

FREE SPIRIT YOGA A WELLNESS CENTER JULY NEWSLETTER

HAPPY 4TH!

As this 4th of July holiday weekend approaches, try this short exercise. Take a few breaths to settle in. Now, consider the true meaning of freedom and how it plays out in your Life or perhaps how it doesn't. What DOES it mean to be free? Is there something that may need to change or shift in order to achieve that? See what comes up for you and if there is any action you need to take towards that. No right or wrong here...just something to consider...☺ We wish you a happy, healthy holiday weekend!

Heather and Stephanie

RELAX WITH A BREATH

In the busyness of our summer, it sometimes can be difficult to find the time to stop and take a break. The opportunities to get caught up in the stressful moments of our lives sometimes seem to outweigh the opportunities to slow down and relax. If this summer is leaving you stressed, relaxation is literally a breath away. Yogic breathing practices, called pranayama, are relaxing to your body and help to calm and clear your mind. The easiest pranayama practice is called dirgha pranayama or full yogic breathing. Full yogic breathing can be done any time and it's absolutely free! Start by noticing your breath. When you feel you have connected with it, begin to inhale allowing your low belly to expand out, then your mid-chest and finally, your upper chest until you have completely filled your lungs with air. Let this take 4 - 8 counts to do. Next, hold your in breath for another 4 - 8 counts and then begin to exhale from your upper chest down to your low belly for another 4 - 8 counts. Finally, hold your breath here for another 4 - 8 counts and then repeat several times. You want to try to use the same count for each part of the full breath so you may want to start with a count of 4 and then slowly work your way up to a count of 8. This should be done with ease and awareness. Notice the difference ☺.

YAMA OF THE MONTH

For the last 4 months we have been delving into the Yamas, which are ways of being having to do with our relationships with ourselves and others. This month, we take a look at the 5th and final Yama, Aparigraha. Aparigraha means non-hoarding or non-grasping. Holding on to things and being free are two completely different ways of being. Holding on implies a resistance to what is actually happening in our lives or a resistance to change. Resistance of any kind can cause discomfort and pain. Resistance in our physical body can cause tension and tightness and over time can lead to pain or disease. Inflexible or resistant thinking can lead to mental tension or pain. Resistance to or holding on to emotions can cause emotional pain. All of these things prevent us from living

a more vital life. Another aspect of Aparigraha has to do with the way we look at and use the “things” in our life. If we hold onto our jobs, homes, cars, clothes, money or other belongings and see them as ways in which we define ourselves, this can lead to discomfort and pain as well. If any of these “things” were to suddenly be taken away from us, would we be devastated or could we see that we are much more than our “things” and that the less we hold on to them, the freer we really are and more able we are to actually enjoy them.

ANNOUNCING A NEW YOGA CLASS

Beginning on Monday, August 4 at 6:00PM Free Spirit Yoga will be offering a new, ongoing yoga class called Full-Figure Yoga. This class is for plus size yogis and yoginis and will be specifically geared towards this group. It has evolved directly from the Yoga Plus groups that have been done here at the studio. If you know of anyone who might like to try it, please have them call the studio. Payment will work the same as all other classes.

RESTORATIVE YOGA...AHHH...

Our next Restorative class will be held on Friday evening, August 1 from 6:00 - 7:00pm. As always, feel free to bring your own pillows or blankets. If you have not yet experienced the relaxing and restorative benefits of this kind of yoga, we invite you to come try it out! (Check out the website for a specific explanation of Restorative Yoga.)

*****Last month a portion of our profits went to The Crohn's and Colitis Foundation of America, which sponsors research to find the cause and cure for these conditions. Thanks to our own yogini, Rosemary Marino for this wonderful suggestion! 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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