

BEYOND * THE * SURFACE

Acupressure & Energy Healing

3rd - 26th
June 2026

Dharamkot



what is
BEYOND THE SURFACE?

SENSE ENERGY. HEAL WITH PRECISION.

Beyond the Surface

is a four-week immersive training designed to deepen your understanding of the body's energetic pathways through Acupressure, Qi Gong, and Energy Healing.

This journey brings together classical point systems and embodied practice, allowing you to experience energy not as theory, but as something you can sense, guide, and work with directly.

The training is experiential, methodical and focuses on presence.

Who Is This Program For?

Healing professionals seeking to expand their therapeutic toolkit



KEY LEARNINGS

of the Program

The program integrates classical acupressure points, Qi Gong practice and energy healing into a structured learning experience. The goal is to support embodied experience, theoretical knowledge and practical skill development.

01 **Classical Acupressure point groups**

Learn to work with key point groups including Luo, Source, Five Phase, Window of Heaven, and bilateral relaxation points.

02 **Extraordinary Vessels**

Explore the 8 Extraordinary Vessels and understand their role in deeper energetic regulation.

03 **Qi Gong & Energy Awareness**

Practice Qi Gong to develop grounding, energetic sensitivity, concentration and flow.

04 **Energy Healing & Diagnostic Skills**

Gain a grounded introduction to energy healing and Japanese abdominal (Hara) diagnosis.



the PROGRAM FLOW

Total Duration 48 hours in 4 weeks
4 hours/class. 3 classes/week.

Week 1

Qi Gong practice and introduction to Luo and Source points.

Bilateral relaxation points to build sensitivity and presence.

Week 2

Qi Gong , Five Phase and Window of Heaven points.

Japanese abdominal (Hara) diagnosis

Week 3

Qi Gong and introduction to the 8 Extraordinary Vessels.

Beginning energy healing and subtle perception.

Week 4

Continued work with Extraordinary Vessels.

Deepening energy healing and integrated practice.





LOGISTICS

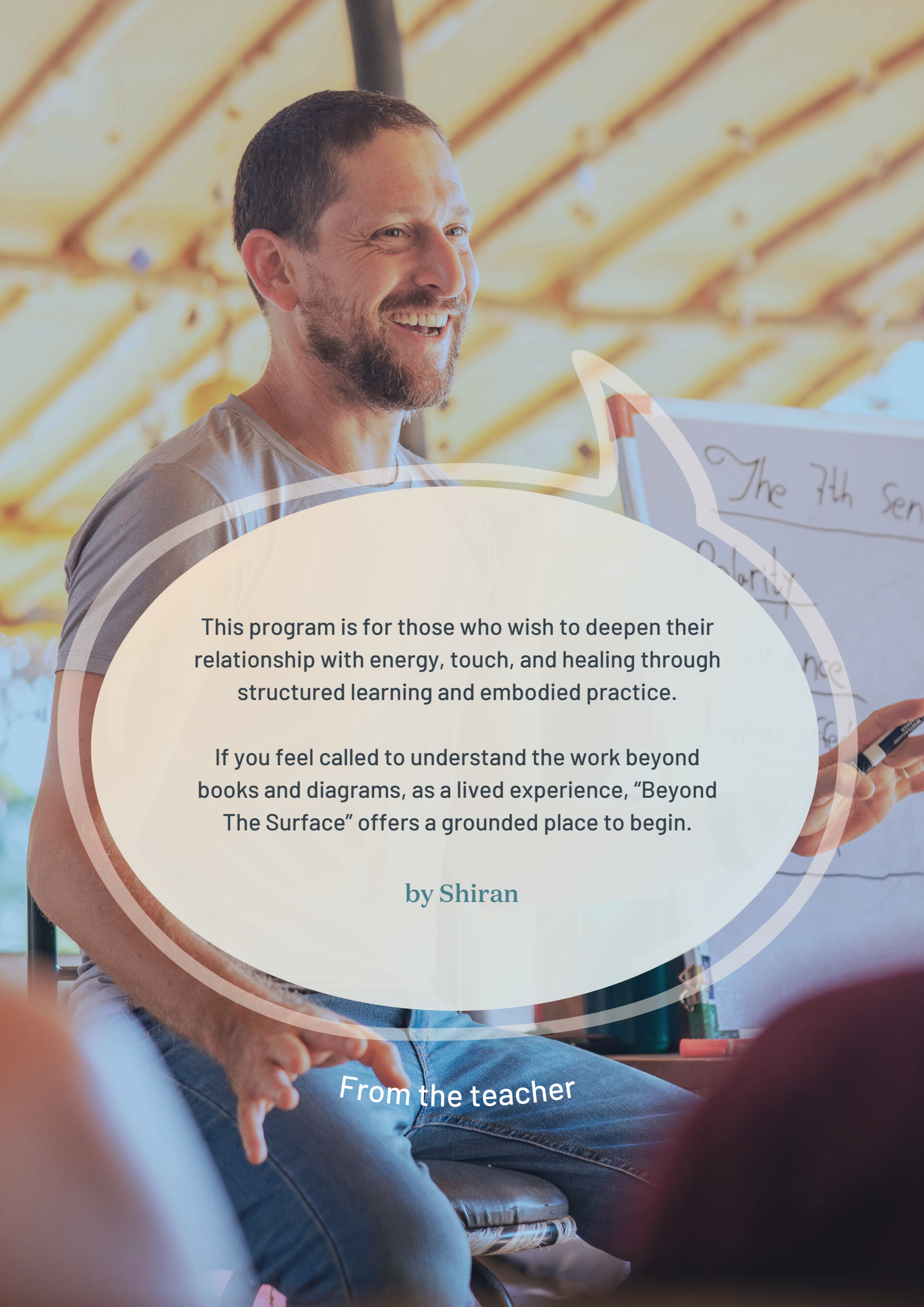
4 week Program. 12 hours/week

Normal Price = ₹1.5 Lakhs

Early Bird Price until 1 April '26 = ₹1.2 Lakhs

NOTE

- Travel, boarding, and lodging aren't included in the program fee.
- Students will arrange their own stay for the duration of the training.

A man with a beard and short hair is smiling and looking towards the right. He is sitting in a chair and pointing with his right hand. In the background, there is a whiteboard with handwritten text. The text on the whiteboard includes "The 7th Sen", "Polarity", "nce", and "fe".

This program is for those who wish to deepen their relationship with energy, touch, and healing through structured learning and embodied practice.

If you feel called to understand the work beyond books and diagrams, as a lived experience, "Beyond The Surface" offers a grounded place to begin.

by Shiran

From the teacher



Thank you!

Stay connected to discover more about
Accupressure, Energy Healing & Breathwork
practices. Begin your journey today and
transform your mind, body, and spirit.

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Breathingjourney.com