

# THE CHOPRA CENTER'S AYURVEDIC SPA EXPERIENCE

**A**yurveda is a natural healing system that developed in India thousands of years ago and is now becoming a popular form of alternative medicine in the West. Ayurveda teaches that health depends upon our body's ability to metabolize all aspects of life, assimilating that which nurtures us and eliminating the rest. When we can't completely digest our food, experiences, and emotions, toxins accumulate in our bodily tissue, creating imbalance and – ultimately – disease.

Panchakarma is a natural therapy that releases physical and emotional toxins from every cell in the body, restoring balance and wholeness to the entire mind-body system. This powerful treatment takes place over the course of several days or longer, giving the body adequate time to rest and experience the complete healing benefits.

As Panchakarma has been adapted for use in the West, the therapies have evolved and modernized, and the number of procedures included is not always five but varies according to an individual's mind-body type and health concerns. However, the principles of purifying and replenishing remain the same. At the Chopra Center, panchakarma follows these steps:

## Step One: Preparatory Procedures

Panchakarma begins with oleation – applying and ingesting pure essential oils in order to loosen and mobilize accumulated toxins. This step includes supplementation with organic seeds, as well as soothing Ayurvedic massage treatments using herbalized oils. You can use a modified version of this step at home by performing a daily self-abhy massage (see instructions at [www.chopra.com/library](http://www.chopra.com/library)).

Another vital aspect of this step is *Swedana*, a Sanskrit word meaning “that which produces heat in the system.” Heat therapy dilates the body's circulation channels (*srotas*) and makes toxins more fluid and easy for the body to eliminate. *Swedana* also relaxes the body, releasing tension and allowing impurities to be eliminated through the sweat glands.

## Step Two: Elimination and Release

Once toxins have been mobilized, gentle therapies are used to release them from the body. The treatments usually include nasal cleansing and *bastis* – a therapeutic process in which medicated oils and herbal preparations are used to flush toxins from the intestinal tract. *Bastis* are often referred to as enemas but offer many more healing benefits than a simple colon cleanse because the herbalized oils enter the deeper tissues, eliminating fat-soluble toxins.

## Step Three: Rejuvenation

The final stage of Panchakarma is *Rasayana*, a term that means “that which is nourishing.” According to Ayurveda, once toxins have been cleansed, it is a critical time to begin replenishing the body with natural foods and herbs, revitalizing massage treatments, and healing practices such as meditation and yoga.

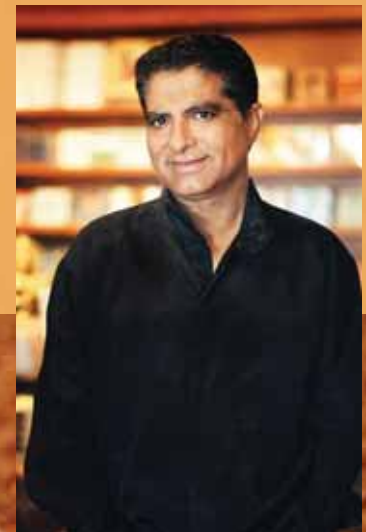
## When and How Often Should I Do Panchakarma?

Ayurvedic physicians recommend regular Panchakarma treatments, ideally at the beginning of spring, fall, and winter. As we approach the change in seasons, now is the perfect time to balance and heal yourself with this ancient cleansing process.

Panchakarma is the cornerstone of the Chopra Center's weekly Perfect Health program, the only wellness program in the world that combines a renowned medical staff, a time-honored detoxification process, and daily foundational teachings in meditation, yoga, and Ayurveda.

Each day of Panchakarma includes luxurious Ayurvedic massage treatments and cleansing therapies. Every treatment is customized for an individual's mind-body type, using specific oils and herbs to purify and nurture the mind-body physiology at the cellular level. In the Chopra Center's nurturing, safe environment, you will be guided in the proven steps to restoring your balance and regaining your sense of joy and well-being.

*Deepak Chopra and David Simon are the co-founders of the Chopra Center for Wellbeing in Carlsbad, California. For more information about the Perfect Health Program and other upcoming events, visit [chopra.com](http://chopra.com) or call 888.736.6895.*



## Join Deepak Chopra & David Simon in Sedona! April 29–May 3 ♦ Sedona Rouge, AZ

If you are ready to let go of limiting thought-patterns and make 2009 the best year of your life, the *SynchroDestiny* workshop is for you. This spring in the timeless setting of Sedona, Chopra Center co-founders Deepak Chopra and David Simon will teach *SynchroDestiny* participants how to harness the power of coincidence and use the universal laws of intention and desires to fulfill their deepest dreams.

Based on Deepak's classic best-selling book *The Spontaneous Fulfillment of Desire*, *SynchroDestiny* has been one of the Chopra Center's most popular workshops for more than a decade.

This event always sells out,  
so call today to reserve your spot.  
[www.chopra.com](http://www.chopra.com) ♦ 888.736.6895

## Healing Retreats & Spas

## An Ayurvedic Oasis in Sedona

A review by Four Corners Spa Nomad

As an avid Spa attendee, I am eager to find the latest and greatest of new treatments and practitioners. Lorrie Lawrence, who is an Ayurvedic Practitioner at the Sedona Rouge Spa has a wonderful reputation here in Sedona, so I decided it was time for me to pay her a visit and see what she could offer to alleviate my state of mental chaos. I had no idea that the next two hours under Lorrie's care and attention would create the peace I was longing for.

Walking into Lorrie's space, which is in a private studio in the Spa, I felt as if I was walking into a meditation hall or a hip yoga studio. We sat down in her comfortable consultation room where we would chat for awhile about Ayurveda. Looking around I felt as if I was in an apothecary, with bottles of herbal oils and medical books.

Lorrie explained that according to Ayurveda, the way that we digest (experience and process) the world is dependent on our constitutional make up or Dosha. And to know how one responds to the world is paramount in cultivating a life that is balanced. It seems to me that Ayurveda is an ancient method of navigation through the ebbs and flow of energies of life, and the Dosha is the lens through which we see the world.

Next it was time for me to receive the Udvartna Herbal Body wrap which is helpful in releasing toxins (ama) from the body. As Lorrie prepared the herbal clay mixture I could feel the stress already loosening a bit with the scent of the herbal steam that was warming the table and saturating the air.

Once on the table, she began to massage with a warm coconut oil and then applied a cool dusting of the herbal clay powder to the skin which she began to rub into the skin, as a style of exfoliation but also pushing the healing clay into the pores to help with the cleansing. She asked "Do you know why you want to relax? Relaxation is a survival technique to renew, animals do this naturally, human's don't". As humans, we need help flipping the switch and we need to flip the switch in order to renew. This concept reminded me of something that one of Lorrie's primary teachers Dr. Deepak Chopra had said. In his classic book, Perfect Health, Dr. Chopra states that "Fear is the scenery you see when you are in a sick reality. If you change the reality, which is inside you, the scenery will change too." As I lay there feeling stress morph into bliss I could feel my internal geography shifting. I hoped that my lens was becoming clearer, too. Lorrie said that "Ultimately, Perfect Health is a philosophy and a lifestyle choice to value peace over all else." Ah yes, Peace chosen!

After the clay had been massaged into the skin I was wrapped in steaming hot herbal sheets which had been soaking in a special herbal tea preparation. Covering the surface area of the

body this full-body herbal compress would now steam away impurities from the skin while replenishing the skin by giving moisture. As I lay there wrapped in a nurturing cocoon my mind began to let go of its tight grip and I drifted quietly between waking and trance. After some time had passed I found myself being unwrapped, cleaned off and prepared for the icing on top of the cake, The Shirodhara Therapy. For those of you who have never received this ancient treatment for calming the mind, try it! Warm herbal oil is poured in a steady stream onto the third eye creating a deeply nourishing response to the nervous system, plus my hair was beautiful for days after with the conditioning effects from the oil.

When the session finally came to a close, I realized that this was a powerful moment of choice. Will I jump back into the craziness outside of the door or will I as Lorrie spoke about choose peace over all else? In the hours that followed I lingered, sipping herbal tea as I



Lorrie Lawrence, Sedona Rouge Spa

sat on the sundeck and finally when I checked out, I was ready to take on the world with the peaceful glow I had found inside of myself with the excellent attention I had received.

**Lorrie offers the Udvartna Herbal wrap as a single Spa session or as a part of the Chopra Center's Perfect Health Program for which Lorrie is an official instructor. Call The Sedona Rouge for more details 928.203.4111 • www.sedonarouge.com**

## Healing Retreats & Spas



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