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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Legends Of Yogyakarta!

By James C.Cameer

Yogyakarta province is one of the most densely populated areas of Indonesia. The city came into

being in 1755, after the division of Mataram into the Sultanates of Yogyakarta and Surakarta (Solo). Gamelan, classical and contemporary Javanese dances, the wayang kulit leather puppet theater and other expressions of traditional art will keep the visitor spellbound. Local craftsmen excel in the arts of batiks, silver and leather work.

In the middle of south Central Java lies the magical region of Yogyakarta, the cradle of Javanese culture and tradition. In the north the volatile, Mount Merapi - the Fire Mountain with captivating physical beauty stands vigorously guarding the surrounding nature.

This gigantic volcano, sometimes dangerous with its eruption and lava spitted from its crater, but at the same time gives tremendous fertility to the land. That's the reason why the farmers - inhabitants living in its slope do not want to leave their ancestor's place of birth. They have a mystical relation with Merapi to live in harmony with 'the rulers' of the mountain to keep them safe and peaceful. It disclosed that the name Jogja, instead of Yogyakarta or Yogya, is used as a promotion to market Yogyakarta since Y is a difficult alphabetical start for most international audiences –both reading and spelling. While Jogja is easily pronounced as JOG–ja, even JOG could be used as nickname.

Yogyakarta is known for its silver work, leather puppets used for shadow plays (wayang kulit), and a unique style of making batik dyed fabric. It is also known for its vivid contemporary art scene. Yogyakarta is also known for its gamelan music, including the unique style Gamelan Yogyakarta, which developed in the courts.

### Water Castle

Built in 1758 by Sultan Hamengkubuwono I just west of the kraton, part of this pleasure garden and castle is at present no more than an intriguing collection of ruins, pools, arches and underground passages enclosed by massive walls, however, the central courtyard with the nymph–baths has been restored.

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The Water Castle is located in the older part of the city within walking distance from the Bird Market. A number of batik workshops line the avenue leading to the pleasure garden's entrance.

### Imogiri

Imogiri is the official cemetery of the royal descendants from Yogyakarta and Surakarta. The royal graveyard is located on a hilltop, reachable by 345 stone steps leading to it.

Imogiri is about 17 kms southeast of Yogyakarta and easily accessible by bus or car. The tombs are built within three main courtyards.

Entry into the smaller courtyards housing the tombs of the princes is allowed only on Monday 09.00 – 12.00 or Friday 13.00 – 16.00. Traditional Javanese dress has to be worn, which however can be hired on the spot at a modest fee. The cemetery is closed during the Moslem month of Ramadhan.

Mystical Yogyakarta... Come find out more at

<http://Yogyakarta.ewhy.info>

### **Why Yogyakarta Is Unique!**

#### **By Jerry Hall**

Yogyakarta (which is often spelled and called in different ways such as Jogjakarta, Yogya, or Jogja for short) is Indonesia in miniature. When visitors come to inhale the air of Yogyakarta, they feel like they have lived. Yogyakarta has been best described as a Never Ending Asia, Java's cultural heart, the soul city of Java, or planted in the fertile heartland of Central Java, (it is) the cradle of great Javanese empires... the capital of ancient kingdoms, medieval empires and modern revolution and an engaging melange of style and moods.

Kepatihan Danurejan It was the Dalem (mansion) and office of the Patih (Sultan's Chief Minister) during feudal (colonial time). The official name of every Patih of Karaton Yogyakarta was Danurejo, So the building is locally known as Kepatihan Danurejan, now is the office of the Governor of Yogyakarta Special Region, located North of Beringharjo Market.

Stasiun Tugu The main railway station with its colonial style located north of Kepatihan , south of Tugu. It is a very convenient station with regular connections to Jakarta, Solo, Semarang, Surabaya and other cities in Java.

Tugu A monument stands in the crossroad of Jl. Malioboro and Jl. Sudirman. It has a symbolic meaning for the meditation and it is one of the magical line of Yogya, consisting of (south to north); the South Sea, the Karaton Yogyakarta, Tugu and Mount Merapi.

The Yogyakarta Special Region lies approximately 7 South of the equator line and is bathed in tropical;

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sunshine along the year. Having a tropic climate the daily atmosphere feels a little bit hot and humid. These are only two seasons along the year, the wet or rainy seasons and dry monsoon. Usually the wet seasons begin at September and lasts about August.

Generally there is no rainfalls from may to August and there fore the atmosphere feels hot and humid on the day and cool in the night and early morning. The monthly rain falling Yogyakarta varies between 3mm and 496mm in which those above 300mm take place during the month of January up to April. The heaviest rainfall usually occurs in February while the lowest commonly happens between May and October Average annually rainfall is about 1,900mm.

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Valentine Day Recipes

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