

THE UNIVERSITY OF ARIZONA.



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FOR IMMEDIATE RELEASE

### **World renowned yogi makes only US stop in Tucson**

Arizona Center for Integrative Medicine co-sponsors Yoga & Meditation workshop

**TUCSON, Ariz., Feb. 1, 2011** – The Arizona Center for Integrative Medicine will be co-sponsoring Yoga and Meditation for Health, Healing and Beyond in Tucson, Ariz., March 25 – 28, featuring internationally-recognized yoga educator Menaka Desikachar.

This seminar in Tucson will be Desikachar's only stop in North America on her world tour, giving Tucson healers and those that practice yoga the opportunity to understand yoga therapy as a healing modality that complements Western medical treatments and increases efficacy and compliance with many allopathic treatments.

"We are delighted to be co-sponsoring Yoga and Meditation for Health, Healing and Beyond," said Victoria Maizes, MD, executive director of the Arizona Center for Integrative Medicine at the University of Arizona College of Medicine. "As a long-time student of yoga, a physician who recommends yoga regularly to patients, and a teacher who discusses the physical, emotional, and mental benefits of yoga, it is a pleasure to help bring the world-renowned yoga educator and therapist Menaka Desikachar to Arizona."

Menaka Desikachar has more than 30 years of experience in the field through the Krishnamacharya Yoga Mandiram (KYM) - one of the only yoga therapy centers of its kind in the world. She is the wife and long-time student of TKV Desikachar, son and student of the legendary T. Krishnamacharya who is credited with helping to bring yoga to the West.

The KYM has successfully helped thousands of students over more than 30 years heal from a variety of conditions and illnesses, physical and mental. They have supported and are involved with the first US yoga therapy clinic in San Francisco (HYF) modeled after the clinic in India.

"Yoga and meditation for health and healing is a universal topic for a culture and age in which most of us are challenged with daily stressors that negatively impact our sense of well being and physical health," said Anita Claney, a local yoga therapist and student. "Menaka's simple and elegant practices, incorporating movement coordinated with breath, breathing practices, gestures, visualizations and, in some cases, sound, have a potent and positive impact on our sense of well being and physical health."

To learn more about Menaka Desikachar and the workshop she'll be presenting in Tucson, visit [www.yoganandmeditationworkshop.com](http://www.yoganandmeditationworkshop.com).

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## **About the Arizona Center for Integrative Medicine**

The Arizona Center for Integrative Medicine leads the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. Integrative medicine is healing-oriented and makes use of conventional and alternative therapies as appropriate. Since its inception, the Center has focused its efforts on three areas: education, clinical care and research, with the primary emphasis on education. We built the Center on the premise that the best way to change a field is to educate the most gifted professionals and place them in settings where they can, in turn, teach others. To learn more about the Center, visit [www.azcim.org](http://www.azcim.org).

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