

siri om yoga studio and wellness

Siri Om Yoga Studio and Wellness: Your Journey to Inner Peace Starts Here

Are you feeling stressed, overwhelmed, and disconnected from yourself? Longing for a space where you can truly relax, rejuvenate, and reconnect with your inner peace? Then look no further than Siri Om Yoga Studio and Wellness. This comprehensive guide will delve into what makes Siri Om unique, exploring our diverse class offerings, experienced instructors, holistic wellness programs, and the overall transformative experience we offer. We'll cover everything you need to know to decide if Siri Om is the perfect fit for your wellness journey.

Discovering Serenity: A Look at Siri Om's Yoga Classes

At Siri Om, we believe yoga is more than just physical postures; it's a holistic practice that nourishes the mind, body, and spirit. We offer a wide variety of yoga styles to cater to all levels, from beginners to seasoned practitioners. Whether you're seeking a gentle Hatha flow to ease tension, a challenging Vinyasa sequence to build strength and flexibility, or the meditative stillness of Restorative Yoga, we have a class designed for you.

Beginner-Friendly Options: Our introductory classes are specifically designed to welcome newcomers to the world of yoga. Experienced instructors guide you through foundational poses, ensuring proper alignment and modifications to accommodate individual needs. No prior experience is necessary; simply bring your willingness to learn and explore.

Advanced Level Classes: For experienced yogis seeking a deeper challenge, we offer advanced Vinyasa, Ashtanga, and Yin yoga classes that push physical and mental boundaries. These classes focus on building strength, endurance, and flexibility while deepening your meditative practice.

Specialty Workshops: Beyond our regular classes, we host regular workshops focused on specific areas such as prenatal yoga, yoga for athletes, and mindful movement. These workshops offer a deeper dive into specific techniques and benefits, providing a more focused and enriching experience.

More Than Just Yoga: Holistic Wellness at Siri Om

Our commitment to holistic wellness extends far beyond our yoga classes. We believe true well-being encompasses the mind, body, and spirit, and our offerings reflect that philosophy.

Meditation and Mindfulness Practices: We offer guided meditation classes and workshops designed to cultivate inner peace and reduce stress. Learn practical techniques you can incorporate into your daily life to manage anxiety and find moments of quiet reflection.

Wellness Workshops: Our workshops extend beyond yoga and meditation, encompassing a range of topics such as aromatherapy, sound healing, and nutritional guidance. These sessions provide opportunities for personal growth and self-discovery, empowering you to take charge of your overall

well-being.

Community Building: At Siri Om, we strive to cultivate a supportive and welcoming community where individuals can connect, share their experiences, and find inspiration. We host social events and workshops to foster a sense of belonging and camaraderie.

The Siri Om Difference: Experienced Instructors and a Serene Environment

The quality of our instructors is paramount at Siri Om. Each instructor is highly trained, certified, and passionate about sharing the transformative power of yoga and wellness. They create a safe, supportive, and encouraging environment where students can feel comfortable exploring their practice at their own pace.

Our studio itself is designed to be a sanctuary of peace and tranquility. The calming ambiance, soothing music, and natural light create a space where you can truly disconnect from the outside world and immerse yourself in your practice.

Pricing and Scheduling: Finding Your Perfect Fit

We offer a range of membership options to suit your needs and budget. From drop-in classes to monthly unlimited passes, we have a plan designed to make yoga and wellness accessible to everyone. Our online scheduling system makes it easy to book classes and manage your schedule. Detailed pricing information and our class schedule are readily available on our website.

Siri Om Yoga Studio and Wellness: Your Path to Transformation

Siri Om is more than just a yoga studio; it's a transformative journey towards a healthier, happier, and more balanced life. We offer a supportive community, experienced instructors, and a wide range of wellness services designed to help you achieve your personal wellness goals. Whether you're a seasoned yogi or a curious beginner, we invite you to experience the Siri Om difference and discover the peace and tranquility that awaits you.

Frequently Asked Questions (FAQs)

1. Do I need any prior yoga experience to attend classes?

No, absolutely not! We offer a wide range of classes for all levels, including beginner-friendly options. Our instructors will guide you through each pose and offer modifications to suit your individual needs.

1. What should I wear to a yoga class?

Comfortable, breathable clothing that allows for ease of movement is ideal. Avoid anything too restrictive.

1. What should I bring to class?

A yoga mat is essential. You may also wish to bring a water bottle and a towel.

1. What is your cancellation policy?

Our cancellation policy is clearly outlined on our website and will vary depending on the type of class or membership you have. Please refer to our website for the most current information.

1. Do you offer private yoga sessions?

Yes, we offer private yoga sessions tailored to your individual needs and goals. Contact us directly to inquire about scheduling a private session.

siri om yoga studio and wellness: The Wellness Revelation Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In The Wellness Revelation, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. The Wellness Revelation will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

siri om yoga studio and wellness: Universal Yoga(R) Andrey Lappa, Suresh Munisamy, 2019-06-04 Universal Yoga(R) is a multi-faceted and cutting-edge of yogic methodology, representing its unique pathway to experience the essential approach to yoga as a means to a spiritual science. Universal Yoga(R) in correspondence with the ancient system of the maya koshas (shells) offers a world-class yoga practice for every individual's wellbeing. Universal Yoga(R) draws a scientific and geometric structural approach which provides and enhances every practitioner to realize the highest Yogic philosophy of life. Mandala is a precise metric structure which has been passed down for centuries to map out one's source of consciousness and shine to its zenith of awareness. Andrey Lappa is a international teacher, founder of Universal Yoga(R), Vajrayana Tantric practitioner, and a yoga master who has travelled extensively to India, Nepal, and Tibet. Andrey's 4

x 4 Universal Yoga(R) Mandala Sequence combines all elements of asana, vinyasa, pranayama, mudra, bandha, and dhyana which together form a yantra structure. This approach allows the practitioner to offer their Yogic practices to the higher source of divine will. Thus, the practitioner reaches a crystal clear yantra form which leaves a residual impact on physical, energetic, mental, and spiritual shells substantially. Unfold the knots of creativity and unravel the mystery of inner self through Universal Yoga(R) by Andrey Lappa and Suresh Munisamy. www.universal-yoga.com

siri om yoga studio and wellness: Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, Valerie Brown, 2021-11-23 In chaotic times, a deep breath can bring calm to your classroom. As the pandemic recedes and the world gradually returns to "normal," it's more important than ever to make your classroom a place that supports mental health and improves overall wellness. In this book, you'll discover the why and the how of using techniques to reduce stress, improve executive function, and set the stage for increased memory and attention, better self-regulation, and improved cognition and academic learning. With this practical, research-based guide, you'll incorporate age- and grade-appropriate meditation, breathing, mindfulness, and secular yoga activities into your teaching, in ways that work for in-person as well as virtual and hybrid settings. Features include Adaptations for special populations, including those who have experienced trauma Recommendations for family involvement in social emotional learning Guidance on self-care for teachers and school staff Data from successfully implemented programs Dozens of illustrations, QR codes, and reflective questions Mindfulness isn't just a buzzword-it's a time-tested, teacher-tested technique for reducing anxiety and improving you students' outcomes. Incorporate it into your classroom and see for yourself how much good a deep breath can do.

siri om yoga studio and wellness: Awareness Through Movement Moshe Feldenkrais, 1990

siri om yoga studio and wellness: A Life Worth Living: A Journey of Self-Discovery Through Mindfulness, Yoga, and Living in Awareness Mellara Gold, 2021-11-15 Raised on Australia's Gold Coast, Mellara Gold moved to Hollywood to become an actress. After a few film and TV roles, two failed marriages, a thankfully failed suicide attempt, and an incapacitating back injury, she healed herself through yoga, meditation, and living in awareness. Now a highly respected Bay Area yoga teacher and a regular contributor to Elephant Journal and other publications, Mellara shares teachings, insights, and heartfelt stories of her journey to wholeness and a life worth living. A Life Worth Living is a book worth reading. Not only could I relate to many of the author's struggles, but also experienced a deep curiosity growing in me as I followed the stages of her transformational spiritual journey. Where would she take me next? This is not a book written with objectivity. It is the exact opposite. A Life Worth Living is written with a passion and fierceness that is the perfect antidote to any cool, above-it-all preaching about what happens when we commit ourselves to the path of yoga. I will gratefully carry the words of this Warrior-Princess-Seeker with me as I continue my own spiritual journey, feeling a little less lonely, a little less afraid, and a lot more inspired. Join us. - Judith Hanson Lasater, PhD, PT, has taught yoga around the world since 1971 and is the author of 11 books, most recently Teaching Yoga with Intention: The Essential Guide to Skillful Hands-on Assists and Verbal Communication. Mellara's book dives deep into the passage of yoga and how we can use our practice (yoga), our breath, and our awareness to create more love and peace in our lives. I see so much of my own journey in Mellara's and suspect many others will relate to her journey as well. - Mariel Hemingway, actress and author of Out Came the Sun A Life Worth Living is one woman's story of struggle, redemption, and deep learning. Mellara shows us how healing is possible through presence, devotion, and practical listening. - Elena Brower, author of Being You and podcast host of Practice You As she shares her engaging and often heart-wrenching journey, Mellara's spirit rises time and again to reach for the light. Her book inspires, gently guides, and humbly reveals her own struggles and commitment to a path that she has mastered through honesty, love, and perseverance. - Christine Burke, author of The Yoga Healer, owner of Liberation Yoga Studio, Los Angeles Mellara's love shines in her words of wisdom and practical Dharma teachings throughout A Life Worth Living. As she shares her journey with us, she sprinkles the path with

supportive spiritual reminders that this life is precious and we can find inspiration and healing during even the most arduous moments. Keep this book by your side in these unsettling times! - Núbia Teixeira, author of *Yoga and the Art of Mudras*, Founder of Bhakti Nova School of Yoga, Dance & Reiki, and of Nubia's Devotional Yoga Online School on Patreon Reading this wonderful memoir and manual of yogic practice, Mellara brings us humbly and deftly into her experience, and in so doing into our own-and we come out the other end changed for the better. Mellara's love, light, and beauty can be felt in every word. - Melanie Salvatore-August, author of *Fierce Kindness and Yoga to Support Immunity*

siri om yoga studio and wellness: *Into the Heart of Yoga* Danna Faulds, 2011-01-01 Danna Faulds set out on a transformative journey three decades ago, not realizing that it would lead her straight into the heart of yoga and an extraordinary relationship with the man who would become her husband. It led her to Kripalu Center in its ashram heyday, where she became a disciple of Yogi Amrit Desai and began a daily writing practice. It guided her back into the world where she witnessed from afar the downfall of the guru and the disintegration of his residential community. It broadened and deepened to include self-inquiry, poetry, non-dual experience, and the capacity to stay present with difficult mind states like depression and doubt. --P. [4] of cover.

siri om yoga studio and wellness: *Technocreep* Thomas P. Keenan, 2014 Technology is rapidly moving into our bodies, writes cyber expert Keenan, and this book gives a chilling look ahead into where that road may lead us - on a one way trip to the total surrender of privacy and the commoditization of intimacy. Here is the definitive dissection of privacy-eroding and life-invading technologies, coming at you from governments, corporations, and the person next door. Take, for example, Girls Around Me: a Russian-made iPhone App that allowed anyone to scan the immediate vicinity for girls and women who checked in on Foursquare and had poorly secured Facebook profiles. It combined this information in a way never intended by the original poster. Going to a Disney theme park? Your creepy new MagicBand will alert Minnie Mouse that you're on the way and she'll know your kid's name when you approach her. Thinking about sending your DNA off to Ancestry.com for some genetic genealogy? Perhaps you should think again: your genetic information could be used against you. This masterful weaving of the negatives and positives of technology makes for a book that is realistic about technology's perils yet optimistic about its great potential.--Foreword Reviews

siri om yoga studio and wellness: *Enlightened Bodies* Lumpkin Khalsa, Nirmal Lumpkin (author.), Japa Kaur Khalsa, 2015-12-15 This is an essential book for yoga enthusiasts and healthcare practitioners who are looking for a deeper understanding of the human body and ways to incorporate complementary health practices in their treatment plan. *Enlightened Bodies* inspires and elevates the approach and study of the human body, interconnecting anatomy, physiology, and ancient yogic teachings. *Enlightened Bodies* presents the complexities of the body in a refreshing and approachable style, integrating multiple perspectives including Human Anatomy, Ayurveda, Kundalini Yoga, Traditional Chinese Medicine, Self-Care, and other lifestyle traditions. This is an essential book for yoga enthusiasts and healthcare practitioners who are looking for a deeper understanding of the human body and ways to incorporate complementary health practices in their treatment plan. Yoga is an exceptional and time-tested form of preventive medicine. Whether a practitioner or teacher of yoga, it's nice to understand what's going on inside one's body and mind. This lovely book helps you do just that. In my view this is the right book for you right now - Dr. Dharma Singh, in his foreword for *Enlightened Bodies* This book is a public service for anyone interested in yoga including teachers and practitioners as well as those interested in going forward in the new field of yoga therapy. Also, it's for bodyworkers, spiritual people, and even high school students who want to learn more about how yoga can make them smarter and happier. Dr. Japa Kaur, co-author

siri om yoga studio and wellness: *Introduction to Kundalini Yoga* Guru Rattana, 2015-06-21 *Introduction to Kundalini Yoga and Meditation* is a brand new 2 volume guide suitable for students of all levels. Guru Rattana combines the essence of Yogi Bhajan with her own knowledge and unique

insights, gained from 40 years of personal practice, study and teaching. Her wisdom will illuminate your path, taking you deep within on an amazing journey of transformation and self-discovery, to a destination of self-love, inner peace and oneness with all. This introduction is beyond perfect. This is True Kundalini! You have taken everything from my heart and understanding, and placed it in print with your yogic history! YES!!!! It creates awe. - Siri Bandhu Kaur, Ottawa

Begin and Deepen Your Practice describes in detail the techniques used to awaken the Kundalini. It includes the basics to be learned by beginners and perfected by more advanced students, including ♦ understanding the mind and meditation ♦ guidelines for practicing Kundalini Yoga ♦ how to design your personal practice ♦ tips to optimize your progress. You will find kriyas and meditations to deal with stress, addictions, depression, sleeping, spinal health, mental clarity, activating your navel center, and opening the heart. You will discover how to direct your attention and guide your inner journey to health and happiness. Guru Rattana is also author of *Transitions to a Heart-Centered World*, *Relax and Renew*, and *Sexuality and Spirituality*. Her more recent books are *The Destiny of Women Is the Destiny of the World*, *The Inner Art of Love*, *The Gift of Womanhood*, *The Power of Neutral*, and *Your Life is in Your Chakras* (expanded edition 2014). She began studying with Yogi Bhanan in 1977. A KRI certified Kundalini Yoga teacher, she has taught in 15 countries, including many Kundalini Yoga Teacher Training Courses.

siri om yoga studio and wellness: *Transitions to a Heart Centered World* Guru Rattana, 2014-03

siri om yoga studio and wellness: *DK Life Stories Katherine Johnson* Ebony Joy Wilkins, 2019-01-03 In this biography, discover the inspiring story of Katherine Johnson, famed NASA mathematician and one of the subjects of the award-winning 2016 film *Hidden Figures*. It was an incredible accomplishment when the United States first put a person on the Moon - but without the incredible behind-the-scenes work of NASA mathematician Katherine Johnson, such a feat could not have been possible. Follow her remarkable journey from growing up in West Virginia, to becoming a teacher, to breaking barriers at NASA and receiving the Presidential Medal of Freedom in 2015. This new biography series from DK goes beyond the basic facts to tell the true life stories of history's most interesting people. Full-color photographs and hand-drawn illustrations complement thoughtfully written, age-appropriate text to create an engaging book children will enjoy reading. Definition boxes, information sidebars, maps, inspiring quotes, and other nonfiction text features add depth, and a handy reference section at the back makes this the one biography series every teacher and librarian will want to collect. Each ebook also includes an author's introduction letter, a glossary, and an index.

siri om yoga studio and wellness: Speaking of Faith Krista Tippett, 2008-01-29 A thought-provoking, original appraisal of the meaning of religion by the host of public radio's *On Being* Krista Tippett, widely becoming known as the Bill Moyers of radio, is one of the country's most intelligent and insightful commentators on religion, ethics, and the human spirit. With this book, she draws on her own life story and her intimate conversations with both ordinary and famous figures, including Elie Wiesel, Karen Armstrong, and Thich Nhat Hanh, to explore complex subjects like science, love, virtue, and violence within the context of spirituality and everyday life. Her way of speaking about the mysteries of life-and of listening with care to those who endeavor to understand those mysteries--is nothing short of revolutionary.

siri om yoga studio and wellness: The Sharing Economy Arun Sundararajan, 2016-05-13 The wide-ranging implications of the shift to a sharing economy, a new model of organizing economic activity that may supplant traditional corporations.

siri om yoga studio and wellness: *The Mind* Yogi Bhanan, Gurucharan Singh Khalsa, 1998 A fascinating look into our human nature through the eyes of Yogi Bhanan, Master of Kundalini Yoga. It details the interplay of the positive, negative, and neutral parts of our mind with our nine aspects and twenty-seven projections. Yogi Bhanan's lectures provide a practical approach to the Science of Humanology, and encourage you to meditate to enlist your mind as your friend and servant rather than your master. The meditations apply to the various aspects we embody, such as Defender,

Manager, Artist, Producer, Strategist, Teacher. You can select from 42 meditations, including: Creating Art by Projecting into the Future; Pursuing the Cycle of Success; Deep Memory of a Past Projection; Interpretations of All Facets of Life; Pursuing the Cycle of Artistic Attributes; and Creating Art by Environmental Effects.

siri om yoga studio and wellness: Paralysis Resource Guide Sam Maddox, 2020

siri om yoga studio and wellness: *Rebirthing* Kundalini Yoga, Yogi Bhajan, 2011

siri om yoga studio and wellness: Teachings of Yoga Georg Feuerstein, 1997 A collection of philosophical and spiritual writings from the four-thousand-year-old tradition of yoga, including ancient teachings from the Hindu Upanishads, devotional songs by sixteenth-century poet Mirabai, insights from the Sanskrit epic Mahabharata, and contemporary sayings and teaching from Gandhi, Swami Vivekananda, and Gopi Krishna.

siri om yoga studio and wellness: *Satellite Sisters : Uncommon Senses* Julie Dolan, Liz Dolan, Sheila Dolan, Lian Dolan, Monica Dolan, 2001 From the Satellite Sisters*, stars of the Public Radio show of the same name, comes an explanation of the uncommon senses--A Sense of Self, A Sense of Connection, A Sense of Humor, A Sense of Adventure, and A Sense of Direction--along with anecdotes, lists, recipes, quiz questions, and more.

siri om yoga studio and wellness: *The Relaxation Response* Herbert Benson, M.D., Miriam Z. Klipper, 2009-09-22 In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. *The Relaxation Response* has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

siri om yoga studio and wellness: *Tracy Anderson's 30-Day Method* Tracy Anderson, 2010-09-20 Did you know muscles get bored, just like people do? And did you also know that there's a 9 out of 10 chance that you're working the wrong muscles when you exercise? With TRACY ANDERSON'S 30-DAY METHOD you don't have to worry--her unique workout will help you drop the weight and shrink your body in just 30 days. Based on ten years of scientific research and experience getting not just herself, but A-list stars and everyday people, red carpet ready, Anderson has developed a unique 30-day diet and workout routine that reshapes the body and defies genetics to tone the muscles and drop the pounds. While most people incorrectly target their major muscle groups, like the bicep or hamstring, the focus should be on the smaller accessory muscles that can create a long, lean, balanced look--instead of bulked up look. Anderson's program is composed of a groundbreaking three-tiered approach, including a mat workout and cardio routine targeting the all-important accessory muscles, and an exclusive 30-day meal plan, complete with dozens of delicious recipes. This comprehensive kick-start program is unlike any other workout on the market and it leaves no chance for anything but terrific, fast results!

siri om yoga studio and wellness: *Get Some Headspace* Andy Puddicombe, 2012 'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy

Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

siri om yoga studio and wellness: Yoga for Cancer Tari Prinster, 2014-11-24 Using yoga to manage the challenges of cancer and its treatment • Explains how to create a safe home yoga practice that addresses the specific physical needs, risks, and emotions of cancer patients and survivors • Includes 53 yoga poses and 9 practice sequences that use movement and breathing to reduce and manage treatment side effects • Reveals how current research supports the physical and psychological benefits of yoga to aid recovery and reduce risk of recurrence • Written by a cancer survivor and certified yoga teacher For those faced with a cancer diagnosis and the journey of doctor-led surgery and treatments, yoga offers a way to regain control of your body and take an active part in your recovery and long-term health. In this easy-to-follow illustrated guide, yoga teacher and cancer survivor Tari Prinster presents 53 traditional yoga poses that are adapted for all levels of ability and cancer challenges. She then applies the movements and breathwork of these poses to address 10 common side effects and offers 9 practice sequences for varying stages of treatment and recovery. Sharing her own story as well as those of cancer survivors and yoga teachers with whom she has worked, Prinster explores how yoga can be used to strengthen the immune system, rebuild bone density, avoid and manage lymphedema, decrease anxiety, detoxify the body, reduce pain, and help the body repair damage caused by the cancer and conventional treatments. She reveals the research that supports the physical and psychological benefits of yoga as an aid to recovery and in reducing the risk of recurrence. Explaining how yoga must be tailored to each survivor, Prinster gives you the tools to create a safe home yoga practice, one that addresses your abilities, energy level, and overall health goals. Through personal stories, well-illustrated poses, and sample practices for beginners as well as experienced yoga practitioners, Prinster empowers survivors to create their own wellness plan in order to regain their independence and their physical and emotional well-being.

siri om yoga studio and wellness: Health Revolution Maria Borelius, 2019-06-04 The story of one woman's unique, four-year-long quest to banish melancholy and depression, find happiness and fulfillment, cultivate wellness, and ultimately create her best self—lessons anyone can use to pursue a healthier and more satisfied life. When Maria Borelius turned fifty-two, she hit menopause and her physical health began to decline. Feeling tired, sad, and depressed, she suffered from physical pain, including a lingering back ache. Fearful that this was a glimpse of what the future would be, she embarked on a personal odyssey, an exploratory journey that introduced her to a whole new style of living that would transform her body, mind, and soul – an anti-inflammatory lifestyle. Maria began with science. She traveled the globe to meet medical and fitness experts in Canada, the United States, Denmark, India, and Sweden. She studied history, exploring the health secrets of ancient civilizations and religious sects with unexpected long life-spans. What she discovered helped her turn back her clock and find renewed energy, enthusiasm, and joy. She changed her eating habits, making plants the center of her diet. She got her body moving to strengthen her muscles and stimulate her mind. She also opened herself to the possibilities of the world around her, cultivating a sense of awe and wonder and an appreciation for glorious sunsets and more of the priceless beauty life offers. Health Revolution is the fascinating chronicle of one woman's quest for knowledge and her desire to foster physical, mental, and spiritual wellness. Filled with inspiring and calming imagery and illustrations, this energizing motivational guide includes concrete and doable tips and recipes for everyone who wants to experience a stronger, happier, and more youthful version of themselves.

siri om yoga studio and wellness: Biohacker's Handbook Olli Sovijärvi, 2019

siri om yoga studio and wellness: *F*ck That* Jason Headley, 2016-04-12 Like a yoga class you can hold in your hand, a beautiful, full-color guide to letting sh*t go Our world is filled with annoyances, and sometimes you need a little dose of humor to cope with the news cycle, your irritating co-worker, or that telemarketer who won't stop calling. This refreshingly honest self-help book will guide you through a meditation to "breathe in strength, and breathe out bullsh*t." An excellent gift for yourself or others, *F*ck That* is the very embodiment of modern-day self-care. May it help you find peace with the challenges that surround you...because they are f*cking everywhere. Based on the viral video that had everyone from yogis to workaholics raving, *F*ck That* is the completely truthful and oddly tranquil guide to relieving stress and achieving inner peace.

siri om yoga studio and wellness: *Gutbliss* Robynne Chutkan M.D., 2014-10-07 A renowned physician shares her complete 10-day digestive tune-up for women, with important revelations about good gastrointestinal health. Many so-called cures for women's bloating and indigestion, from juice cleanses to specialty diets, are based on junk science. For women seeking true relief from that overall feeling of discomfort in any size jeans, Dr. Robynne Chutkan has the perfect plan for feeling light, tight, and bright in ten days. *Gutbliss* offers: A primer on the real reasons for gastrointestinal distress, and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits—from Greek yogurt to bloat-inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet, lifestyle, and exercise can make a huge difference in a woman's digestive health, but the changes have to be the right ones. Going beyond the basics of top sellers such as *Wheat Belly*, Dr. Chutkan's *Gutbliss* empowers women to take control of their gastrointestinal wellness.

siri om yoga studio and wellness: *Love Heals* Becca Stevens, 2017-09-05 Have you struggled with deep wounds, grief, or longing for justice? Love heals us and hope is always possible. Becca Stevens, founder and president of Thistle Farms, shares true stories of healing and joy where brokenness is transformed into compassion. In each chapter, Stevens provides encouragement and practical steps for anyone going through a difficult season or searching for a deeper faith. *Love Heals* is: A gorgeous gift book with beautiful photography and inspirational callouts For women of any age seeking healing and hope A gift of hope for a friend or self-purchase After reading, readers will learn: Love heals by the mercy of God. Love heals with compassion. Love heals during the act of forgiving. Love heals past our fears. Love heals across the world. In *Love Heals*, you'll find principles that have transformed lives. Stevens has been featured in the *New York Times*, on ABC World News, NPR, the TODAY show, and PBS, and named a 2016 CNN Hero. In 2011, the White House named Becca a Champion of Change.

siri om yoga studio and wellness: *The Complete Illustrated Book of Yoga* Swami Vishnu Devananda, 2011-02-23 Since 1960, more than 1 million people have used this classic guide to tap the incredible power of yoga. The attractive new edition, in a new size, will appeal to a wide audience of contemporary yoga students.

siri om yoga studio and wellness: *Inner Engineering* Sadhguru, 2016-09-20 NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. "A loving invitation to live our best lives and a profound reassurance of why and how we can."—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from

a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life.” The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

siri om yoga studio and wellness: The Master's Touch Yogi Bajan, 1997 This book is for every student of Truth. Whatever path you have chosen, it will give you an understanding of the true meaning of mastery. The yoga exercises and meditations in this book will challenge and revitalize you.

siri om yoga studio and wellness: Ethics in Design and Communication Laura Scherling, Andrew DeRosa, 2020-02-20 This timely collection brings together critical, analytic, historical, and practical studies to address what ethics means in the practice of design. Designers face the same challenges as everyone else in the complex conditions of contemporary cultural life—choices about consumption, waste, exploitation, ecological damage, and political problems built into the supply chains on which the global systems of inequity currently balance precariously. But designers face the additional dilemma that their paid work is often entangled with promoting the same systems such critical approaches seek to redress: how to reconcile this contradiction, among others, in seeking to chart an ethical course of action while still functioning effectively in the world. Ethics in Design and Communication acknowledges the complexity of this subject matter, while also demonstrating that in the ongoing struggle towards an equitable and sustainable world, the talents of design and critical thought are essential. Featured case studies include graphic design internships today, the dark web, and media coverage of the 2016 US presidential election. The fact that within this book such a wide array of practitioners, scholars, critics, and professionals commit to addressing current injustices is already a positive sign. Nonetheless, it is essential that we guard against confusing the coercive force of moral imperatives with ethical deliberation when conceiving a foundation for action.

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health and healing into a rewarding and spiritual lifestyle. Still one of Guru Rattana's most popular manuals, Relax and Renew is in daily use by both teachers and students world-wide. Its impressive range of over 100 Kriyas and Meditations has also been augmented for increased clarity and comprehension. A detailed explanation of how to Relax and Renew during your practice of Kundalini Yoga. Powerful techniques to assist in many specific aspects of health and healing. Same great kriyas and meditations - the oldies and goodies from the early years of Yogi Bhajan's teachings. Completely revised and updated - from the original typewritten edition!

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siri om yoga studio and wellness: Dictionary of Guru Granth Sahib Surindar Singh Kohli, 1996

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