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# ASIA'S top 10 HEALING CENTRES

Healing is something we can all appreciate, whether it's healing a broken heart, a tired body, a stressed out soul or a rocky relationship with a loved one. Sometimes we can't do this on our own and so the search for a healer, soul guide, therapist or counselor begins. Here we take a closer look at some of the top healing centres across Asia. Therapists at these centres are driven to share their knowledge of alternative therapies, spiritual energies and life pathways with those of us who want to learn more about ourselves, about others and about our universe.

1

## Shakti Healing Circle, Hong Kong

With 11 resident practitioners and more than 20 visiting practitioners working across many different alternative therapies, Shakti Healing Circle is a major hub for healing in Hong Kong. Resident practitioners offer personalised sessions in energy healing including Reiki, magnified healing and Alkrhemh, an ancient Egyptian system of healing and wisdom, as well as yoga, meditation, Pilates, homeopathy, Bowen Therapy and EFT (Emotional Freedom Techniques). The visiting practitioner programme is also extensive with workshops and events in guided Kundalini meditations, Qigong and Nia, an expressive, holistic body-mind movement therapy, integrating martial arts, yoga, meditation and modern and ethnic dance.

[www.shaktihealingcircle.com](http://www.shaktihealingcircle.com)



## Asian Healing Arts Center, Thailand

The Asian Healing Arts Center in Northern Thailand is a charity-based organisation with an 18-year history of Reiki healing and education. Therapists also offer other non-invasive treatment, bodywork and movement to restore the body's balance such as Asian bio-energetics (a holistic treatment using Traditional Chinese Medicine and meridian channels), and Cranio Sacral Therapy (a light touch and energetic therapy). You may choose to visit for personalised sessions or to learn how to heal yourself through intensive workshops and extended training programmes in Reiki, aromatherapy and bio-energetics. A small organisation with a big heart, the centre also gives underprivileged Thai patients more than 1100 free treatments and 60 free trainings each year to enhance their health. They're always looking for volunteers if you'd like to lend a healing hand.

[www.asianhealingartscenter.com](http://www.asianhealingartscenter.com)

2

## The Golden Space, Singapore and Malaysia

The Golden Space is a holistic healing clinic and a training centre with a vision to promote living harmoniously with love, peace, respect, health, wealth and happiness. Founder Umesh H. Nandwani, a world-recognised healer, trainer, holistic practitioner, personal coach and counselor, launched the original Singapore centre in 2005 and a sister-centre in Malaysia in 2009. At the Singapore centre, Umesh and a small team of healers run regular workshops and classes in meditation, stress management and self-discovery. Umesh also offers clients private appointments in a range of holistic health treatments including Reiki, cosmic healing, past life regression, chakra cleansing, empowerment, energy meridian lines and private counselling.

[www.goldenspace.net](http://www.goldenspace.net)

3



## Soukya Holistic Health Centre, Bangalore, India

Soukya Holistic Health Centre has a mission to prevent illness and promote health through early intervention. To achieve this, the residential centre integrates traditional medical systems of Ayurveda, homeopathy, naturopathy, Siddha and Unani with complementary therapies such as yoga, acupuncture and reflexology. Clients visit from all over the world for personalised consultations and also to access longer-term wellness programmes to treat chronic illness. The centre is owned and managed by homeopathic and holistic physician Dr Issac Mathai and wife and food nutritionist Suja Issac. Dr Mathai has practiced for more than 20 years and is a visiting holistic health consultant in the U.S. and London.

[www.soukya.com](http://www.soukya.com)

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# 5

## Ubud Bodyworks Centre, Bali

Ubud Bodyworks Centre is an institution in Bali, led by local spiritual teacher Ketut Arsana since 1987. Ketut offers personalised medicinal and healing therapy sessions, drawing upon cupping, energy balancing, chakra healing, meditation and spiritual counselling, acupuncture and acupressure. Ketut and his therapists also provide deep tissue, relaxation and exfoliation massage, as well as herb and flower bath treatments (think milk, seaweed or spice baths). Bodyworks also runs classes in massage, meditation and yoga. [www.ubudbodyworkscentre.com](http://www.ubudbodyworkscentre.com)



# 6

## Atsumi Retreat Healing Center, Thailand

Atsumi Retreat Healing Center is a yoga retreat, spa, detox centre and resort that promotes the principles of unconditional love, acceptance and joyful living. Therapists will guide you to find your own liberated path whether through fasting and detox programmes, yoga, meditation and Qigong, Reiki, Thai massage, herbs and natural therapies, holistic nutrition and acupuncture. There are also workshops and intensives to better understand enlightenment, personal and spiritual development. [www.atsumihealing.com](http://www.atsumihealing.com)



# 8

## Basic Essence Holistic Wellness Centre, Singapore

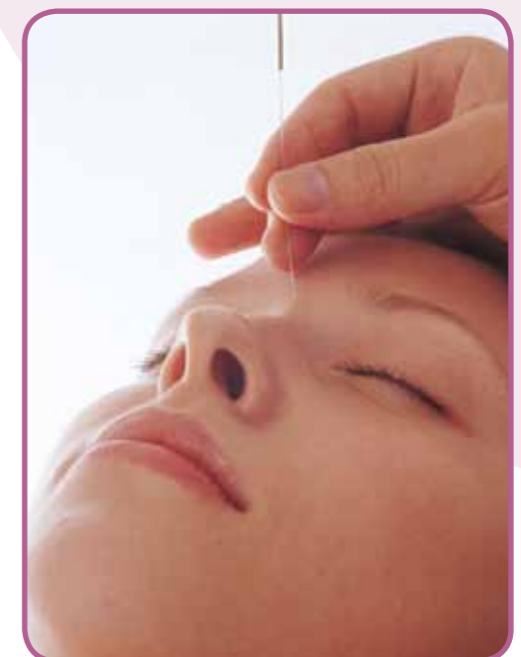
Basic Essence is a pocket of peace in a bustling city. Therapists are trained in Tibetan healing therapy, which employs oils, joint movements, hot and cold stones, massage and meridian point pressure, which results in rejuvenating and restorative benefits such as eliminating toxins, boosting vitality, alleviating pain and calming nervous disorders such as insomnia, depression and anxiety. The centre also offers yoga and meditation classes, facials and other natural skin therapies based on Ayurveda, wildflower therapy and aromatherapy oils. If you want to learn how to heal yourself, check out their workshops in personal and spiritual development. [www.basicessence.com](http://www.basicessence.com)



# 9

## Cosmic Rhythm Healing Centre, India

Located in Madhya Pradesh, India, Cosmic Rhythm takes a holistic approach to healing through Reiki energy and psycho spiritual understanding. Therapists may explore enlightenment, transformation and past life through one-on-one sessions as well as workshops and intensives. The four-day residential enlightenment intensives encompass therapy, yoga and meditation. The centre's master teacher is Ahkilesh, a senior Reiki master who leads psycho-spiritual workshops all over the world. His goal is to help visitors realise their true sense of self, life and others. [www.cosmicrhythm.org](http://www.cosmicrhythm.org)



# 7

## The New Age Shop, Hong Kong

With more than 25 resident practitioners and regular visiting gurus, the New Age Shop is one of Hong Kong's largest healing and psychic centres. Practitioners work across diverse alternative and healing therapies, including tarot reading, kinesiology, hypnotherapy, spiritual mediums, sound healing, Feng Shui counseling, pet healing, Emotional Freedom Techniques (EFT), astrology, soul alignment and Cranio Sacral Therapy. Established in 1992, the centre also runs regular yoga and meditation classes, as well as workshops in the principles of Reiki, channeling and flower essences. [www.newageshop.com.hk](http://www.newageshop.com.hk)

# 10

## Ubud Holistic, Bali

Therapists at Ubud Holistic work across various practices, giving clients the opportunity to tap into the healing treatments that best suit their body, lifestyle and personal philosophy. Treatments range from homeopathy to naturopathy, acupuncture, nutritional and detox counseling, colonics, Reiki, kinesiology, Cranio Sacral healing and allergy elimination. Sign up for a one-on-one therapy session or check out the workshops and education programmes to learn long-term approaches to living with vitality and joy. [www.ubudholistic.com](http://www.ubudholistic.com)