



Keeping the mind and body supple with Sun Salutations

Yoga for Health

"The body is your temple. Keep it pure and clean for the soul to reside in"

B.K.S Iyengar

Goa has always been famous for its beaches and sunshine. It is now becoming increasingly popular for the array of traditional and alternative medical approaches available. This is commonly called medical tourism. Over the next few issues we will be highlighting many of the more popular therapies available in Goa. It could be said that coming to Goa in itself is therapeutic, even if all you do is lie on the beach soaking up the sun and letting all your cares and troubles float away. After all, isn't that what a holiday entails?

For those seeking more ways to enhance wellness Goa has plenty to offer. Apart from the traditionally popular dental and surgical options, Goa has become well known for a periphery of alternative and complementary therapies ranging from Ayurveda to Yoga and almost everything else in-between. India has a rich tradition in alternative procedures and