



March 25, 2009

FOR IMMEDIATE RELEASE:

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Free Lecture on Ayurveda treatments at Bishop's Lodge

Santa Fe, NM – Bishop's Lodge will offer a free lecture on the Ayurvedic approach to health by Lian Reed, a certified Ayurvedic expert, on Saturday, April 4, 2009 at 4 p.m. in the Central Lodge of Bishop's Lodge Ranch Resort & Spa.

Ms. Reed will talk about digestive churnas, or specialized curry powders blended to improve digestion when added to food. They are customized to balance individual doshas, as are the customized oils used in Ayurvedic spa treatments offered at the SháNah Spa.

The SháNah Spa and Wellness Center offers two Ayurvedic spa treatments, the *Abiyanga*, a gentle massage ritual using traditional aromatic oils custom blended to balance the dosha, and the *Shirodhara*, a traditional treatment that begins with a slow pouring of warm aromatic herbal oil onto the forehead, which is then massaged into the hair and scalp.

Ayurveda is a traditional, natural system of medicine that has been practiced in India for more than 5,000 years. It provides an integrated approach to preventing and treating illness through lifestyle interventions like nutrition and natural therapies.

According to the Ayurvedic system, each person possesses a unique proportion of three mind/body principles, or doshas, which create our specific mental and physical characteristics. After completing a questionnaire to determine the client's dosha, corresponding treatments are offered to help bring body and mind into balance.

Ms. Reed is certified in Ayurvedic Nutrition and has a diploma in Massage Therapy. She is licensed by the New Mexico Massage Therapy Board and is a Registered Massage Therapy Instructor. She is a member the National Certification Board of Therapeutic Massage and Bodywork, and the American Massage Therapy Association.

Call 505.819.4000 for more information.

The Bishop's Lodge Ranch Resort & Spa is a full service, 450-acre resort and has been ranked by **Travel & Leisure** magazine as one of America's premier retreats. The SháNah Spa and Wellness Center has been honored with **Condé Nast Johansens'** "Most Outstanding Spa Award in North America and the Caribbean."

Bishop's Lodge Ranch Resort & Spa is managed by Prism Hotels & Resorts whose clients also include Marriott, Hilton, Radisson, Embassy Suites, and Holiday Inn. To make a resort or spa reservation, call 800-732-2240 or visit www.bishopslodge.com.

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