




SPECIAL of Marma Therapy

90 MINUTES$140.00 (TAXES INCLUEDED) Regular price 178.00$

By appointment only

This offer is only valid FROM November 12th to December 12th, 2026

To book your appointment contact us:

TEL or TEXT: 450 671- 8508

Courriel: ayurveda.bita@gmail.com OU transformtion.yoga.ayurveda@gmail.com

Marman or Marma therapy (ayurvedic meridian points): A Marman is a vital energy points located at anatomical sites where muscles, veins, ligaments, tendons, bones or joints intersects. Marman points are vital because they are infused with prana, the life force and are deeply influenced by consciousness. As Dr Lad explains'' marmani serves as a bridge or doorway between the body (sharira), Mind (manas) and Soul (atman). The Sanskrit word marman is driven from a Sanskrit root "mar" which means there is possibility of death or serious damage to health if these points get inflicted for example marman related to the heart, or testicles are so vital that damage to them can cause instant death. Ayurveda believes that human body is made of ever-changing dynamic of energy and intelligence which is interrelated to the larger and vaster field of energy and intelligence of the universe.

Benefits of Marman chikitsa or therapy

- Through the right use of marmani our entire physical and mental energy can be consciously increased decreased or redirected in a transformative manner. Like acu-pressure points using finger pressure and massage
- At marman sites toxins, stress and negative emotions get lodged and are held sometimes for years. Relieving pain, blockage or swelling at marman sites is an important therapeutic aid and one of the first stages of many Ayurvedic treatments.
- Aids healing and disease prevention.
- Balances the doshas (energy lines)

Abhyanga treatment: Abhyanga is the distinctive Ayurvedic massage that is performed by using individually prepared herbal oil remedies which are carefully chosen in accordance to one's specific body constitution, impurities and imbalances. Abhyanga is beneficial in many ways as it deeply penetrates the skin and relaxes the mind and body. It encourages the absorption of impurities by stimulating the arterial, venous, and lymphatic circulations. As a result, Abhyanga enhances the delivery of nutrients to the cells and removes the stagnant waste (ama) that is in the body. Furthermore, it helps in the movement of the ten vayus, which allow eliminating the blockage in the nadis (subtle energy in the body). Once the nadis paths are clear, healing on both physical and spiritual levels can be manifested easier within the body.

Some of traditional benefits of Abhyanga treatments include:

- ❖ Removes fatigue and stress from work and life overall and Relieves insomnia.
- ❖ Stimulates antibody production and thus strengthens the immune system.
- ❖ Reverses, prevents aging and increases longevity.
- ❖ Oil rubbed into the skin prevents dehydration and strengthens the nerves.
- ❖ Body becomes firm and free from disturbances of vata - that otherwise prematurely age the body and cause pain.