

bodyholiday

Saint Lucia



THE FIRST STEP TO CHANGING YOUR LIFE



BodyYoga is the culmination of many years gathering expertise and knowledge at the BodyHoliday in order to create a Yoga program to suit a wide range of needs.

BodyYoga is about the pursuit of optimal wellness. Our aim is to find the right Yoga style for you and combine with sensible nutrition, therapies, relaxation and meditation.

Yoga and Ayurveda are two interrelated healing disciplines which have their origins in India. Yoga is the spiritual and physical aspect of Ayurveda. At the BodyHoliday we combine Yoga's spiritual aspect with Ayurvedic science to provide you with a unique combination of physical, mental, spiritual and therapeutic benefits.

Yoga for body. It lengthens and tones all muscle groups and strengthens the entire core body. It is a safe and effective way to alleviate aches and pains in the body while boosting the 'feel good' neurotransmitter, serotonin.

Yoga for mind. Yoga is an internal practice. While moving through various postures, whether simple or challenging the mind is continuously tested. Discipline, patience, focus and concentration increase through

Yoga training. This in turn helps people to overcome fear, anger, varying moods and attachments. Yoga helps to strengthen both body and mind.

Yoga for soul. Yoga helps us to look beyond the material world, to experience the self and to feel more at one with nature. Many people find that Yoga helps them to live in total spiritual contentment.

Yoga for diet. The practice of Yoga helps to increase awareness and slowly you will be more conscious of your daily dietary habits and choose to make changes. The powerful combination of balanced nutrition and Yoga can promote a healthy body and a stress-free mind.





Yoga Forms

BodyYoga is built around Jnana, Bhakti, Karma and Raja; the four paths of Yoga that form a union called Yuj. Jnana is Knowledge, Bhakti is Devotion, Karma is Action, Raja is Meditation. They work together in all styles of Yoga. Hatha, Ashtanga, Vinyasa or Pre-Natal: Hatha is a slower style, gentle and perfect for beginners. Ashtanga is a vigorous style of Yoga and Vinyasa means “link breath to movement”. Pre-natal Yoga is offered for women to prepare for labour, opening the hips and learning how to breathe to calm the mind.

Yoga for Health

Hara Yoga: To aid digestive health

Hirudhaya Yoga: Relieving stress and regulating blood pressure for a healthier heart

Katti Yoga: for mobility of hip and spine.

Yang Yoga: just for women, designed to improve motion and flexibility.

Prana Yoga: for clarity of mind, vitality and tranquility.

Sunrise Yoga: to start the day, with a feeling of grace and gratitude towards the sun’s energy.

Moon Yoga: helps to calm the mind.

Meditation

BodyYoga incorporates meditation to cease the fluctuations of the mind. One can meditate by sitting, laying down or through yoga poses, focussing on one point, allowing the mind to move inward into stillness.





Introduction to BodyScience

How do you view your health? If you're like me, you take responsibility for it. You understand that it is more than just the absence of infirmity or disease. It is the constant pursuit of an improved state of being that involves a balance between the physical, emotional and spiritual balance that makes up our being.

Health evolves throughout our lives and is as important in our youth as it is in our middle and advanced ages.

In today's world we are educated and made aware about what makes us well and particularly what damages and conflicts with our overall wellbeing. Modern health is about one person. You. Me. I.

I take responsibility for my health. I manage my life and my body. I ultimately am the only one who can do this.

It's a lot to manage in the frenetic world of today. Surrounded by invasive stimuli, bad food, bad emotions, stress, pollution, noise and decisions that all provoke an inflammatory response in our bodies.

What does that mean? It means that I need support. I need practical information to easily help me make decisions that will have a major impact on my life, long term. Key decisions that will effectively slow down my aging.

At BodyHoliday, we move from being your Doctor, to being your coach; a partner in a life of wellbeing and fulfillment. We aim to make you feel more vital and fulfilled than ever before.

BodyScience moves from what is termed "Functional Medicine" into "Personal Medicine". We're only really interested in what is right for you.

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