



## Nordic School of Holistic Medicine ApS, Copenhagen, Denmark

### **3-Day Course in Quality of Life, Holistic Health and Spontaneous Life Management. An Introduction to the Theory and Practice of Scientific Holistic Medicine (CHM). Ockham, nr. Guildford, UK. 9<sup>th</sup> –11<sup>th</sup> Sept 2011**

(The training is in English)

This is the first course out of a series of five courses, which will lead to Practitioner qualification. All courses can be booked individually and are open and suitable to everyone interested in personal development.

**Can you be truly happy?** Of course you can. All it takes is a fair amount of insight into yourself. You need to understand your ego and your own divine nature in your human core; and need to use all you are wisely and in loving service of others. When you are happy you can love and when you can love others you can help them to heal their life.

Consciousness is the key to personal freedom, beautiful and effortless being, a healthy body and mind, emotional intelligence, the gift of unconditional love and an unbound, happy one-to-one relationship. Understanding your life includes a deep seeing into the identification with body and mind, and this will free all aspects of you, from mind to sexuality.

Profound self-insight allows you to understand your role in the world and to engage all your personal resources and talents of body, mind, spirit and heart in your living. Your life will spontaneously self-organize as you become an integral part of the universe and tap into the many intelligences of the healthy, awakened human being.

#### **About the course:**

The participants will work in groups and with a partner chosen amongst the participants to establish their own personal truth and realise how to live it. Classical methods of holistic therapy and supported self-inquiry will be used. The course is an introduction to scientific holistic medicine (CHM); it gives you 24 hours of intensive, basic training in theory and practice of holistic medicine.

If you are interested in developing your medical or therapeutic practice to make it more holistic or in practicing alternative non-drug medicine of any kind this course will give you a good insight in the art and science of holistic mind-body medicine and existential healing.

#### **Recommended book for this course:**

Ventegodt S, Kandel I, Merrick J. Principles of holistic medicine. Philosophy behind quality of life. Victoria, BC: Trafford, 2005. For more information search "Ventegodt" on [www.pubmed.gov](http://www.pubmed.gov)

**Pre-requisites:**

No pre-requisites are necessary but if you have a physical or mental disorder you must let us know before the course.

**Criteria of exclusion:**

You can't participate if you take anti-psychotic drugs.

**About the teacher:**

Søren Ventegodt, MD, EU-MSc-CAM holds the European Masters degree in complementary, psychosocial and integrative medicine and is often acknowledged as a leading researcher in holistic medicine and quality of life. He has written about 200 scientific papers on holistic medicine and the course is based on the five textbooks in holistic medicine he has co-authored. He is the director of the Research Clinic for Holistic Medicine, Quality of Life Research Center, and Nordic School of Holistic Medicine, Copenhagen. He is editor of the Journal of Alternative Medicine Research published by Nova Science Publishers in New York. His unshakable belief in the great significance of spiritual and sexual health for the improvement of quality of life, physical and mental health has made him one of the controversial thinkers in today's scientific and medical world. He is a dedicated student of Osho, Sathya Sai Baba and Mooji.

**Costs:**

£ 350 / 400 EURO / 3400 DKR there will be a **payment plan available** for any of the courses, to help you to make it happen. (Please do get in touch to discuss your needs, and we aim to work towards this.)

**Venue:**

Is the beautiful Ockham barn, set in the Surrey countryside, with easy access to the A3/ M25 near Guildford. It is about 35 minutes to Heathrow airport or Gatwick Airport. There is local accommodation in the village of Ripley and many more options if you have a car. The venue address is: The Barn, Guileshill Lane, Ockham Surrey GU23 6NG For information about local transport and accommodation, please contact Gudrun.

**Course times:**

Friday: 9:00 am registration for 9:30 am – 6:00 pm

Saturday: 9:00 am – 6:00 pm

Sunday: 9:00 am - 4:30 pm

**If you have any questions, or to book your place, please contact:**

Gudrun Wiedemann on land line: (+44) (0)1483 476 599 mobile: (+44) (0)7948 735 475

e-mail: [bodytalksurrey@virginmedia.com](mailto:bodytalksurrey@virginmedia.com)

**Please book your place early; it helps us putting everything into place and the course run smoothly.**

Payment or first instalment of payment plan is due 26<sup>th</sup> August 2011