



Ayurvedic Health Center  
203 W. Holly St. Suite 201  
Bellingham, WA 98225

Contact: Katrina Svoboda Johnson  
info@AyurvedicHealthCenter.com  
(503) 718-8211

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**AYURVEDIC HEALTH CENTER CELEBRATES  
NEW OWNERSHIP WITH OPEN HOUSE**

BELLINGHAM -- The Ayurvedic Health Center will introduce new owner Katrina Svoboda Johnson at an open house, noon to 5 p.m., Saturday, May 30 at 203 W. Holly St., Suite 201, Bellingham. The free event will include complimentary organic teas and snacks, informal info presentations and a gift basket giveaway.

Founded in 2006, the center focuses on ayurveda, a 5,000-year-old tradition of health practices that first evolved in India but, like yoga, has become increasingly popular in America.

“I’m looking forward to bringing new services to the thriving wellness community in Bellingham,” says Svoboda Johnson, a certified ayurvedic practitioner and licensed massage therapist who previously had a holistic-health practice in Portland, Ore., for six years and in the South Puget Sound area for three years before that.

The Ayurvedic Health Center will continue to offer consultations, ayurvedic yoga, herbal formulas, bodywork, educational workshops and products such as ayurvedic herb teas and oils, says Svoboda Johnson.

She plans to expand the center’s offerings by adding Structural Integration deep-tissue bodywork therapy, BioSomatics movement education, vedic palmistry, vedic astrology and flower essences.

Svoboda Johnson says she and her husband enjoy cooking, books and outdoors activities and hope to explore them all in Whatcom County – though they will miss Portland’s Powell’s Books!

For more information, contact the Ayurvedic Health Center at (360) 734-2396, follow it on Facebook or see [www.AyurvedicHealthCenter.com](http://www.AyurvedicHealthCenter.com).

(photo cutlines)

(mugshot of Katrina Svoboda Johnson)

Katrina Svoboda Johnson, a certified ayurvedic practitioner and licensed massage therapist, is the new owner of Bellingham’s Ayurvedic Health Center. She previously practiced in Portland, Ore.

(Katrina Svoboda Johnson with apothecary)

Katrina Svoboda Johnson, a certified ayurvedic practitioner and licensed massage therapist, draws on herbalism, nutrition, therapeutic exercise and movement in her work as the new owner of Bellingham’s Ayurvedic Health Center.

(pulse reading by Katrina Svoboda Johnson)

Katrina Svoboda Johnson, new owner of Bellingham's Ayurvedic Health Center, demonstrates the ayurvedic technique of pulse reading on her daughter, Anna. Ayurveda is a 5,000-year-old Indian system of health practices that has become increasingly popular in America.