

About

I WAYAN LINGGEN

ruby



I Wayan Linggen Is certified and experienced Yoga teacher, Therapist dan Healer, he received a spiritual teaching, Kundalini Tantra Yoga knowledge and Therapist skill from his guru Sri Jaya Sakti(Mr. Ketut Arsana from Ubud)

He has an extensive experience. His years as a yoga Teacher, Therapist and Healer, has seen him give guidance and care to many Hollywood Stars and designers.

I Wayan Linggen Was born on February 2' 1978 or on soma wage Tambir in caka 1901 (Balinese calender) this day is a sacred for Balinese Hinduism since the day is occupied by God Shiva who treated as the highest or the most respected deity for the community and a big ceremony was held in the temple to pay honour to the Supreme God on the day.

When he was 20 he met his Guru the Local and overseas well known Spiritual Guru and Balinese healer Mr. Ketut Arsana (Sri Jaya Sakti) who then initiated him to be his follower, cultivate and optimizing his talent.

Outside his own Guru, academically he studies Natural medication and Ayurvedic at the faculty of Health Ayurvedic at the Hindu University of Indonesia, studied at International accredited Intuitive flow Yoga school, Studied Acupuncture to the Traditional Chinese Medicine and Acupuncture Master Dr. Cahyono Sutantio DNM, Rekki From American Rekki Master Se'a Criss, Anatomy Massage technique from western Therapist trainer Alison Gibbs from British and Shari Harmant from Germany.

In 2003 he was leaving Bali for Brunei Darussalam and working as a Therapist at the greatest hotel in the country, taking care of the Royal family and important person in the kingdom also several world leader who were invited by the king for international or national event. And the last, before he decided to finally keep staying in Bali, he was journeyed for two years to Republic of Palau in Caroline islands as Therapist, yoga Teacher and Healer.



Linggen on His Speech about Yoga, Meditation, Healing Therapy and Ayurvedic Science at Hindu University of Indonesia

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HASTA SIDDHI THERAPEUTIC HEALING MASSAGE

Is a holistic developed Massage therapy by integrating the utilisation of Pranic healing energy with some massages techniques like deep or soft tissue massage and meridians massage.

Pranic in Sanskrit word means life-force, in Chinese it's called Chi and in Japan called Ki (rei-ki) which actually utilize to balance, harmonize and transform the body's energy processes, This invisible bio-energy or vital energy keeps the body alive and maintains a state of good health.

Meridian Massage, Meridians itself are an energy channels within the body that supply energy or chi to the organs and systems. During a meridian massage each meridian is traced in its normal flow of direction from its start point to the end point. By taking the direction of massage along the energy channels of the body, the concept behind this movement is to allow the release of stagnant energy, this in unison promotes an increasing the prana or chi through the meridians to re-energize the body. it will improve the function of related organs and systems, Increase energy, strengthen the immune system, reduce stress, as well as improving the whole body spirit connection.

Deep or soft tissue Massage is a manipulation of the soft tissue that helps to release muscle tension, allowing freer movement, improving circulation, helping with pain relief and reducing stress as well as improving tendon and ligament function, When muscle movement becomes restricted, the muscles begin to harden and are then not able to function properly which can lead to a block in circulation and cause inflammation through a build up of toxins within that area.

75 minutes

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KUNDALINI TANTRA YOGA

Kundalini Tantra Yoga is a technique and system of healing Yoga which comes from Guru Sri Jaya Shakti personal mastery of Yoga and yearning to find the best technique to heal the body fast.

This healing Yoga uses tantra along with pranayama (breath) at the same time. This is important for energy raising, flowing, moving and balancing. Tantra is raising the energy so that you can use in your life.

With this technique people can in a short time feel the energy working internally and making the glands active.

When the glands are active, everything will become more flexible because of the volume of oxygen moving inside the body and opening every joint. In the long run this Yoga helps the kundalini to rise.

It is more important to make the glands active in the body first. In Kundalini Tantra Yoga you need to move the body together with the breathing which activates the glands. When the glands are active, from the energy moving, that is how we can make the body more flexible. More oxygen moving in the body can burn toxins in the body and cleanse the blood and the muscles.

That's why it called Kundalini Tantra, raising the Kundalini through movement with breathing. It is combined with Kundalini, Astanga, Hatha and Sivananda (Surya Namaskar) Yoga, and it is a chosen of particular asanas which are important in raising the energy and helping the gland system.

90 minutes

ABOUT REIKI

& REIKI MASTER TEACHER- **I MADE WARMANA**

ruby

ABOUT REIKI

There is huge power that we are not able to explain or never seen in this universe. Why does the sun go up and go down then night come? Why human's heart is beating 60 times per minutes with non-stop? What causes us to be alive? We take it for granted that we experience these things surrounding us daily, but these things are miracle that is created by the unseen power in the universe.

Reiki is neither religion nor magic. Reiki is spiritual power to heal every living creature by transfer the power of universe into human's body through Reiki Healer. "Rei" means "God's Wisdom or the Higher Power" and "Ki" means "Life force energy", hence Reiki means "Spiritually guided life force energy". Everyone can use Reiki after they had attunement from Reiki Master, or you just can receive Reiki from Reiki healer. Ruby's spa therapist had attunement from Reiki master and can use the benefit to heal themselves and others.

Sickness or disease is caused by the negative power in the body. When we are more likely to get sick or feel stress, our life force energy is low. Reiki can reduce stress and promote healing power that originally we have into higher level. Therapist will touch domain 7 chakras on your body to cleanse, and to transfer the power of universe taken from the nature and elevate your life force energy high, to bring you vitality and be capable of being happy and healthy.

During Reiki treatment, do not block the incoming energy into your body. Just follow what you feel and don't block your feeling. Tell your body that "I accept the energy transferred by the therapist and hope the energy may be useful to me".

When therapist cleanse your chakra you probably may see some fantasy such as many colors and images, receive messages, or cause convulsions but you don't need to afraid of. These are sign that you are healed and receiving the positive power from the universe.

After having Reiki treatment, you may feel very lazy. This is because your body is healed and balancing the positive and negative power into neutral level. Take enough rest until you feel recover, then you will feel your body has full of vitality and accepting many of happiness surrounding you. You are more likely to receive positive aspect from the universe and will have positive feeling such as appreciation, gratitude, creativity, insight, and foresight.

I MADE WARMANA- REIKI MASTER TEACHER

I Made Warmana was born in Bali, a gentle Balinese who emanates good energy, his Reiki sessions are powerful, sweeping the guest's body to cleanse them of negative energy, then laying his hands on them to transfer positive energy.

He has been a student of "Prana" and meditation for more than 10 years. He originally discovered meditation through a guru, which helped him through some tough times, and wanting to help others, he them found Reiki and has practiced it since 1999. "All sickness is negative energy," he says. "The energy of the universe is positive and I want to spread positive energy to as many people as I can".

