



## Montana native to host workshops this week: Juliet Jivanti specializes in 5,000-year-old Indian health science

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Traveling the world opening branches of software companies was exhausting.

So after seven years, businesswoman Juliet Jivanti went in search of a counter to her fast-paced, globetrotting lifestyle.

"I was always in a plane or a hotel or a rental car," said the University of Montana graduate. "After many years, I really felt out of sorts and didn't know how to fix it. I wanted to learn to take care of my own health."

Jivanti, 38, found a way to care for mind, body and spirit in Ayurveda, a 5,000-year-old Indian health science. She was attracted to its customized approach to healing.

"It worked like a charm," said Jivanti, a Montana native now living in Bellingham, Wash. "It gives the person a system to take care of themselves."

Jivanti was so impressed, in fact, that she eventually quit the corporate world to pursue yoga instruction and the study of Ayurveda full time.

She opened the Ayurvedic Health Center in 2006 upon completing a yearlong study at the Ayurvedic Institute in Albuquerque, N.M., and recently released a DVD: "Ayurvedic Yoga: Yoga for Your Body Type."

Beginning this week, Jivanti will bring her message to western Montana, via a series of workshops and private consultations.

According to Ayurveda, everything in the universe, including the human body, is composed of five elements: ether, air, water, fire and Earth. While all of these elements are present in all humans, often a person has a dominant element. It's important to treat people depending on their makeup, she said.

Yoga is one component of healing. Nutrition makes up about half of a person's wellness plan. Then Ayurveda analyzes every aspect of daily life to figure out what's causing the imbalance in a person's life and uses a variety of techniques, including breathing and herbs, to correct the imbalance.

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**Jivanti grew up on a ranch** outside of Livingston and studied business at UM, graduating with a bachelor's degree in 1995.

She got a job with a mapping software company, which required extensive overseas travel. The corporate world was stressful, she said. That's when Jivanti turned to yoga for relief.

Her first Bikram yoga class had an immediate and significant impact on her business life, and wellness.

"The stress reduction and the feeling of really getting in your body, out of your mind, really felt good," she said. "I was captured by it."

Jivanti studied yoga and eventually became a certified instructor. In 2003, she decided to pursue yoga professionally, taking a job as a yoga instructor at Texas A&M.

"At the time, there was a tiny pod of people who knew what yoga was," she said. "The students really benefited and really needed the physical exercise."

Still, Jivanti wanted more. She still felt out of balance, which is when she came upon Ayurveda.

Today, most of Jivanti's students find her upon referral from friends and family. They don't know anything about Ayurveda, but they know their friend looks and feels better, she said.

One of her students was a film producer and wanted to collaborate on a DVD. Initially, Jivanti was not inclined. She's introverted, she said. But Jivanti also liked the idea of getting information about Ayurveda out to the public.

Jivanti will travel to western Montana this week to host a seminar and private consultations. She will meet with students in Missoula, Hamilton and Anaconda.

Her "Spiritual Healing Through Simple Ancient Ayurvedic Practices" workshop with a free vedic fire ceremony will take place from 7-9 p.m. Tuesday, July 19, at Meadowsweet Herbs, 180 S. Third Street W. in Missoula. The cost is on a sliding fee scale from \$5-\$20.

The workshop will show how people can bring balance to their life by establishing a simple daily routine and teach practices such as breathing techniques to calm the mind and simple chants or mantras to harmonize the cells. Also, the class will show how Ayurvedic herbs can treat common ailments and maintain health.

Then, on July 20 at Inner Harmony Yoga Studio and on July 21 at Wild Ginger Acupuncture, both in Missoula, Jivanti will host consultations with scheduled students. She will also host consultations in Hamilton on July 27 and in Anaconda July 22-25 at the Montana Herb Gathering.

Contact Jivanti for more information or to schedule an appointment at (360) 734-2396 or [juliet@ayurvedichealthcenter.com](mailto:juliet@ayurvedichealthcenter.com).