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FAQ for Ayurvedic Health Center

What is Ayurveda?

Many people have heard the word “ayurveda,” but may have only a nebulous understanding of what it involves. A sister science to yoga, ayurveda is a 5,000-year-old system of medicine that first evolved in India but is becoming increasingly popular in America.

Ayurveda is referred to as the knowledge or science of life and is a conjunction of two Sanskrit words: *ayur* “life” and *veda* “knowledge.”

The roots of ayurveda stem from the Vedic culture of ancient India. Handed down through teachers and writings, ayurveda influenced Hippocrates and the Greek system of medicine and is believed to be the only complete medical system still in existence that has been continually practiced since its inception. It encompasses diet, medicine, astrology, lifestyle, herbology, yoga, meditation, breathing techniques and home design concepts based on sacred geometry that preceded and hugely influenced the Chinese practice of feng shui.

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Ayurveda offers a path to optimal health and development for each individual through its profound understanding of natural laws. Living with the cycles of nature maintains health and a disconnection from those natural cycles leads to disease. Going beyond symptoms to the root cause of the disease is where true healing begins. Balancing the body, mind and spirit allows us to understand the language of nature so that we can live harmoniously. Ayurvedic practices restore holistic health, resulting in self-healing, vitality and longevity.

For more information, see www.ayurvedichealthcenter.com.

What is BioSomatics Movement Education?

An offshoot of Feldenkrais work, BioSomatics Movement Education combines physics, biomechanics and an empirical understanding of learning and human development in gentle movement sequences that increase flexibility, expand range of motion, reduce pain and integrate the body and brain. It increases awareness of habitual neuromuscular patterns and rigidities, develops rehabilitative ways of moving and enhances overall functioning.

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What is Structural Integration?

Structural Integration is deep-tissue therapy that combines hands-on bodywork with active client participation. It facilitates more natural and relaxed posture by targeting the fascial connective tissues of the body. Besides increasing stability, mobility and energy, it often improves athletic performance and can be used to treat chronic pain syndromes such as back pain, hip pain, neck pain, carpal tunnel syndrome, TMJ and headaches.

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