



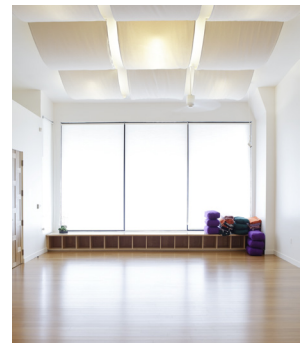
The Company

In the Thai language, “Rak,” means “Love.” “Sa,” translates to “fulfilled wishes.” Together, “RakSa” means “To Heal.”

RakSa was created to provide a sacred space for education, movement, health and healing. A wide variety of healing methods are made available. It is RakSa’s mission to bring this knowledge and experience to its clients by providing a community that cultivates the ideal of a holistic healing experience. RakSa maintains a balance of powerfully living in the modern world while maintaining the wisdom of ancient traditions.

Education, growth and healing are at the core of RakSa’s values. It’s accessible to a wide range of people, from someone who just wants to try something new to those who have had years of experience in the world of wellness, health and healing. A client can come in for a Tai Chi class and leave having learned about Ayurveda and its benefits. They can attend one of our many valuable workshops led by well respected instructors/practitioners and open up a whole new world of wellness for themselves and their life.

Another key value of RakSa’s philosophy is creating a community. It is rare to have a place that has all the elements that RakSa has. Instead of just coming in for an appointment or a class, guests have the opportunity to stay and have a healthy snack, read a book on Iyengar yoga or meet others to share their passions and ideas.





Our Expertise

RakSa creates wellness through nourishing the mind, body and soul.

The practitioners are at the heart of the RakSa community. Their lives are committed to healing and elevating the mind, body and soul. Together, with their combined knowledge, they offer their global experience to heal and rejuvenate the entire community.

WELLNESS

RakSa has over 15 diverse treatments that are offered to their clients, a number of these are rare and not readily available. Some of our special offerings are...

TRUE HEALING PACKAGE - PANCHAKARMA

A deep tissue cleansing with customized herbal oils. Panchakarma (means "five action") is the word for the five different procedures used in Ayurveda which are believed to purify the body. This is done in two ways: 1) pacifying the aggravated doshas by using appropriate diet, natural herbs and minerals, and 2) eliminating the increased Doshas from the body. A 10-day prep diet and herbs are recommended.

WELLNESS PACKAGES

Our wellness packages are individualized plans that allow us to support you in your healing journey in the most optimal and affordable way. Through a holistic approach we provide tools that focus on empowering and nurturing as we address your concerns and goals together with you. We understand the importance and give equal value to all areas in your journey of health.

OUR SERVICES

ENERGY:

Acupuncture
Cranial Sacral Therapy
Reiki
Shamanic Healing

MIND:

Astrology Reading
Feldenkrais®
Hypnosis
Past Life Regression
Tarot Reading

BODY:

Ayurveda
Facial/Skin Care
Myofascial Membrane Release
Reflexology
Thai Massage
Therapeutic Massage





SALA

Movement classes are a part of overall well-being. RakSa's experienced instructors offer diversity through the practices of Yoga, Tai Chi and QiGong.

YOGA

A union of mind and body, linked with breath and movement; energy in flow. We combine postures in a Hatha flow to promote health, relaxation, fitness, transformation and collective community.

TAI CHI / QIGONG

Both practices use slow and graceful movements to promote healing. Tai Chi uses the flow of internal and external energy to balance yin and yang. Qigong promotes circulation of "Qi," or life energy, which calms the spirit, focuses the mind and strengthens the immune system.

FELDENKRAIS®

A sensory-motor approach to learning based on the premise that becoming more aware of one's movements, exerting less effort, and moving in more organic ways, can relieve stress, reduce pain, enhance agility and make life more enjoyable.

CAFÉ

To complete the circle of well-being, RakSa's Café has healthy, balanced and healing offerings. Our juices from our Juice Bar are individually designed, using organic and locally grown ingredients whenever possible, to support you in your various wellness goals. It also doesn't hurt that they are all delicious!

Founder - Apinya Pokachaiyapat

Like her studio, Apinya's background is a study in diversity. Born in Thailand (she came to the US to attend school at age twelve), she holds degrees in mathematics, civil engineering and creative writing. She is also a long-time Vipassana meditator

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and Reiki practitioner who received her Yoga teacher training from Yoga Works (while pursuing a MFA in writing). Her mentors include Jeanne Heileman, Annie Carpenter and Birgitte Kristen. "My path has led me to these teachers and healers and to learn about various modalities. They helped me to connect more deeply with my true self, so RakSa was created to share the gems I've been blessed with in my life," says Apinya.

PRESS CONTACT

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