



## **Pascal Veraguth** **Oriental & Occidental Healing**



Pascal Veraguth from Switzerland is passionate about integrated Holistic Therapies. Having studied extensively in different countries throughout Asia, including China, Vietnam, Tibet and Nepal, he specialises in many different types of Healing, a powerful way of using energy to restore your self and others. He uses a skilful combination of occidental and oriental practices including Spiritual Healing, Traditional Chinese Medicine such as Qi Gong Massage, Acupuncture, Cupping, Qigong, Tai Chi, and Meditation, all very powerful techniques to help you to release your mental emotion, physical stress and tension to find your inner balance mentally, physically and spiritual. His heart lies in creating a healthy balanced menu for each guest, helping and giving them some new techniques to incorporate into their current lifestyle and creating a new way of life, to feel body, mind and spirit become stronger, healthy and happy.

### **Traditional Tibetan Bowl Sound Healing and Acupuncture/Massage**

This world-unique combination of Healing, Sound Massage and Acupressure/Acupuncture/Massage will bring you in a very deep state of relaxation. To release mental stress; liberation of emotional trauma locked in the subconscious; promotes deeper sleep; relief from headache, fatigue, insomnia, digestive disorders, emotional imbalance.

### **Qi Gong Massage**

Qigong Massage, combining Healing and Acupressure, one of the oldest methods of healing, is based on 5,000 years of Chinese research and experience shows that it heals both the physical and energetic bodies. Used to improve health, slow down aging, and treat many types of illnesses.

### **Qi Gong, Tai Chi and Meditation**

Mind-body-spirit relaxation exercises performed in a slow relaxed manner. These forms of Chinese exercise use slow movement, or even static movement, as well as meditation. All these techniques calm the nerves and balance inner energy. Studies have shown that regular practice can slow down the ageing process and promote and enhance the internal function of the body.