenate from within. For centuries, this time-tested practice has been used to relieve pain, boost immunity, and restore harmony to the mind and body.

This immersive course is your opportunity to **rediscover the lost art of Marmaa Shakti** and equip yourself with practical techniques to heal yourself and others. Whether you are a health practitioner, a wellness seeker, or simply someone looking for natural healing solutions, this program will empower you to harness the hidden potential within.

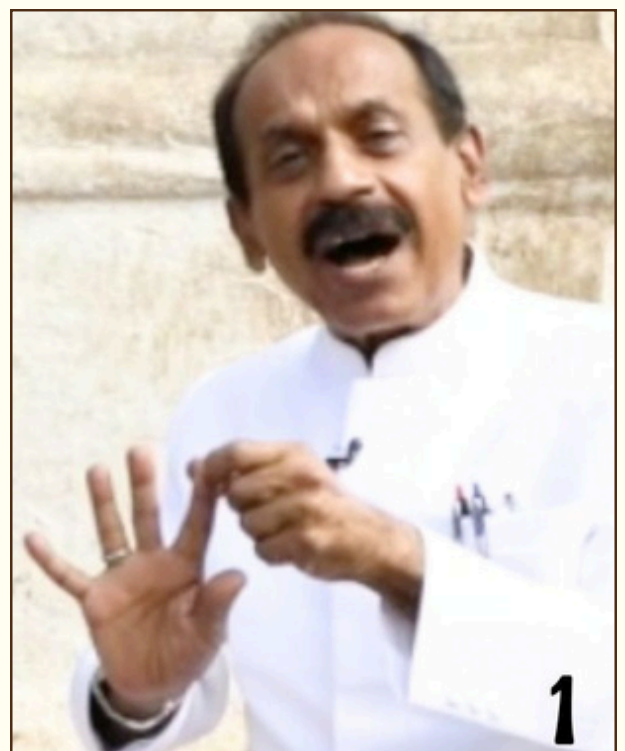
Join us on this **transformational journey** and experience the profound benefits of Marmaa Shakti—**an ancient secret for modern wellness!**



Objective of the Course

Step into the world of **ancient healing** with Marmaa Shakti, a time-honored Ayurvedic practice that unlocks the body's **innate ability to heal**. This program offers a profound exploration of Marmaa energy points, teaching how their activation can **revitalize the body, restore mental clarity, and provide relief from various physical ailments**. Designed for seekers of holistic health, this course bridges ancient wisdom with modern applications, **empowering participants to heal themselves and others naturally**.

Participants will gain **both theoretical knowledge and practical skills** to harness the power of Marmaa shakti for holistic well-being.





Course Structure & Key Topics Covered

Highlights of Your 10-Day Learning experience & Spiritual Awakening

- **Deep Dive into Marmaa shakti**
- **Introduction to Marmaa Shakti & Ayurveda - Ancient Healing Secrets** – Explore the rich history, philosophy, and scientific basis of Marmaa Shakti.
- **Understanding the 107 Marmaa Points** – Their locations, significance, and impact on **physical, mental, and emotional health**.
- **Learn powerful Marmaa Mantras directly** from Vaidya Krushna Naram that not only helpful in healing but also helpful to remove obstacles from the life journey and achieve / get that you want in your life
- Learn **3 MARMIYA** principle
- Discover **how to activate deeper healing and transformation across your body, mind, and emotions** – instantly and naturally.
- Learn the **seven lost Marmaa Shakti techniques** specifically for **brain and nervous system healing**
- Uncover **three powerful Marmaa Shakti secrets** to create a **fulfilled, vibrant, and balanced life**.
- Master the **life-changing principle** of Hot Feet, Cool Head, and Soft Belly for physical and emotional well-being.
- **Witness a true story:** how a young girl with a genetic disorder – unable to walk or speak for 5 years – began speaking and walking again through the power of Marmaa Shakti.
- **Practical Sessions on Marmaa Stimulation** – Hands-on training with **Vaidya Krushna Naram** and expert **Ayushakti Vaidyas** for real-time healing

- **Learn the science of Marmaa energy points and their role in healing & rejuvenation.**
- **Techniques for Self-Healing and Therapeutic Application**
- **Special Focus on Disease Management Through Marmaa Shakti** – Pain relief, emotional balance, and overall well-being
- **Discover how to integrate Marmaa Shakti into daily life for holistic well-being and to enhance immunity, reduce stress, and improve vitality**
- **Learn Marmaa detox techniques to release negative energy & stress.**
- Learn and practice the **preparation of Herbal Bolus (Pinda Sweda)**
- Experience **20 minutes Personal Marmaa Shakti** session



During this 10-day course, you will learn powerful Marmaa Shakti techniques that support healing across a wide range of health conditions, including those listed below.

Head, Senses & Neurological Health

- Improve eyesight
- Alleviate ear congestion and ear pain
- Support for tinnitus
- Relieve Vata, Pitta, and Kapha headaches
- Improve speech in speech disorders
- Support for hyperactive children
- Aid in coma recovery
- Calm the brain and improve focus and concentration
- Enhance memory

Digestive Wellness

- Improve digestion and strengthen digestive fire (Agni)
- Relieve nausea, IBS, and constipation

Endocrine & Metabolic Balance

- Support healthy thyroid function
- Manage blood sugar and diabetes
- Improve pancreatic function and insulin response

Respiratory & Immune Health

- Strengthen immunity
- Relief from allergies, cold, and mucus congestion
- Ease breathing difficulties and asthma

Urinary & Reproductive Health

- Improve urine flow and kidney function
- Reduce prostate inflammation
- Balance testosterone and support male fertility

Heart & Circulatory Health

- Support for heart conditions
- Manage blood pressure

Weight & Hormonal Balance

- Support natural weight loss
- Reduce inflammation and balance hormones in women
- Reduce inflammation and support hormonal health in men

Musculoskeletal & Pain Relief

- Improve walking ability
- Relieve back pain, scoliosis, and sciatica
- Ease joint issues: rheumatoid arthritis, osteoarthritis
- Relieve foot pain, tennis elbow, frozen shoulder, and neck pain

Emotional & Mental Well-being

- Release trauma and mental blocks
- Discover your true desires and purpose
- Use 3 Marma points to help achieve your goals
- Build self-confidence
- Increase enthusiasm, energy, and happiness
- Manage anxiety, depression, fear, and panic attacks
- Free yourself from addictions

Skin & Autoimmune Support

- Improve skin texture
- Support for psoriasis

Spiritual & Experiential Highlights

- Sacred Excursion to **Vashishth Caves**
- **Ganga Aarti at Sunset** – Experience the sacred fire ritual on the holy Ganga River.
- **Sacred Fire Rituals (Yagna)** – Absorb the divine vibrations of age-old devotional ceremonies.
- **Satsangs & Spiritual Discourses** – Gain wisdom from enlightened masters, bridging Ayurveda with spiritual enlightenment.





A Unique Opportunity

to learn directly from Dr. Smita Naram,
a globally renowned master in Pulse
Diagnosis, Authentic Ayurvedic Detox,
and Marmaa Shakti techniques



Initiation – Inner Transformation & Blessings

As part of the Marmaa Shakti Mastery Course, you will receive a sacred initiation — a profound step that opens the path to inner transformation. This process serves as a gateway to deeper knowledge, intuitive guidance, and the blessings of revered Masters and timeless healing traditions. It marks the beginning of a journey where learning goes beyond technique and enters the realm of direct experience and inner wisdom.

Entering a Deep Meditative Healing State

Through ancient healing processes like Marmaa Shakti, a skilled healer can gently guide your body and mind into a state of profound relaxation and deep meditation — almost like slipping into a dreamless sleep.



In this state, the **conscious mind quiets**, and the **subtle energies awaken**, allowing you to experience dimensions beyond ordinary awareness.

Many describe it as **entering a different world** — feeling the **lightness of the soul, immense peace, timelessness**, and a sense of **being in heaven or pure bliss**.

In this deep healing space

- 🌿 The body's natural self-repair mechanisms are activated.
- 🌿 Emotional and physical blockages are released
- 🌿 Deep inner clarity, peace, and rejuvenation are experienced.

It's a sacred meeting between **your inner self and the universal energy**, where true transformation begins.



Additional opportunity to Infuse Healing with Spiritual Practices



**Beyond learning, here you will have time to integrate
deep spiritual practices to bring holistic
transformation.**



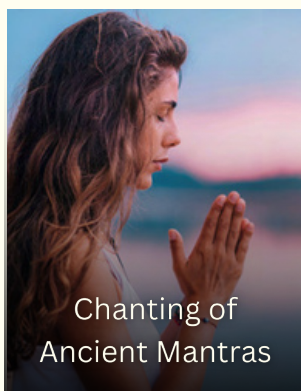
**Guided Meditation
& Pranayama**

Cultivate stillness,
balance emotions,
and awaken inner
vitality.



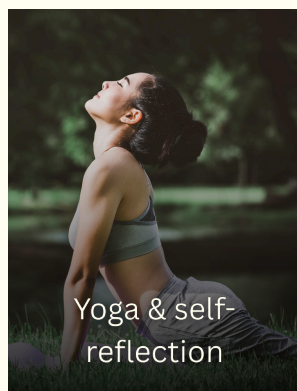
**Silent
Contemplative Walks
by the Ganges**

Reflect, recharge,
and attune yourself
to nature's rhythm.



**Chanting of
Ancient Mantras**

Elevate
consciousness and
align with universal
energies.



**Yoga & self-
reflection**

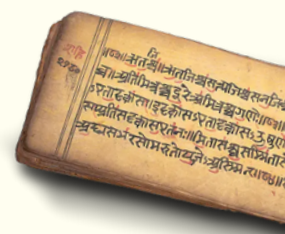
Yoga & self-
reflection to align
your body, mind,
and soul.



River Rafting

Embrace
adventure, conquer
the currents, and
flow with nature's
power.

**This unique blend of Ayurvedic science and spiritual
awakening ensures a deeply transformative experience,
nurturing your body, mind, and soul.**



Why This Experience is Life-Changing?



- Activate your body's natural healing powers through Marmaa Shakti.
- Immerse yourself in spiritual practices that promote peace & transformation.
- Surround yourself with like-minded seekers in a high-energy environment.
- Return renewed, recharged, and deeply connected to yourself & the universe.



Course Instructors

Vaidya Krushna Naram & The Ayushakti Vaidyas

Renowned experts in Ayurveda & Marmaa Shakti, bringing authentic healing wisdom to the world.

Vd. Krushna Naram is a globally respected pulse healer, teacher, and torchbearer of a 2,500-year-old lineage of Siddha Veda healing. As the devoted son and successor of the legendary Vd. Pankaj Naram and Vd. Smita Naram, he carries forward their legacy with a rare blend of scientific precision, deep compassion, and spiritual wisdom.



Trained from an early age in the ancient secrets of Marma, pulse diagnosis, and herbal remedies, Vd. Krushna has touched the lives of thousands across continents—bringing hope to those facing chronic, challenging, and even hopeless conditions. His vibrant energy, clarity of purpose, and deep-rooted connection to his lineage have made him not only a gifted healer but also a beloved teacher to seekers of ancient wisdom.

With a unique ability to bridge ancient healing with modern-day needs, Vd. Krushna is committed to transforming lives—one pulse at a time—while keeping the sacred fire of Siddha Veda alive for generations to come.

Who Should Attend?

- ✓ Healthcare Practitioners – Ayurveda, Yoga, Physiotherapy, Holistic Therapists
- ✓ Wellness Enthusiasts – Individuals seeking natural healing methods
- ✓ Anyone Interested in Self-Care & Alternative Medicine

Course Details

- ★ **Duration:** 10-days
- ★ **Date:** November 17th - 26th, 2025
- ★ **Mode:** Offline (In Rishikesh) & Online options available
- ★ **Venue:** Parmarth Niketan Ashram
Near Main Market Road, Ram Jhula, Swarg Ashram, Rishikesh, Uttarakhand 249304



Why This Venue?

Parmarth Niketan is the largest ashram in Rishikesh, nestled on the sacred banks of the Ganga River and in the shadow of the Himalayas. This serene environment, infused with powerful spiritual energy, is the perfect setting to immerse yourself in Marmaa Shakti and holistic healing.



Certification

- 🎓 Certificate from Ayushakti Academy of Ayurveda to all participants
- 🎓 75 PACE Credits for NAMA members





Registration Options

Option 1 – Investment for In-person Learning

Tuition Investment (Meals & stay not included)

Early Bird (Before July 15, 2025) : \$ 1,399

Standard (July 16 – Nov 10, 2025) : \$ 1,599

Option 2 – Investment to Connect Online

Early Bird (Before July 15, 2025) : \$ 499


Standard (July 16 – Nov 10, 2025) : \$ 599

Flexible Payment Plan

Reserve your seat with just 20% down

Pay the rest by October 10, 2025

**"Exclusive 20% Discount for
Ayushakti Clinic Partners, 3-Year PATH
Members, NAMA Members"**



**Recording will be available on Ayushakti education
portal to watch & learn at your convenience**

**Limited seats available.
To Secure your spot [click here](#)**



Enroll Risk-Free

100% Satisfaction Guaranteed, Full Refund if Not Satisfied

Exclusive BONUSES

(Valued up to \$1,996 — Free)

for Participants

**Enroll in the Marmaa Shakti Course and
unlock these incredible benefits!**

- Complimentary Access to Two Premium
**ATAB-Accredited Ayushakti
Education Programs**



Choose Any 2 from the following
self-paced, expert-led courses:



Pulse Diagnosis
Nadi Pariksha
(Recorded)

Learn the ancient
art of pulse reading.
(Worth \$499)



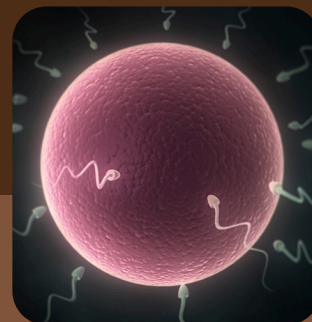
Ayurvedic Arthritis
Training
(Recorded)

Understand
Ayurveda's approach
to joint health.
(Worth \$297)



Women's Health and
Wellness
(Recorded)

Dive deep into
Ayurvedic healing
for women's health.
(Worth \$997)



Men's
Reproductive Health
(Recorded)

Explore natural
solutions for men's
well-being.
(Worth \$297)

Access these courses online and expand
your knowledge at your own pace!

(More details: [ATAB Program](#))

- Exclusive Discounts & Additional Perks

10% Discount on Panchkarma / Detox at
Ayushakti Clinics (Mumbai or Goa)



**Restore balance and rejuvenate
with an authentic Ayurvedic
Panchkarma detox.**

Validity: Redeem this special offer
until March 31, 2026.



• Three Online Consultations
with Ayushakti Vaidyas

**Get expert guidance tailored to your
health needs from experienced
Ayurveda practitioners**

Validity: Use this benefit until
March 31, 2026.





Join MARMAA SHAKTI COURSE

& Elevate Your Ayurvedic Journey!

These exclusive bonuses are
designed to enhance your learning, deepen your healing
practice, and offer ongoing support for your wellness journey.

Don't miss this life-changing opportunity!

**Transform Your Passion into Expertise –
This is Your Moment!**

Don't miss this rare opportunity to learn, heal,
and awaken your true potential!

Limited seats available. To Secure your spot **CLICK HERE**

For Registration & Queries:

**Ayushakti
Academy**



education@ayushakti.com



<https://education.ayushakti.com/courses>

**Ayushakti
Ayurved**



<https://www.ayushakti.com/>





Rishikesh

ADDITIONAL OPPORTUNITY AFTER RISHIKESH TO MUMBAI



Mumbai

PRACTICAL TRAINING PROGRAM

Pulse Reading • Agnikarma • Marmaa Shakti • Leech Therapy



Ayushakti Clinic, Mumbai



November 29 – December 5, 2025

"A mind that is stretched by a new experience can never go back to its old dimensions."

Let your hands learn what books alone cannot teach. This transformative hands-on training is designed for practitioners eager to refine their skills and gain deep experiential knowledge in the powerful healing methods of Ayurveda.

We believe that **experience is the greatest teacher**. Through practical exposure, repeated observation, and supervised practice, you will build the intuitive confidence and sharp diagnostic insight that define a true healer.



What You'll Learn:



Pulse Reading (Nadi Pariksha)

Discover the ancient art of reading the pulse—not just to detect symptoms, but to understand life itself. Pulse reading unveils the balance or imbalance across body, mind, and soul, allowing for personalized preventive and curative action

Marmaa Shakti

Master the subtle science of vital energy points to unlock healing potential. Marmaa shakti therapy aids in detoxification, pain relief, organ activation, stress release, and holistic rejuvenation.



Agnikarma Therapy

Learn this powerful heat-based therapy that brings relief in chronic pain conditions like arthritis, sciatica, and joint disorders. With correct technique, Agnikarma works as a transformative tool in musculoskeletal care.

Leech Therapy (Jalaaukavacharana)

Explore this effective Ayurvedic treatment that purifies blood, reduces inflammation, and accelerates tissue healing. Leech therapy is particularly useful in treating skin disorders, circulatory issues, and non-healing wounds.



Why Join This Program?

- ✓ Learn directly in a renowned Ayurvedic clinical setting
- ✓ Strengthen diagnostic accuracy through live case-based practice
- ✓ Gain confidence in ancient procedures used for real-time healing
- ✓ Join a community of passionate global learners



Program Details :

- ★ Program Dates: November 29 – December 5, 2025
- ★ Location: Ayushakti Ayurved, Mumbai, India

Tuition Investment for In-Person Learning

(Please note: Meals and accommodation are not included)

- Registration for the Mumbai Training Program: \$799
- Special Rate for Participants of the Marmaa Mastery Course (Rishikesh): \$599

Flexible Payment Plan

- Reserve your seat with just 20% down
- Pay the rest by October 10, 2025

[Click Here to Register Now](#)

