

# ANAHATA THERAPIES:

## *Healing from the heart*

Occupying a beautiful Federation house in Sydney's Mosman, Anahata Therapies is a peaceful urban retreat. Entering through a tranquil landscaped garden with Ayurvedic herb plot, palms and frangipani trees, into a lounge/kitchen area, the atmosphere is "home away from home", with guests welcome to linger as long as they wish.

It is spa-meets-wellness-centre with an Ayurvedic influence, and owner, Jana Carrozzi says she wanted a centre that was conscious of the times; being environmentally aware, and wholistic in approach. Anahata is a Sanskrit word for the heart chakra, and for Jana this fits their philosophy of doing things "from the heart".

The centre opened on June 11 this year with a traditional Ayurvedic Puja dedication and blessing. It boasts two purpose built body therapy rooms, a bath therapy room, shower room and a consultation room.

Jana's aim is for Anahata Therapies to focus on the mind, body and spirit, offering services that combine into a complete lifestyle package. "The essence of Ayurvedic philosophy is to heal the body by addressing a person's lifestyle, diet, environment, relationships and emotions in a simple approach that is accessible and available to everybody," she says. "Healing can be as simple as changing the type of food that you eat, or the time of day that you eat, or even the way that you eat. Hence, nutritional advice, meditation, yoga, body therapies and Ayurvedic cooking classes are all key elements of our overall approach."

Jana's journey to opening Anahata began when her life changed following the birth of her first child. She experienced Post Natal Depression and when later, her child developed asthma and eczema, she turned to natural therapies rather than drugs. This inspired her to abandon her career as a lawyer to study nutrition, massage



and aromatherapy at Sydney's NatureCare College. However, she found the approach too Western based, and not specific enough to people's individuality. She became interested in Ayurveda because it incorporates a person's individual dosha (a vital bioenergy – Vata, Pitta or Kapha – responsible for physical and emotional tendencies in the mind and body) to treat a condition.

Jana worked in India with Professor Dr. PH Kulkarni and was then inspired to open an Ayurvedic healing centre. "I loved the



integrity of Ayurveda. Ayurvedic doctors consider it an honour to be in that profession. They do daily gratitude rituals as part of their practice. We as therapists are mediators, educators, empowering people's healing."

There are six therapists at Anahata: massage therapist, yoga and meditation teacher, Marian, who Jana met during her studies; Astrid, who specialises in beauty, massage therapy and yoga; Liz, who specialises in nutrition, Ayurveda, aromatherapy and massage; qualified naturopath and aromatherapist, Kim; Madhu, an Ayurvedic cooking specialist and Jana herself, with her qualifications in Ayurveda, massage, nutrition, aromatherapy and baby massage.

There is an obvious feminine energy at Anahata, so it's not surprising when Jana explains: "We decided to make it a goddess centre because I believe women need to be more empowered today. But we do see men too!"

The centre also plans to host Goddess workshops: run by clairvoyant and medium, Ruth Phillips, to examine the three phases of



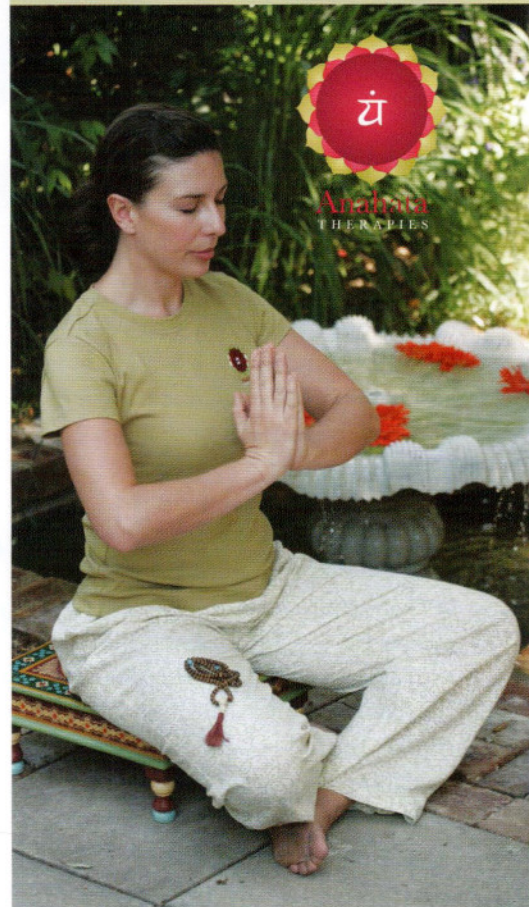
womanhood (maiden, mother, crone), how they manifest and how women can use the energy of all three, no matter what phase they're at.

Jana says she always wanted to specialise in baby and pregnancy therapies, this is seen already in menu items such as the Yummy Mummy Pamper package, which includes nutritional consultation, post-natal massage and facial, and the Expectant Mummy & Bub Pamper package, including pregnancy massage, facial and crystal bowl meditation. Jana eventually wants to expand Anahata's services to support a woman's journey from pre-conception through to baby massage.

Cuisine is a big part of Anahata's philosophy, with their nutrition and naturopathic services, along with Ayurvedic cooking classes. Refreshments served during visits are tailor-made to the seasons. The centre has already run one Ayurvedic cooking class, which was so successful every participant wanted to sign up for the next one. Jana also plans to introduce classes for new mums on cooking simple, quick organic baby food and food for the family. "We want

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Astrid from Anahata Therapies wearing Nativa Ahimsa Silk Harmony Pant ecru + leaf green and Pure Heart T, kasam olive

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Anahata's therapists. Standing: Kim, Astrid, Jana. Seated: Liz, Madhu, Mariqn.

to offer something on every level, not just be about pampering or changing your diet. Our aim is to run cooking classes each quarter linked to the seasons - to indulge and educate clients about Ayurvedic cooking and the use of simple healing ingredients in the kitchen pantry and in the garden."

Skincare offerings at Anahata were a conscious decision too. Jana chose OmVeda Ayurvedic skin and hair care products because they are made in India according to traditional Ayurvedic principles and rituals. They also offer natural skincare range, SkinJuice, which uses some organic ingredients, and recycled materials for packaging, as well as Springfields essential oils and Australian Bush Flower Essences. There are plans to introduce the French anti-ageing brand, Gernetic soon.

Towels and therapist uniforms are

supplied by Sydney-based Nativa, which uses organic cotton, hemp and silk.

"The fabric comes from India, so we are supporting important and ancient Indian

**"Ayurvedic doctors consider it an honour to be in that profession."**

cottage industries," Jana says. "The dyes used to colour the fabrics are made from Ayurvedic herbs and formulated by Ayurvedic doctors."

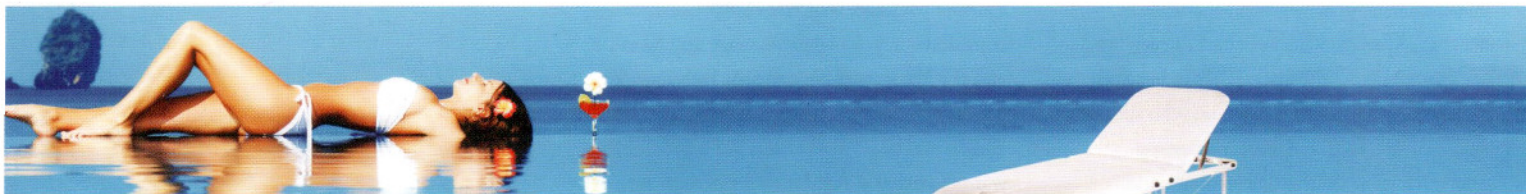
Since opening, Anahata has received

an overwhelmingly positive response from clients. "We've received thank you cards, gifts and referrals to their friends," Jana says. "People really appreciate the uniqueness of the centre - its peace and beauty. They don't want to leave. Of course, it helps that every client receives their own pair of Anahata slippers to use in the centre, which we store for them until their next visit. Our most popular treatments so far have been our OmVeda Ayurvedic Facials, Sacred Hot Stones Massage and Ayurvedic Massage.

"People are very interested in the philosophy of Ayurveda and the focus on lifestyle. Our treatments indulge and educate. It is an offering that has struck a chord with our clients."

[www.anahatatherapies.com.au](http://www.anahatatherapies.com.au)

BY VIRGINIA MUZIK



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