



THE CITY OF SAN DIEGO

San Diego Public Library

FOR IMMEDIATE RELEASE

Tuesday, October 21, 2014

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Downtown Neighbors EcoVerse Jing Si Books & Café and San Diego Central Library Present “Asian Traditions of Wellness” Series

Check out books on health and wellness in the library

San Diego, CA... The San Diego Public Library, in partnership with EcoVerse: Jing Si Books & Café, will host a monthly *Asian Traditions of Wellness* series this fall in conjunction with the annual *One Book, One San Diego* reading campaign. *Monstress*, the 2014 *One Book* selection by rising literary star Lysley Tenorio, is a book of vibrant Filipino-American life and quirky short stories set amongst Filipino American communities in California and the Philippines. The series will be held at EcoVerse: Jing Si Books & Café located at 302 N 11th Avenue in downtown San Diego, right across from the new San Diego Central Library @ Joan A Irwin Jacobs Common.

Wednesday, November 5, 6:00 - 7:00 pm

Asian Traditions of Wellness: Meditation in Motion

Brianna Wyatt of Roots Yoga leads this free class incorporating mantra, meditation, pranayama and asana to bring both physical and emotional balance and healing. "Meditation in Motion" is a gentle, restorative class open to all levels of yoga practitioners. Please wear comfortable clothing, bring a bottle of water, and bring a mat (if you have one).

Wednesday, December 3, 6:00 - 7:00 pm

Asian Traditions of Wellness: Introduction for Tai Chi

Licensed Acupuncturist Robert Nations leads this introductory class to Tai Chi. Includes a brief discussion on the history Tai Chi, its philosophical roots, mind/body connection, and the benefits of regular practice. Participants will be able to learn a few simple movements of Tai Chi, and be invited to practice them as a group.

EcoVerse, in affiliation with the Buddhist Tzu Chi Foundation, is a non-profit environmentally conscious community education center, bookstore, and cafe that promotes a zero-waste, sustainable, and eco-friendly lifestyle. Jing Si means "Quiet Contemplation", while Tzu Chi translates to "Compassionate Relief". Visit them at: www.ecoverse.us/. The Tzu Chi Foundation is a non-profit, non-governmental organization, focusing on our four missions: charity, medicine, humanistic culture, and education. Visit them at: www.us.tzuchi.org/us/en/.

Briana Wyatt is trained in the classical yogic philosophies of pranayama, asana, mantra, and Ayurveda. Certified as a yoga instructor by the Deep Yoga School of Healing Arts, Briana believes that breath (pranayama) and mantra are our personal tools for healing. By centering our thoughts in our hearts and truly living in our bodies, we discover the poise, peace and presence to cultivate awareness, expand consciousness, and foster compassion.

Robert Nations is a Licensed Acupuncturist. He has been studying and practicing Tai Chi for over thirty-years and teaching for the past twenty. He currently maintains a private practice of acupuncture and Chinese Medicine in the Mission Valley area of San Diego, contracts with U.C. San Diego Center for Integrative Medicine providing Tai Chi instruction and acupuncture services, and is an adjunct faculty member of Pacific College of Oriental.

[One Book One San Diego](#) is an eight-year-old partnership between KPBS, San Diego Public Library, and San Diego County Library designed to bring the community together through a shared experience of reading and discussing the same book. *One Book* is made possible by the Linden Root Dickinson Foundation, Lloyd Pest Control, the Cubic Corporation, the Henry Fox Foundation, and the San Diego Public Library Foundation.

Learn about *One Book, One San Diego* and other programs at the San Diego Public Library's Central Library and 35 branches, find links to numerous additional resources, or search for materials in the Library's catalog online at www.sandiegolibrary.org.

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