

# MEET YOUR HOLISTIC HEALTH EXPERT

## Prem Khadka, DAC, DPT, PGDND

Acupuncture & Integrative Wellness Therapy Specialist

### PROFILE OVERVIEW

Prem Khadka is a highly accomplished Wellness Therapy Specialist with over two and a half decades of international experience in therapeutic care, wellness management, and integrative rehabilitation.

Known for his cheerful presence, intuitive clinical insight, and precise hands-on expertise, he delivers personalized, root-cause-based care focused on restoring balance, mobility, and long-term wellbeing, blending traditional wisdom.

### CORE SPECIALTIES & CLINICAL FOCUS

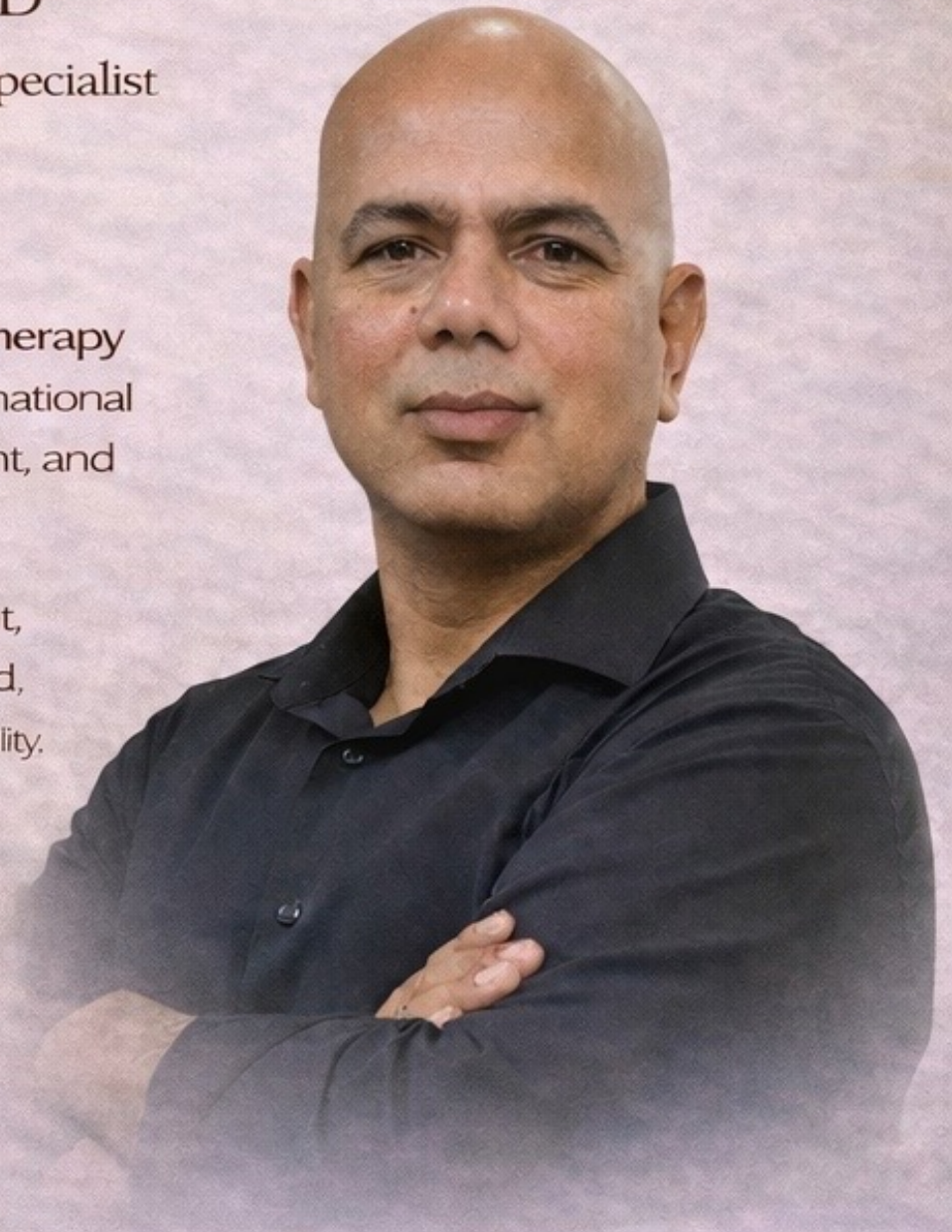
- Pain Management (acute & chronic conditions)
- Acupuncture, Manipulative Therapy & Reflexology
- Physiotherapy & Integrative Rehabilitation
- Stress Related & Psychosomatic Conditions
- Senior Citizen & Disability Care
- Personalized Long-Term Wellness Programs

### CAREER & EDUCATION SNAPSHOT

- Advanced Training in Acupuncture – Mebo Institute of TCM, Beijing, China
- Wellness Manager – Grand Regency Hotel, Nairobi, Kenya
- Fitness & Nutrition – Thomson Education Direct, USA
- Advanced Training in Manipulative Therapies – Onboard Spa Training, UK, MICA PTD to CONDA
- Head Therapist – Carnival Cruise Line
- Senior Therapy Trainer – Inchara Ayur Care Hospital, Bangalore, India
- Diploma in Physiotherapy – IBAM, Kolkata, India
- Spa & Wellness Therapy Trainer – Canyon Ranch Wellness Resort, Arizona USA
- Senior Citizen & Disability Care – Kenya & South Africa

*“Healing begins when the body is heard,  
the mind is understood, and care is personalized.”*

— Prem Khadka



**ADVAIT HOLISTICS**

A sanctuary of refined integrative healthcare