

NIPERTRAI

SATRIA NUSANTARA



ALVITA PLUS



MAKSIMOVIĆ ALEKSANDRA

ART OF BREATHING

Satria Nusantara is a traditional martial art of Indonesia which is also recognized as a therapeutic skill.

In the Far East, with this technique, the masters of martial and spiritual skills strengthened the fascia of all organs and tissues, thus raising the general level of strength and health.



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During the practice of the Nipertrai-Satria Nusantara, a special breathing skill is taught, the so-called restrained breathing or reverse breathing.

Concentrating on the breath opens and expands vital capacities, the skill of holding the breath allows you to dive into the world of intuition and creation, while conscious exhalation frees the body from mental, emotional and physical toxins.

In addition to peace and tranquility in the body, it is possible to feel an influx of strength, a clearer view, better concentration and greater orientation in space. When we add special body movements to this guided breathing, we can produce therapeutic effects for different organs or regions in the body.

The goal is to activate the “inner power” of self-healing that the ancient sages spoke of thousands of years earlier.

Controlled breathing can also lead to controlled thoughts. If we find a pleasant environments in nature and take a few minutes for ourselves, let's use them for the greatest benefit - our health!

It is necessary to touch the ground with our feet, preferably without shoes, and with such open spirals on the soles, we start the vital force in the body, uniting with the power of nature.

By conscious breathing, it is possible to remove unnecessary numerous thoughts that overwhelm us, bad emotions that block us, but also to oxygenate the cells in the body and raise the immunity to the highest level.




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A few days of practicing Satria Nusanare can protect us from various viral and bacterial infections, because we have strengthened our body with oxygen. With deep abdominal breathing, we expand our internal energy capacities by accumulating prana in our second energy center.

The accumulation of prana is our energy reservoir, which acts as a powerful generator of power independently of our will.

Human being is one with the nature; as we breathe, and nature breathes through its plant kingdom, so we suggest that we perform the exercises in nature and restore the chain of communion with the other kingdoms of the planet Earth.

Through Satria Nusantara, we will learn to feel things in and around ourselves more easily, we will think less, our intuition sharpens, as well as other senses, so during the practice of these exercises, a person feels more alive and more present than before.



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Blessing of a Satria healer from Bali