

FREE SPIRIT YOGA A WELLNESS CENTER AUGUST NEWSLETTER

WISHING YOU FUN!

We wish you a month of FUN as the summer winds down - whether it be a relaxing vacation to a fun place, a neighborhood barbeque or a double (or triple!) cone of your favorite ice cream.....enjoy ☺!

Heather & Stephanie

CONGRATULATIONS HEATHER!

Congratulations to Heather who has just completed training and certification in **Pre- and Post-natal massage!** This adds to Heather's ever-expanding knowledge base and adds a much needed service for women in our area who are pregnant or who have just had a baby.

NOW THE NIYAMAS

During the past five months, we have taken a look at the yamas, one of the 8 limbs of the traditional system of yoga. Yamas, as we discussed, are attitudes that we try to cultivate within ourselves and our relationships with others in order to live a fuller life. The five niyamas are the second limb of the traditional yoga system and they represent behaviors or ways of living that will help us to cultivate a deeper and richer awareness of and relationship with our "inner self". The first niyama is Saucha. Saucha is all about cleanliness in body, mind and environment so that we can experience ourselves more clearly and directly. For example, if we eat "clean" foods, meaning live foods (fruits, veggies, grains) our bodies can function more optimally. Conversely, when we eat foods with chemical additives and preservatives, our bodies do not function as well. When we read books or watch movies that uplift and inspire us, we are feeding our minds in a way that creates more peace and inspiration. This, as opposed to books or movies with violent or depressing themes. When we create an environment either at home or work that is simple and uncluttered, we are not distracted by "stuff" laying all around us. At its core, Saucha has to do with making choices about what we put into our bodies, our minds and our environments that allow us to be more present to what's happening NOW.

TWIST AND SHOUT!

There's good reason to shout about twists. Twisting allows our bodies to unlock tension at the deepest level of the spine. No matter what posture you have completed, a good twist will help to bring the spine back to a neutral place. In addition, twists allow our internal organs to be squeezed and flushed of tension and toxins - this is further enhanced by using deep, abdominal breaths. Whether seated or standing, all twists follow a specific type of movement: the spine needs to get long BEFORE it rotates. In order to achieve this length, the body is

grounded downward through either the legs and/or the ischial tuberosities (the “sits bones”) of the pelvis and is elongated upward through the whole length of the spine. This lengthening is done as you inhale and then the slow rotation into the twist is done as you exhale. It may actually take you several breaths to fully engage your twist. This gives you the opportunity to really connect with what’s happening in your body as you twist. The other important component is to twist from the inside out, which means that you are not simply twisting your spine. You are actually rotating through your whole body including your internal organs and connective tissue. The next time you do a twist, try taking a few breaths to complete it and notice the difference...you may gain a deeper awareness of and connection with your body as well ☺.

BODY BEAUTIFUL YOGA

Beginning Monday evening, August 4 we will be having a new, ongoing yoga class called Body Beautiful Yoga. It is an ongoing class that is specifically for plus size women. The class was named by our most recent Yoga Plus class! The class will meet from 6:00 - 7:15pm each Monday. If you know of anyone who has been reluctant to try yoga because of weight concerns, feel free to them about this class ☺.

*****Many of you heard Steph talk about the You Tube story of Christian the Lion who lived as a pet as a lion cub and then was successfully released into the wild. Because this story had such an impact, last month a portion of our profits went to the George Adamson Trust which supports wildlife preservation. It was developed, in part, from the experience with Christian. Check it out at www.wildlifefenow.com or check out the reunion video on You Tube under “lion reunion”. IF YOU KNOW OF A CAUSE TO WHICH WE CAN GIVE PLEASE LET US KNOW!**

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!!!**

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