

Zen innovations: The art and science of holistic wellness

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Abstract

The Art and Science of Physical, Psychological and Spiritual Innovations at Zen Resort Bali relate to harnessing mindfulness, mobilizing inner energy, embracing wellbeing and self-healing and experiencing sustainable healthy lifestyles. We have developed specific innovations enhancing the efficacy of Ayurveda, yoga, meditation, pranayama, naturopathy, nutrition, detox and recreational activities including Shirin Yuko Forest Immunity Therapy, Zen Harmony Diving and Nature and cultural excursions.



Biography

Mahendra Shah's professional work is concerned with development of holistic wellness resorts to confront the human health and environmental sustainability challenges of modern lifestyles. Shah has had over four decades of international senior level appointments in the UN, World Bank, International Science and Policy Institutions and the Private sector in areas including sustainable development, agricultural investments, food and nutritional security, holistic health, biofuels and food security, climate change, weather modification and international negotiations. He has had policy and operations experiences in emergency relief aid, rehabilitation and reconstruction and sustainable development in sub Saharan countries, Afghanistan, Pakistan, Mexico, Brazil, Indonesia, Japan, Qatar and Saudi Arabia. He was co-author the 2002 Johannesburg WSSD Report "Climate Change and Agricultural Vulnerability", 2000 World Bank Report "Food in the 21st Century- from Science to Sustainable Agriculture and Coordinating Author of Agenda 21", Earth Summit in 1992..

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