

# Oren Selah

*Champion for Change  
Crescent City, CA  
Del Norte County*



*“Yoga’s not about touching your toes, it’s about what happens on the journey to your toes”*

Oren is California raised with familial ties to Israel. His name, in Hebrew, is like a prayer to nature (Oren means Pine Tree and Selah means praise- a word used in psalm, often with the beating of a drum). It is no wonder that his journey to health has brought him here, to the great Northern California coastline.

Oren has been researching nutrition and wellness for over 30 years. He has a natural passion for reinventing himself and helping others to find their path to wellness as well through a person centered approach. This passion for helping others and giving each individual the kind of attention they need helped Oren discover the power of mindfulness- being aware, in the present. Something as seemingly simple as breathing can play a major role in health. Teaching mindful breathing practices (Pranayama) also helps Oren teach music and yoga.

Like many others, Oren is challenged by the unhealthy habit of emotional eating. He has found that belly breathing, fully engaging the stomach, diaphragm and abdominal muscles while breathing, can give his body the physiological push that it needs to power through an unhealthy habit. This creates a new, healthier habit.

Oren believes in the power of ritual exercise, making physical activity a habit. “Your body will crave what you give it” he said. So he exercises 6 days a week (giving the 7<sup>th</sup> day to rest) alternating strength training with cardio. Now his body craves the exercise. He has also started eating more raw fruits and veggies since he moved to Del Norte county in June 2021 (some of his favorites include avocado and Brussels sprouts).



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