

FREE SPIRIT YOGA

A WELLNESS CENTER

APRIL NEWSLETTER

SPRING IS HERE!

Well, it's finally here! The cold, dark days of winter are giving way to warmth and new growth. As you go through this Spring season, we invite you to do so with a keener awareness of yourself, a broader sense of acceptance and a dose of compassion...

Stephanie & Heather

SPRING CLEANING

Now that Spring is here, it's a great time to consider a good Spring cleaning. Usually, when we think about Spring cleaning, a good vacuuming, dusting and window cleaning come to mind. We tend to use this time to rid ourselves of old clutter and junk that we no longer need. It's a great idea to apply this same idea of cleaning to your body. In yoga, bodily cleansing is an integral part of one's yoga practice...and it involves more than just taking a good shower! Cleansing involves practices that will help your body clear itself of toxins. There are numerous ways to cleanse from a simple 3 days cleanse to hard-core fasting. One of the easiest ways to cleanse is to modify your diet. This can be done for a week to 30 days or longer. These modifications typically involve eating only organically grown fruits, vegetables, grains and raw nuts. Most cleansing diets are meat free, but some do allow small portions of organic poultry or wild caught fish. Olive oil, lemon juice and fresh herbs are used to season and dress foods. Typically only pure water and herbal teas are drunk. Foods to be avoided include red meat, lunch meats and processed meats, pork, all refined sugars and artificial sweeteners (you can use maple syrup instead), white flour, bread, pasta all processed and packages foods, salt, all dairy products although some cleanses allow plain yogurt in moderation. In addition to the diet modifications, most cleanses involve some sort of supplement component. This can take the form of capsules or shakes which are taken daily during the cleanse. They are formulated to cleanse the organs and blood as well as to add fiber. In addition, some cleanses advocate cleaning out the colon via colonic hydrotherapy or enemas. Dry skin brushing can also be done during this time as our skin is truly the largest organ in our body and brushing it can help to stimulate circulation and remove dead skin cells. All of these practices help to detoxify your body from the inside out. As you cleanse, it is not uncommon to feel cruddy during the first week. Headaches, fatigue and body aches are common signs that the toxins are leaving your body. After this, there is typically a feeling of increased energy and clarity. Just as we clean our homes on a routine basis, it is also wise to adopt a practice of regular body detox and cleansing. Usually two times per year is sufficient - Spring

and Fall. Please ask Stephanie or Heather if you have any questions and happy cleaning!

YAMA OF THE MONTH - SATYA

This month we continue our look at the Yamas by focusing on Satya, otherwise known as “commitment to the truth”. It is based on the understanding that honesty in word and action is the cornerstone of all healthy relationships. This includes relationships with people, communities and governments. As would be expected, deception, exaggerations and lying harm these relationships.

Gossip may be one of the worst ways of NOT practicing satya. Commitment to the truth is not always easy, but just like anything, increased awareness of when we are not being truthful allows us to change. Being true to ourselves and our own values may be the hardest part of satya. We may not trust ourselves to actually know what is true for us or what we believe. Others in our environment may have their own idea of who we should be making it difficult to stand in our own truth. Ultimately, being truthful with ourselves and others will make for a happier and healthier life.

END YOUR WEEK WITH AHHH.....

Our next Restorative Yoga Class will be on Friday, April 4 from 6:00PM to 7:00PM This is a great way to finish a potentially stressful week. Restorative Yoga uses props like blankets to support you in various yoga postures. You literally release yourself into the support of these props...the result is a deeper, slower stretch as well as a deep release of muscle tension and joint stiffness. Feel free to bring your own blankets or pillows from home. **The May class will be Friday, May 2.**

*****Last month 10% of our profits went again to the Thomas J. Lebresque Foundation which researches the causes and treatments of non-smokers who get lung cancer. Stephanie’s college roommate is one such person who has beaten the odds and who each year participates in the “Race For The Cure”.**

MASSAGE THERAPY SERVICES OFFERED BY HEATHER

- Swedish Massage, Therapeutic Massage and Integrative Reflexology
- 30 Minute (targeted) Session.....\$30
- 60 Minute Session.....\$60
- 90 Minute Session.....\$75

****Add a foot scrub with aroma therapy to any massage session for \$10**

YOGA SERVICES OFFERED BY STEPHANIE

- 5 Yoga Classes.....\$55
- 10 Yoga Classes.....\$87
- 60 Minute Yoga Massage.....\$60
- 90 Minute Phoenix Rising Yoga Therapy Session....\$75

**FIRST CLASS IS FREE!!!

FREE SPIRIT YOGA - A WELLNESS CENTER.....1515 EAST
CHOCOLATE AVENUE

533-8292.....FREESPIRITYOGAHERSHEY.COM