

Himalayas

5 Element Intensive

13th - 25th October 2011

Gaby Hock & Camilla Gliemann

In collaboration with The Akupunktur Akademiet Copenhagen



A once in a lifetime educational and inspirational journey that combines a course in the *Chinese Five Elements* with a personal transformational experience, based in a famous Himalayan hill station ashram and Ayurvedic clinic. The venue enjoys panoramic views of some of the highest mountains in the world. Under the direction of a dedicated team of experts you can recharge your physical, cultural and spiritual batteries (tax-deductible and CPD accredited). The seminar will end with the *fire element*, followed by a pilgrimage deep into the Himalayan jungle to an ancient *Shiva* temple site renowned for its profound stillness.

- q **5 Element programme:** *earth, metal, water, wood and fire*; focusing on the emotional and spiritual aspects of Chinese Medicine: the seven emotions, the five *shen*, the heart-mind connection and the mystery of *shen ming* (radiance of the spirit).
- q **Daily yoga & pranayama** in support of each element
- q **Daily Ayurvedic full body massages** (or other massages)
- q **2 Day Sacred Pilgrimage** to 10th cent. site with 125 *Shiva* temples. Time to relax & enjoy the peace, walk in magical forest plus evening celebration with local musicians & camp fire.

Course Leader: Gaby Hock (UK) Acupuncturist, Psychotherapist, lecturer with 27 years of experience in teaching Taoist & Five Element seminars for the purpose of professional & personal development. Experienced India lover and adventurer. **Supported by: Camilla Gliemann (Denmark)** Acupuncturist, Yoga Teacher, Lecturer and Administrator of Akupunktur Akademiet Copenhagen. **Dr. Vijay Sheel (India)** Ayurvedic & medical doctor, Director of Ayurvedic Clinic & Charitable Research Hospital.

Cost: Early bird **£975** if booked with a £125 non-refundable deposit **before 31st October 2010**. Thereafter the cost will go up to £1100. The balance is payable by 30th April 2011. Cancellations after 1st May 2011: no refund unless we can find a replacement. Should this cause you any concerns, please get travel insurance. **Included** is the full 5 element programme plus 10 days accommodation, full board Ayurvedic/vegetarian cuisine, plus 2 nights hotel & breakfast in Delhi, all transport within India. **Excluded** is flight to Delhi. First-come first-served basis, max. 12 people. Book early to avoid disappointment. For application & further details:

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