

THE PROGRAM

STAGE 01: STRESS EVALUATION. MIND. BODY. ENERGY.

Before embarking on the program, the RakSa team sits down with you for about an hour to find out more about your lifestyle and profession, how you currently deal with stress, chronic conditions or reoccurring ailments, diet habits, 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: STRESS MANAGEMENT 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, reflexology, and cranial sacral. 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 Stress Management 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 and stress management 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, which can accumulate bodily toxins in response to chronic stress.

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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BREATHE

HOLISTIC STRESS MANAGEMENT PLAN AT RAKSA



Through Awareness Exercises,
Movement and a Fresh Diet, Find a
More Relaxed You



Stress has become prevalent in our society. Today, nearly three-fourths of Americans say they experience levels of stress that exceed what they consider healthy. Though it wears down our physical and emotional health, we face a much bigger problem—most of us don't know how to treat it, or ignore it altogether.

THE IMPACT OF STRESS ON OUR BODIES

As our bodies experience stress, it induces the “flight-or-fight” response in our nervous systems. All of the muscles in our bodies tighten, sending us into a hyper vigilant state to ward off expected harm. This is a state designed to release quick bursts of energy for our protection, but it's not meant to be maintained for a prolonged period of time. To put our bodies through this for extended periods of time causes us to engage in unhealthy behaviors, including:

- Skipping meals or developing poor eating habits
- Indulging in processed junk foods
- Avoiding or neglecting relaxation
- Developing poor sleeping habits or insomnia
- Adopting poor lifestyle habits such as cravings for caffeine, sugar, nicotine, drugs or herbal stimulants
- Breathing shallowly when tense
- Worrying excessively
- Getting little or too much exercise

Much of this internal stress can cause undue wear and tear on our joints, while also constricting the flow of blood, lymph, oxygen and waste that our bodies need to excrete. Eventually, these stress-induced habits will begin to distort your body biomechanically and at a cellular level. That is why it is so important to continuously eliminate and discard what we no longer need, and recycle what can be transformed back into nourishment.

At RakSa, our stress management package focuses on repairing your body to digress from unhealthy habits and supporting its own natural detoxification system. We will also work with each individual to develop holistic tools that release stress as it appears in each of our lives.



WHY A RAKSA HOLISTIC STRESS MANAGEMENT PROGRAM?

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 STRESS MANAGEMENT PROGRAM:

- Gain power and control over your life
- Manage your responses to everyday stress
- Feel more pleasure
- Sleep restfully every night
- Stop and even reverse aging
- Restore emotional stability
- Feel the thrill of being healthy
- Restore and improve immunity
- Prevent disease
- Lose weight

WARNING SIGNALS OR SYMPTOMS THAT SHOW STRESS BURNOUT:

- Anxiety
- Autoimmune Diseases
- Depression
- Eating Disorders
- Escalating Allergies
- Fatigue
- Headaches and Migraines
- Insomnia
- Irregular Menses
- Muscle Spasms and Pain
- Sciatica
- Stiff Neck
- Water Retention
- Weight Gain or Loss