

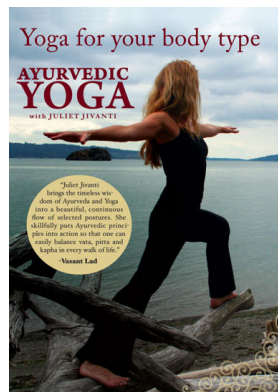


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## **Ancient ayurvedic yoga brings modern stress relief in DVD**

BELLINGHAM, WASH. – Ancient techniques offer healing for modern stress in “Ayurvedic Yoga: Yoga for Your Body Type,” a DVD recently released by Bellingham, Wash., yoga teacher Juliet Jivanti.

Shot on a sunny beach overlooking the San Juan Islands, the 100-minute DVD teaches moves drawn from ayurveda, a 5,000-year-old Indian health science that is attracting a growing number of devotees in the United States.

“Ayurveda emphasizes a personalized approach, customizing a yoga practice so that it’s most effective for your body,” says Jivanti, who has taught yoga workshops across the United States and founded the Ayurvedic Health Center in Bellingham in 2006. By correlating poses according to a person’s dosha, one of three body types identified in ayurveda, yoga practice can improve specific body issues from tension and tender joints to low energy and excess weight.

(more)

“You can follow all the three doshas or just one if that is better on a given day,” says Julie Carpenter, a Seattle software designer who has studied with Jivanti since 2004. “It’s interesting how the different movements are specifically balancing for a dosha.”

That’s an advantage of ayurvedic yoga, explains Jivanti, who was herself a globe-trotting software manager for seven years before stepping off the fast track. Doing poses that are balancing and supportive for your innate body type bring deeper results and a sense of overall harmony. Indeed, “I feel wonderful after doing this series,” says Carpenter, who is a combination of pitta and vata.

Integrating ancient approaches into a hectic modern life may seem daunting. But Jivanti, who studied with Vasant Lad, an Indian physician generally regarded as the foremost practitioner of ayurveda in the United States, streamlines it into a series of 25-minute yoga sessions that dovetail with the demands of the 21st-century rat race.

What’s more, you needn’t be a human pretzel to reap benefits from adding an ayurvedic focus. “I can adjust each practice to my particular challenges at the moment, be it aching legs from hours spent driving a car, a sore back from gardening, a stiff neck because of computer work,” says Ellen Howard, a 60-something librarian at the University of Washington. “I wish I had discovered this practice in my twenties.”

For more detail, Jivanti’s website ([www.AyurvedicHealthCenter.com](http://www.AyurvedicHealthCenter.com)) offers a questionnaire which will identify a person’s specific dosha. In general:

- **Vatas** tend to be thin, constantly in motion, easily distracted rapid responders in need of balance. So the vata section teaches flowing, grounding movements that build muscle, strengthen joints and center the mind through balance postures.
- **Pittas** are focused, fierce, high-energy overdoers who need more soothing, grounding, or as Ayurveda describes, cooling approaches. In response, the pitta unit focuses on circular fluid movements, forward bends and heat-dispersing twists.
- **Kaphas** are grounded, nurturing, solid and slow-moving individuals who tend to gain weight and can fall into lethargy if out of balance. To restore energy, Jivanti’s kapha approach is an uplifting set of more expansive postures such as chest openers and gentle backbends that build heat and revitalize metabolism.

Adding an ayurvedic focus to a yoga practice can have far-reaching results. “It definitely increases energy,” says Bellingham accountant JoAnn McNernethy. “During the past two and a half years, I’ve lost 30 pounds. And the best part is that it feels good to do it.”

The DVD includes tips on integrating ayurveda into daily life, background information on the doshas, and the three 25-minute sections, which can be done in sequence or singled out as appropriate for your constitution or your sense of what you need that day.

“Ayurvedic Yoga: Yoga for your Body Type” costs \$27 and is available at East West Bookshop in Seattle, Village Books in Bellingham, on Amazon.com and at Jivanti’s

“Ayurvedic Yoga”

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