

The Heart of Understanding 8 Day *LiberatingTouch* In-Person Class 2026



1 - 8 October 2026 (inclusive)

Appoo Home, 4 Harley Shute Road, St. Leonards on Sea, East Sussex, TN38 8BP

Dive Deep into Presence and Understanding

This IN-PERSON 8 Day Class will be presented by [Ranjana Appoo](#)

The 'Heart of Understanding 8-Day Class' is a self-development class specifically designed for Truth seekers, humanitarians, holistic health practitioners, Spiritual explorers, change agents, life coaches, and innovative conscientious leaders.

Together we will explore and experiment, witness demonstrations, and learn practical ways to heal the mind. Our focus is to liberate the mind from fear and attachment and experience the Power of Truth and Love.

This class is intended to be an experiential adventure of awareness and discovery, for regaining your power, Self-confidence and for opening the doors to Self-Realisation.

The Video Invite: <https://youtu.be/NYWChOn5IKQ?si=DZpOpp7S14Shrzbc>

LiberatingTouch® is a comprehensive system of self-care, combining meditative inquiry, healing touch and ancient wisdom.

In this class you discover that LiberatingTouch® is so much more than a healing art, it provides students with insight into the philosophy of Truth (Eternal Wisdom), an understanding of the laws of creation (Love), revelations about the SELF, and encouragement to go with the guidance (intuition).

The minimum pre-requisite for joining this class is the completion an LT Intro Class or equivalent and the completion of two LT detachment processes.

The day-to-day plan is as follows:

10am - 12pm

Focus on philosophy, experiential wisdom and know-how

12pm - 2.00pm

Lunch, rest and self-care

2.00pm - 4.00pm

Focus on practice

4.00pm - 5.30pm

Tea, Q&A and integration

Kindly email Ranjana Appoo at liberatingtouchcentre@gmail.com for further details.

Booking is essential as places are limited. There are only 6 spaces available for this class

As this is an In-Person Class – **the cost** for the class is £880. Concessions are £650. Staggered payment plans are welcome.

Included in the cost are all course materials, veggie lunches, tea and refreshments.

Ps. All students get ongoing support for years to come.



During these 8 days we will explore

The Origins of LiberatingTouch® and its On-going Dynamic Development

The Yoga, Philosophy, Psychology, Art and Practice of LiberatingTouch®

Exposing the Lie, Awakening Awareness & BEing in your Power

Steps to Reclaim Personal Power

The LiberatingTouch® Detachment Process

The 4 main Tenets of LiberatingTouch® and their Practical Applications

Truth

Learning from Nature

Responsibility to SELF and others

Meditative Inquiry & Unconditional Listening

Peace

Explore Energy Balancing Locations

Love

How to Formulate a LiberatingTouch® Process

Letting go of Limiting Beliefs & Adopting Life Enhancing Beliefs

Reframing and Opening to Shifts in Cognition

Working with Memory & Trauma

The Importance of **Embracing the Hurt Inner Child** and Healing Memory

Working with Stored Negative Experiences & Generational Pain

The Journey Home

Exploring the Mind - Story, Identification and Transcendence

The Journey from Suffering to Source – From Fear to Love

Understanding the Shadows

Embracing and **Learning from the Paradox**

What We Resist Persists...

Interweaving Storytelling & Imagery

Parables, **Stories**, Legends, and Folklore employed in LiberatingTouch®

Creating Visualisations and Inner Journeys

Enlightening the Mind

Understanding **Desire**

Using LiberatingTouch® for all projects

The Alchemy of LiberatingTouch®

The 4 main stages of Healing, Awakening and Self-Realisation with LiberatingTouch®

Real people are those, who are filled with love. Their hearts are springs of mercy. They are endowed with true speech and their minds are filled with peace. Just as gold and silver are hidden deep under the earth and pearl and coral deep under the sea, peace and joy also lie hidden in the mind. Desirous of acquiring these hidden treasures, if you dive inward and direct your mental activities towards acquiring these treasures, you become filled with love and peace. You must fill yourself with this love and live in the light of unsullied, unselfish and pure love. – Sathya Sai Baba

Kindly email Ranjana Appoo at liberatingtouchcentre@gmail.com for further details.

Blessings and Love, Ranjana