

Class teaches wellness through yoga and Ayurveda

Contributed by Editor
Wednesday, 31 December 2008

LAKEPORT ‐ The Wellness Center at Sutter Lakeside Hospital and Center for Health is presenting “Natural Living through Yoga and Ayurveda” on Saturday, Jan. 10, from 4 p.m. to 8 p.m.

Yoga and its related science Ayurveda, one of the world's oldest medical systems, are said to offer a complete and practical approach to living in harmony, living in abundance and living naturally.

This unique and provocative session will explore the five elements of earth, water, fire, air and space, and how these aspects of nature affect people’s physical and mental health.

Participants will learn about their Dosha (life force or energy that control the activities of the body) and their current natural tendencies.

Instructor Rama Deva, a certified holistic health practitioner and registered yoga teacher, will help the class experience the five elements through guided sacred movement and visualization, share the basic aspects of living naturally including food, and internal and external environments and teach simple, yet profound yoga techniques that are designed to strengthen each individual’s unique constitution (a person's general health and the ability to resist and recover from disease or other health problems).

Natural Living through Yoga and Ayurveda will be held at the Sutter Lakeside Wellness Center, on the Sutter Lakeside Hospital campus in Lakeport.

Participants are encouraged to wear comfortable, loose-fitting clothing that allows for movement.

To register or for more information, call the Wellness Center at 262-5171.

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