



Alternative to Modern Medicine

In 2006, Swathmore resident Phyllis Bookspan gathered a homeopathic physician, a nutrition counselor, a holistic RN, a couples therapist, a Reiki master, and a slew of yoga and Pilates teachers to create a holistic wellness center, RYAH. The focus here is on a healthy mind-body connection and preventative health care, so instead of pills and pinpricks, they set you on the path to good health with a nutrition consultation, a chance to vent about his mother for 30 minutes, and then a massage. (Beats a flu shot, no?)

Insider tip: From book clubs to seminars on perfecting your golf swing, this wellness center offers tons of de-stressing, self-improving events.

Dear RYAH friends and supporters,

Thank you from the bottom of my heart for helping me realize the vision of a holistic healing center. Three years ago RYAH was just a notion, but with the love, support, loyalty and creativity each of you bring when you walk through our door you have manifested the vision that has become RYAH. In two short years we have become a community of dedicated yogis, healers, counselors, believers and friends. Our commitment is to continue to be the place where you will, discover your best health, and always to be the tranquil oasis that you can call home. Thank you for making us the "Best of Philly 2008.-Alternative to Modern Medicine"

Namaste,

I bow to the light within each of you,

Phyllis