

HEALTH ENRICHMENT

The Health Enrichment program of SEVA is designed to teach students how to attain a full and complete sense of well-being using simple every-day routines.

Self Help

This course teaches students how to improve their physical well-being. Through the application of pressure on vital centers of the body, students learn to daily strengthen their circulation, muscle tone, and internal organs.

Health, Diet and Nutrition

Students are shown how to achieve and maintain optimal health through an enjoyable and nutritionally balanced diet. Discussions include nutritional deficiencies and how to detect them, and the use of foods, diet, vitamins, and herbs to correct these deficiencies.

Herbs and Their Uses

This course teaches students how to grow domestic herbs and to locate wild herbs indigenous to the Catskill Mountains. Students identify, harvest, and sort herbs, learn their medicinal and curative proper-



ties, and put together an herbal first aid kit for the home. The course includes a nature walk, slide presentation, and actual preparation and use of herbs.

Vital Exercise

Students are taught deep stretching and dynamic tension exercises, which are coordinated with and enhanced by breath control. These exercises assist in the renewing and vitalizing of the body systems for those of all ages and physical abilities.

