

UNIQUE CENTER FOR HOLISTIC HEALING AND SELF TRANSFORMATION

# Lotus Life

All services provided are overseen by a Board Certified Endocrine Physician, and all providers are licensed and credentialled professionals who have themselves embarked on the spiritual path to self actualization. We adhere to the highest holistic medical and ethical standards.

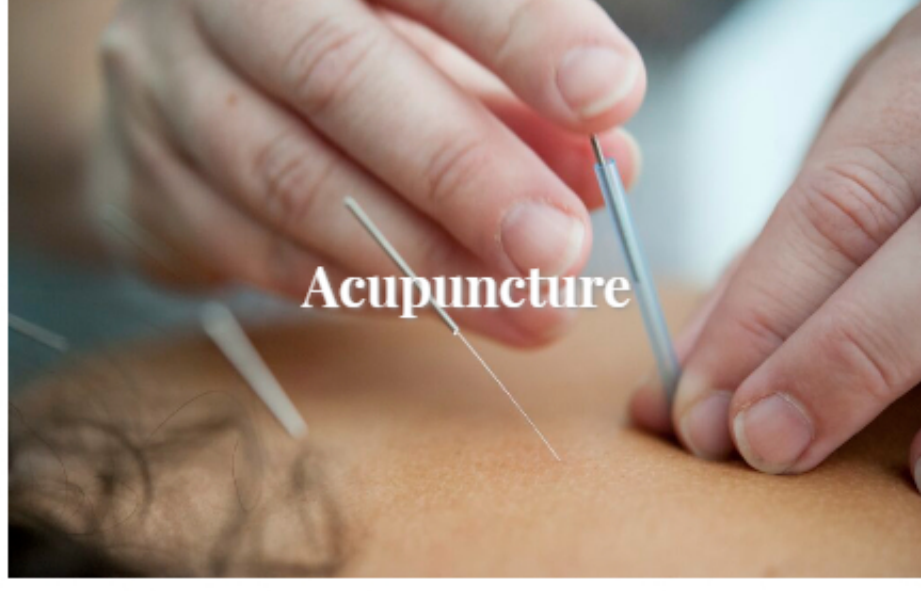
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**Holistic/Integrative Medicine**

**Holistic Nutrition**

**Guided Meditation**

**Yoga/Breathing Workshops**

**Biofeedback Techniques**

**Acupuncture**

**Ayurvedic Medicine**

**Sound Healing/Aromatherapy**

**Medical Massage Therapy**

**Life Coaching/Stress Management**


At Lotus Life we give you the tools and biofeedback techniques to access the life energy that is your original nature and true identity, for self awareness, well being and self transformation. The Lotus flower symbolizes this powerful journey of self discovery, transformation and self mastery in every sphere of life.

As it is said, *"Like the lotus flower, we too have the ability to rise from the mud, bloom out of the darkness and radiate into the world".* (~Unknown)

We invite you to let Lotus Life teach you the essential techniques you need to embrace Living in the Fullness of Your Existence.

*"How profound is your experience of life, and how impactful are you in what you do? This is all that really matters in life"*

Sadhguru

Our team of highly qualified experienced Integrative/Holistic Medical professionals offer individualized treatment uniquely suited to your needs, to effectively restore health and vitality. They utilize the knowledge and wisdom of the ancient traditions of Ayurvedic and Oriental Medicine/Acupuncture while adhering to the highest standards of modern medical science. They understand that the alignment of mind, body and spirit is essential to optimum health and well being.

We utilize contemporary medical science in conjunction with complimentary/alternative medicine, to treat the whole person, not just a medical condition. This approach targets identifying and treating the root cause of your diagnosis. Here at Lotus Life, we treat the whole person based on the fundamental principle that the basis of good health is inculcating self awareness and self transformation first and foremost, in order to achieve health and well-being.



## Our Guided Meditation/Breathing Workshops are taught by professionals certified in their field of training with many years of experience.

They teach you how to achieve and maintain inner stillness, by calming the mind and relaxing the body. These techniques redirect the life energy within you to facilitate higher states of self awareness, peace of mind, self satisfaction and a more joyful daily experience of life. Every life on this earth is seeking to experience the fullest expression of its existence. Meditation is the conduit to achieving that blissful state of being, while functioning dynamically and successfully in the world. It is the grounding force that gives us the ability to rise above life's everyday challenges and chaos, with ease and resilience.

*"Whenever you deeply accept this moment as it is - no matter what form it takes - you are still, you are at peace"*

Eckhart Tolle

## Lotus Life offers unique Yoga Workshops at the beginners, intermediate and advanced levels.

Our certified and experienced yoga instructor is a highly qualified medical professional who passionately and dynamically teaches both the philosophy and physical postures of yoga. She teaches you yoga as a way of life. Her charisma and expertise will help you gain mastery over your mind and body, giving you the ability to make more conscious life choices.

The word "yoga" means "union" (it unites our individual consciousness with the cosmic universal consciousness). It is an ancient science that utilizes physical postures to activate the energy centers (chakras) in the body. In opening up these life-energy centers we gain self mastery over our mind, body and senses, with a sharp awareness that allows us to function effectively in the world. Yoga is not just a series of physical postures, but a method that awakens our spiritual eye to bring clarity and understanding of the true nature of life. Yoga is a way of life that empowers us to be the creator of our own destiny.