

THE PROGRAM

STAGE 01: WEIGHT LOSS EVALUATION. MIND. BODY. ENERGY.

Before embarking on the program, the RakSa team sits down with you for approximately an hour to find out more about your diet habits, cravings, living conditions, fitness traits and more. A questionnaire will be given to you prior to the evaluation to give RakSa leaders keen insight into your daily life. In addition, we will perform a holistic physical evaluation to give us a better understanding of where your body stands.

STAGE 02: WEIGHT LOSS PLAN

After your evaluation, you will receive a copy of your program with a treatment schedule that is custom created for your body and lifestyle. Treatments may include bodywork like myofascial release and ayurveda. At this point you can ask questions, make suggestions and work one-on-one with your RakSa leaders to ensure the program is suitable to your expectations and timeline needs.

STAGE 03: MIND

As part of the program, you will be given a set of awareness exercises including daily affirmations and creative activities. We will also support you with resources for journaling your RakSa Weight Loss journey, so you can document the feelings that arise, the thoughts that emerge, and the physical sensations and reactions that collide. We'll be there to witness and help.

STAGE 04: DIETARY GUIDELINES

To complement the mind and body detoxification process, you will be given dietary guidelines to follow. It will also include herbal, homeopathic and natural supplements to help aid you in cleansing your system. All foods and supplements are chosen for detoxification of your lymphatic system, liver, kidneys, bowels and lungs to help your body reduce its need for fat to store excess toxins.

STAGE 05: MOVEMENT

RakSa's heritage of helping people with wellness is deeply rooted in holistic movement. Part of your journey will include regular movement classes like yoga, Feldenkrais, and tai chi to help you achieve the right balance.

PACKAGE PRICE

30 DAY PLAN	\$445
60 DAY PLAN	\$795
90 DAY PLAN	\$1150

Package price includes movement classes and weekly treatments. Herbal and Homeopathic remedies are additional.



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LIGHT UP

HOLISTIC WEIGHT LOSS PLAN AT RAKSA



Through Awareness Exercises,
Movement and a Fresh Diet, Find a
Lighter You!



Weight loss has become a societal pressure that extends far beyond a desire to be thin. The concerns associated with obesity or carrying unwanted pounds now relate more to the implications it can put on our health. Weight gain can lead to serious diseases such as diabetes, cancer, heart and liver disease, sleep apnea and arthritis. People have turned to counting calories, weight loss pills, and excessive exercise to shed weight, but the key to a lighter you goes much deeper. It involves addressing oneself as a whole, from understanding the role fat plays in our bodies to the emotions you have about yourself and daily life.

THE ROLE FAT PLAYS IN OUR BODIES

Fat tissue has a very important function in our bodies, and a healthy level is always necessary. Besides storing energy, it helps your organs when your metabolism is compromised. When your liver is overloaded with toxins, fat will collect and store them for later processing, so it lessens the burden on your organs. Additionally, when an area of your body isn't moving regularly, the venous flow cannot pump out waste materials efficiently, so fat collects the waste and stores it to later be excreted. This is a normal healthy response. The problem arises when your system cannot later process and excrete these toxins. In response to physiological turmoil, it creates more fat to store all this toxic waste.

Feeling stress related to weight gain, and in turn, pushing yourself to lose it quickly, just slows down our normal bodily functions and releases more toxins into our systems that are derived from emotional anxiety. Therefore, in order to lose weight, you need to first focus on eliminating toxins and moving areas of your body that have been dormant. Adopting a calm and joyful dedication to cleansing your diet and exercising with ease, are the best ways to lose weight sustainably.



WHY A RAKSA HOLISTIC WEIGHT LOSS PLAN?

At RakSa we approach you as a whole: your mind, body, and energy. Our program may integrate various healing modalities that are offered by leading holistic practitioners at RakSa. We will address your mind with awareness exercises like daily affirmation and journaling; your energy with whole, clean and balanced food intake as well as herbal and homeopathic supplements; and your body with regular holistic movement classes like yoga, Feldenkrais, and tai chi. With such an approach, you will learn to maintain a constant positive attitude and enjoyment that will extend beyond the program.

BENEFITS OF A RAKSA WEIGHT LOSS PROGRAM:

- Gain power and control over your life
- Feel more pleasure
- Sleep deeply and restfully every night
- Stop and even reverse accelerate aging
- Restore emotional stability
- Feel the thrill of being healthy
- Restore and improve immunity
- Prevent disease
- Lose weight with maintained results