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# SunValley

Winter/Spring 2010

magazine®



## FINDING BALANCE

EXPLORING THE VALLEY'S WELLNESS PRACTICES

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# BODY/INTEGRATIVE

RICHARD ODOM • BETH CHIDO • JOAN SCHEINGRABER, L.Ac.

RICHARD ODOM is one of the Valley's most beloved yoga teachers, and for him the practice is purely experiential: You learn by doing. Odom can distill his 30-plus years of experience exploring health into one simple goal: to distract the mind from all of its "stuff" and bring it into the present moment.

According to BETH CHIDO (craniosacral therapist, Pilates trainer, body-mind centering™), "Everybody comes with a whole set of history and issues, and you have to get to the one thing that changes the entire matrix of belief that they are in. It is not about me teaching them, but about co-empowerment through thought and free will."

JOAN SCHEINGRABER (acupuncturist, Chinese herbal medicine) believes that each of us holds the blueprint to our own healthy state—something she defines by the amount of vibrancy we have in life. "Our true nature is health, and we are always seeking to return that state of balance," she says.

