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Improving the health of individuals, families, groups and the community

MISSION STATEMENT

To improve the health of individuals, families, groups and the community by providing donation based community yoga and health education in an environment of learning that is conducive to a multicultural population.

CORE VALUES

RESPECT for the divinity in all of creation.

COMPASSION towards one's self and others.

HONESTY in all thought, words and deeds.

CORE CONCEPTS

HEALTH is a process of becoming aware of the reality of wholeness and the integration of body, mind and spirit.

HUMAN PERSON is created in the image and likeness of GOD (the one consciousness that is the source of all things). The purpose of human life is to grow from one's humanity into one's divinity. As we grow into our divinity, we become aware of the interconnectedness of all life.

COMMUNITY is a place where we experience our wholeness by embracing reverence and love for all.

LEARNING is a lifelong process that occurs on multiple levels: intellectual, emotional and experiential. It is through the process of EDUCATION, that the human person is able to make choices that lead towards health, and the expression of their divinity.

ENVIRONMENT is everything that surrounds an individual or group. It has characteristics that are physical, social, psychological, cultural and spiritual. It includes animate and inanimate things, seen and unseen vibrations and frequencies, climate, and energy patterns. The external planetary environment is intrinsically connected to the internal human environment which consists of organ systems, cells, hormones and inner thought processes. Through the interconnectedness of all life, there is opportunity to positively affect both internal and external environment.