

Experiencing Ayur Yoga and Ojas

Posted on [May 16, 2012](#) by [Janet Muniz](#)

“More than once throughout the day, I gave thanks for Maya -and the incredible gift bestowed upon us in life- that we are blessed to experience our A++ teachers and serene location. I will never take it for granted!”

-Emily E, student

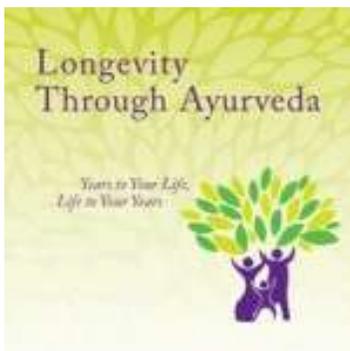


In April, the 9th Annual Conference of [The National Ayurvedic Medical Association](#) (NAMA) took place close by in Bellevue, WA. For almost 15 years, NAMA has represented the Ayurvedic profession in the U.S. with a mission to preserve, improve and promote the science and practice of Ayurveda for the benefit of humanity.

Cause, Community and Commitment. This year’s weekend conference entitled, *Ayurveda: Healing People, Healing Communities* was held at the Hyatt Regency Bellevue, and explored the process of healing through the doshas, the subtle doshas and the gunas within the context of the seasons, time of life and work-life environment. “There was a deep and palpable sense of community, camaraderie, respect and wisdom,” says NAMA president **Hilary Garivaltis**. “I came away truly inspired and feeling reconnected with our vast and varied community. This connection is the juice that keeps me going.”



Maya student **Emily Erdahl** attended day two of the conference, participating in a morning meditation, several key presentations as well as *AyurYoga and Ojas: Sustaining Healthy Lives and Healthy Communities Through the Practice of Yoga*. Presented by New Mexico-based **Chitra Giauque**, certified breema bodyworker and therapeutic yoga instructor, this class is the conference highlight for Emily. “It was an incredible fluid movement, similar to interpretive dance, to nourish the lymph, plasma and bodily tissues,” she says. “I have never felt so cared for and relaxed. I’m desperate to experience it again. It was nothing like any yoga I’ve ever experienced.”



In Sanskrit, “ayur” means “life” and “yoga” means “union.” As eloquently stated in the class description, “Yoga gathers the disparate aspects of ourselves into a unified whole. It allows us to engage the body’s natural intelligence. Practiced in the spirit of surrender and acceptance, we’re offered yet another way to nourish our essence and enhance our connection to life.”

Ayur Yoga class at Maya? Emily says she’s making it her personal mission to hunt down a class just like it in our area. The best way to generate interest in a class like this at Maya is to make a written request in the **Class Suggestion Notebook!**

In the meantime, NAMA’s 10th Annual Conference -*Longevity Through Ayurveda: Years to Your Life, Life to Your Years*- takes place April 18-21, 2013 in Albuquerque, NM.

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