

Indimasi Healing Village, spanning 13.5 acres near Vattapara, is a remarkable sanctuary dedicated to complete well-being. This unique retreat is the brainchild of Guru Yogi Shivan, a spiritual guide whose extraordinary journey began with a deep desire to overcome death, which is often seen as inevitable.

Guru Yogi Shivan's quest for spiritual understanding took him on a long pilgrimage across India, from Kanyakumari in the south to the Himalayan regions of Kashmir. His search ended when he met his guru, Dharmananda Swami. After being initiated into the Siddha Yoga order, Guru Yogi Shivan embarked on a four-year meditation retreat deep in the Arippa forest. During this intense period, he experienced Samadhi, a state linked to immortality. However, instead of withdrawing, Guru Yogi Shivan chose to return to everyday life. He took this call to ensure his spiritual path was clearly understood and free from misinterpretations.

The Visionary Behind 'INDIMASI'

Guru Yogi Shivan embodies the powerful connection between body, mind, and spirit. Beyond his spiritual leadership, he is a highly disciplined and versatile individual. He boasts formal training in both the Southern and Northern styles of Kalar, an ancient Indian martial art, which he mastered from a young age. His martial arts skills extend to holding a black belt in Karate and a background in boxing. Additionally, he trained himself in classical dance, showcasing his belief in combining various disciplines for overall well-being.

A Haven for Well-being

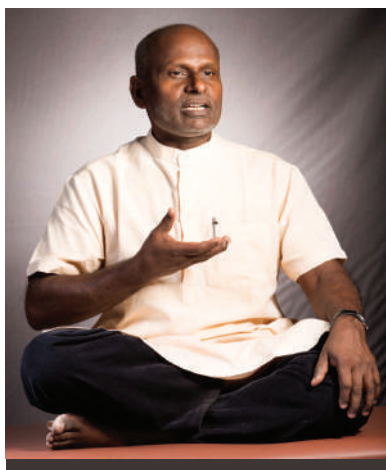
'INDIMASI' was carefully established to offer a supportive environment for individuals seeking to address physical, psychological, and spiritual challenges. The village emphasises a disciplined lifestyle complemented by gentle, effective exercises. Guru Yogi Shivan firmly believes that consistent yoga practice is key to overcoming all illnesses. Whether someone is battling a specific health issue or seeking inner peace despite material wealth, 'INDIMASI' aims to offer profound relief and guide them towards ultimate well-being. Guru Shivan expresses confidence that almost any problem, regardless of its complexity, can be effectively managed within the village.

The Deep Meaning of 'INDIMASI'

The name 'INDIMASI' itself carries profound philosophical meaning, echoing India's ancient wisdom that transcends the fear of death, embracing

Finding A Way to Well Being, Fullness of Life

Having A Clear Overview of Holistic Transformation



ing instead the secret of eternal life. This aligns with the ancient Indian saying, 'Vasudhaiva Kudumbakam' – 'the world is one family.' Understanding the unity between mind and body is central to grasping the teaching of 'Tathwamasi' ('That thou art'). Therefore, 'INDIMASI' cleverly combines 'INDI' from India and 'MASI' from 'Tathwamasi,' symbolising India's spiritual journey towards universal understanding and togetherness. This profound wisdom is the driving force behind Indimasi. Guru Yogi Shivan explains it as a representation of India's spiritual heritage, illustrating how yoga can lead individuals to self-realisation and a sense of profound unity with the universe.

Diverse 'Healing Touch' Programmes

- For stress reduction, weight management, slimming & diabetes care.
- CancerCare (Can Care)
- Ojus Ayurveda
- Yoga and diet clinic and
- Mouna Sadhana (Silent Retreats)

Traditional Kalar & Ayurvedic treatments

Kalar treatments

- Head Neck Shoulder (HNS) Marma and Joint Care Marma, and Prana Marma packages, all focused on vital energy points. Ayurvedic options include Body Purification, Stress Management, Rejuvenation, anti-ageing treatments, and Beauty Care

and fostering the next generation of healers, Indimasi operates The Indimasi School of Ayurveda & Yoga, approved by the esteemed Yoga Alliance to ensure high standards. The school offers structured courses for different levels. These include a 14-day basic course, a one-month 200-hour Teachers' Training Course (TTC), and a one-month 300-hour Advanced Teachers' Training Course (ATTC) for deeper study. All courses are also available online, ensuring global access for those interested in holistic healing.

The Immortality Quest

Guru Yogi Shivan often refers to ancient Indian texts such as the Upanishads, suggesting humanity's potential for immortality. He quotes from the Katha Upanishad, which states: "It is not born, nor does it die; It did not come from anywhere, nor will it become anything. It is unborn, eternal, everlasting, and ancient. It is not destroyed when the body is destroyed." One can experience Swatchanda Mrithyu (death at will). And it's not the end of everything as the Self remains intact, Guru Shivan explains. He asserts that while it was once dismissed as superstition, modern science, particularly through the principle that energy cannot be destroyed, now offers supporting evidence. However, he consistently emphasises that this truth is truly understood only through dedicated yoga practice.

For Guru Yogi Shivan, the ultimate aim of yoga goes beyond selfish interests. It represents a transformation into a divine being achieved by integrating mind and body. He uses the analogy of hydrogen and oxygen forming water to explain that desire is like a fire; when the mind and body are connected, one can extinguish the flames of desire. Indimasi guides individuals towards this complete transformation, embodying the ancient Indian wisdom that, according to Guru Shivan, teaches that nothing is impossible.



Nurturing Future Healers

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