

YOUTHFUL LIVING

RakSa's 1st Community Health Fair Saturday, July 30, 2011 | 11am-4pm

How can we reach our highest potential of well-being and vitality at any age? We think it is a combination of two fundamental things: **what** we do and **how** we do it.

FOOD CHOICES: This is crucial to nourishment and the function of our bodies. But how we feel when eating, whether we are alone or in the company of others, at home or in a restaurant, also contribute to the chemicals that are produced and released in our bodies.

EXERCISING: Many people believe that unless they feel hyper stimulated or fatigued, they're not exercising. However, over-exercising and the emotional stresses that ensue lead to metabolic changes due to the creation of free radicals that age our cells.

OUR BEING: Clearly it is not just food or exercise that promotes our well-being, but how we relate to said food and exercise. We are made up of so much more than just flesh and bones—there is a human soul inside, complete with feelings and beliefs. Our component parts are linked in such a complex way that neglecting one, as insignificant as it may appear to us, gradually affects the whole being that we are.

THE ANSWER: We must consider everything that makes up who we are. Our well-being and vitality are not just about the absence of illness or promoting health, but about becoming truly alive to our purpose, passions and dreams. It is about feeding our body, mind and spirit; it is about building emotional resilience to be present and joyful at any point during the process of our lives with what is taking place on the inside and outside of ourselves.

Our Signature Event will feature an afternoon of holistic information, sample treatments and refreshments with a number of prominent speakers, panelists and experts in the holistic world. We will be addressing the concept of aging, diet, and beauty from a perspective that will help you discover your own fountain of youth from the inside out.

Panel Schedule

Change Your Age | 11:15 - 11:45AM

Our bodies are constantly being shaped and reshaped by the moves we make. As we grow up, we learn to walk, eat, sleep, dance, make love, and think in certain ways. As we mature, unfortunately, we often move less, become creatures of our own habits, and stop learning to move in new ways. We find ourselves with aches and pains, rigidities, and limits. The good news is that we can continue learning new ways at any age to look, move, and feel younger. **Feldenkrais Practitioner and Acupuncturist, Lucien Demaris** will address these issues and how we can all feel younger through the comfort of a balanced mind and body.

Eat Right for Your Being | 12:15 - 1:15PM

Have you wondered why there is food nourishes not only your physical hunger but your hunger for life? And why there are others that you just can't touch? Maybe you've questioned why you haven't found soup that tasted and felt nearly as good as your Grandmother's recipe? Your body is sending you a message through food and telling you how to take care of yourself and others. **Ryland Englehart, Manager and Owner of Café Gratitude** and **Sustainable Food Systems Consultant and Healing Arts Practitioner, Cedar Laughingbrook Landsman** join **Nutritionist Health Consultant, Jess Hilton** to guide you on what to eat and how to eat what is truly right for you.

Holistic Beauty | 2:15 -3:15PM

Our concern relationship with beauty is a very important human necessity concern. Appearance and image are foundational parts of self-esteem and self-confidence. However, we have turned our concern into how others see us placed less emphasis on how we see ourselves. The Self-confidence and self-esteem can only come from a deeper place. The most beautiful people at any age are the ones who show their authentic soul and humanity in their faces. Find out how beauty can be fully reflected and expressed from the inside out with our beauty panelists: **Ashley Beckman, Owner of Golden Path Alchemy, RakSa's Ayurveda Practitioner, Jennie Erke** and **Evolve Owner, Jenn Seo.**



Open Rooms
11:30AM -3:30PM

Ayurveda • Reflexology
Hypnotherapy • Facial
Acupuncture

RSVP Limited Space

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Our Event Partners

