

RakSa Grand Opening - Culver City Finally Has a Place to Create Community and Well-Being

For Immediate Release

Culver City, CA - January 28, 2010 - RakSa is finally opening it's doors to the community of Culver City in March 2010. The intention is to create a community and culture of healing. Utilizing alternative healing practices, movement classes and nutrition, RakSa offers diverse elements that combine to create wellness from a holistic approach.

RakSa is the first space in LA that is made up of three key elements; Wellness, Sala and the Café. Wellness is made up of the alternative healing practices ranging from, Ayurveda and Shamanic Healing to Massage and Reflexology, provided by our experienced practitioners. Our Sala is the space that allows you to move your body, led by our extraordinary instructors teaching Yoga, Tai Chi, Qigong and various movement workshops. The Café offers healthy and delicious selections that completes the circle of total well being.

Apinya Pokachaiyapat, the founder/owner originally from Thailand, conceived the idea of RakSa with the intention of sharing her home country's approach to health and well-being. In the Thai language, "Rak," means "Love." "Sa," translates to "fulfilled wishes." Together, "RakSa" means "To Heal." The Thai influence is alive and real at RakSa and is part of what really sets it apart from any other.

RakSa Grand Opening
Saturday - March 13, 2010
6PM Workshop/Class
7-10PM Opening Reception

RakSa
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