

# FREE SPIRIT YOGA A WELLNESS CENTER FEBRUARY NEWSLETTER

## IT'S A LOVE THING

February...the month of LOVE ☺. Showing our LOVE can take many forms. It could be that you give tangible gifts to those you care about or perhaps it's something as simple as smiling at someone who looks like they could really use it. As you go about your days this month, be curious about all of the ways that you give LOVE. On the flip side, how do you receive another person's love? For many of us it is easier to give than to receive, especially in the LOVE department...so take some time to notice the ways in which you receive LOVE from others as well...and when the 28<sup>th</sup> of February comes and goes, maybe bring a little bit of February into every month ☺.

Namaste'  
Heather & Stephanie

## YOUR BEAUTIFUL HEART

February is a great time to remember and honor your heart and all it does for you. Your heart is a muscle that occupies the space between your lungs. It weighs from 9 to 10.6 ounces (heavier in men) and is slightly larger than a clenched fist. It beats about 60 to 100 times each minute and never completely rests. It pumps about 2000 gallons of blood to the tissues and cells of your body every day (that's approximately 100,000 contractions per day and 9 pints of blood per minute!!). As it pumps oxygen rich blood out to nourish all the parts of your body, it also receives poorly oxygenated blood and waste products and sends these to the lungs to be re-oxygenated and nourished...and this cycle continues all the time.

Your heart can be affected by physical exercise, emotions and different psychological states. There are several things you can do to maintain the health of your beautiful heart. From a physical standpoint, the best thing you can do for your heart is to exercise...some sort of aerobic exercise that gets your heart rate up at least 5 times per week...good examples of this would be walking, jogging/running, jumping rope, dancing, lots of Sun Salutations ☺ or some other sort of work-out. Emotionally and psychologically, the best thing you can do for your heart is to acknowledge and feel what you are feeling. Research has shown that unexpressed emotion such as anger and resentment increase a person's chances of heart attack...so give your heart a break and say what you need to say in one way or another. If you are unable to express your emotions directly to a specific person, try writing a letter to them and then burning it, or have a trusted friend play the role of that person and say nothing while you tell them what you need to tell them. These are both excellent ways to let it out. Finally, reduce or manage the emotional or psychological stressors in your life through breathing deeply, practicing yoga, meditating or other mind-quieting strategies. AND, although it may sound corny, take some time every day to say "thank you" to your heart for all it does for you...I'm sure it's listening ☺.

## A REMINDER ABOUT SCENTS & PERFUMES

I wanted to send out a heart-felt reminder about remembering not to wear perfumes, colognes or other scented products to class. The reason for this is that there are many people who are either allergic or sensitive to scents and especially in our enclosed yoga space, this can make for a difficult and uncomfortable practice. Thanks so much for your understanding ☺.

## **FEELING STRESSED...ABOUT THE ECONOMY, YOUR JOB, YOUR RELATIONSHIPS, YOUR HEALTH???**

Join our next 6 week series of Phoenix Rising classes which will focus on becoming aware of and better managing the stress in your life. The class will teach proven, practical strategies to relieve the tension in your body and ease the stress in your mind. Over 80% of previous participants report a significant reduction in stress-related symptoms. This class is perfect for anyone who is feeling the physical or emotional consequences of a life with stress...the classes will be held Saturday mornings from 10:00 - 12:00 noon and will run from March 7 through April 11. The cost of the program is \$125 (that's \$25 off the regular price) and includes all 6 weekly classes, a day long class on quieting the mind, a class workbook and homework. Call Stephanie at the studio at 533-8292 to register or for more information. Isn't it time you or someone you love made an investment in **your own** health and well being?

## **OUR GIVING**

This past month we gave away 2 gift certificates for the Giant to unknowing strangers...what a FUN and heart-warming experience! The gratitude expressed was unbelievable! We will continue to do this with a percentage of our profits each month and will start to branch out to other stores as well ☺.

## **FREE SPIRIT YOGA SERVICES:**

Massage - \$33 for 30 minutes

\$65 for 60 minutes

\$80 for 90 minutes

-Foot scrubs will continue to add \$10

Yoga - \$59 for 5 classes

\$92 for 10 classes (an increase of 50 cents per class)

\$65 for Yoga Massage

\$80 for Phoenix Rising Yoga Therapy (90 minutes)

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

**533-8292.....FREESPIRITYOGAHERSHEY.COM**