
Testimony from Ven.Bhante Dhammarato

My experience of Bali Usada Meditation Tapa Brata I

Fantastic experience defiantly a must for all no matter what .

Pak Merta Ada gives all a insight into there body and how to self heal any problem or just keep it great working order.....

After 1st time course it really came home the ease and peace which comes from treating ones body in such a pleasant way

now i have done 3 basic courses but not basic becouse all the time getting to know the body a little deeper > so is a training in itself.

Come and enjoy and learn about healing yourself through your own efforts . " It's easy and very rewardable "

Bhante Dhammarato
(Australian Buddhist Monk)