

FREE SPIRIT YOGA A WELLNESS CENTER JUNE NEWSLETTER

SUM-SUM-SUMMERTIME

Did you know that your body was designed to move? Even though these beautiful summer days may tempt you to just kick back and relax, consider moving your body in some way everyday. It could be walking, running, biking, roller blading or even doing some Sun Salutations or other yoga postures. Whatever you choose, see if it can be a mindful process rather than a means to an end. This will help to balance out your body's need for movement and rest ☺.

Heather & Stephanie

THE PURPOSE OF PROPS

Yoga postures are designed to allow you to focus on your body and your mind to promote good health and vitality. When our bodies are not in proper alignment, they actually have to work harder to do the postures. This can cause an unneeded expenditure of energy as well as possible strain or injury. Yoga props were initially introduced by B.K.S. Iyengar, one of the more well-known Yoga Masters in India. He advocated the use of props so that all people, regardless of fitness level or flexibility could enjoy the benefits of their yoga practice. He learned this first-hand through his own personal recovery from illness. Props help to create proper alignment so that your mind and body are not distracted by tension or strain. Props allow you to completely surrender into the posture and allow the power of your yoga practice to work fully for you. **STRAPS** help to compensate for tight hips, hamstrings and shoulders. Use of a strap adds length to your poses and helps to fine tune the alignment of your spine and open your chest for breathing. **BLOCKS** help to support the hips and hamstrings, especially in standing poses. They essentially build the floor up so that those who are tight and can not bend all the way down to get their hand on the floor (as in Triangle Pose) can still maintain correct alignment and support themselves properly. They also allow you to release fully into positions. **BLANKETS** can help to lift and rotate the hips so that the low back is better aligned, especially in seated postures and seated forward bending postures. This can help to alleviate the back pain/tightness which can so often be associated with these postures. When it's all said and done, props can only help. Many times people shy away from using props because they may think that they can do the posture without them or they somehow feel inferior if they use a prop, like they are not really practicing yoga. I'm here to dispel that thought. The fact is that the opposite is actually true. If your body is not able to get into certain postures fully without creating strain or tension, then you actually spend more of your practice focusing on the strain rather than allowing your body to release fully into the posture. Your body is still working when you use a prop, but it is using its energy

efficiently and not wasting it. As the wise yogis and yoginis say, "Yoga can't align our bodies unless we practice in alignment." ☺

YAMA OF THE MONTH - BRAHMACHARYA

This month's yama is Brahmacharya. Out of all of the yamas, Brahmacharya is probably the least understood. Many of the stricter translations of this yama actually define it as the practice of celibacy. However, at its essence, Brahmacharya is about using our sexual energy wisely. It means that we may choose celibacy or not. At a deeper level, it means that we use our sexual energy in ways that will not only connect us with another, but will reconnect us more deeply to ourselves. It also means that we do not use this energy in ways that might harm another. It makes sense that if we manipulate or use others sexually, pain will ensue. Ultimately it's not about **whether** we use our sexual energy, but **how** we use it and the intention behind it. In looking at your own relationship to sexual energy, consider whether the ways you express that energy bring you closer to or farther away from who you truly are.

TWO NEW YOGA PLUS CLASSES

We will be having two new Yoga Plus classes this summer. Yoga Plus incorporates yoga and meditation as a way to better understand your relationship to your body and to food. The first class will begin Monday, June 16 and will go through July 21. The class will be from 6:00pm - 8:00pm. This class is geared towards plus size women. Our second Yoga Plus class will be geared towards plus size high school aged girls. This class will begin Sunday evening July 20 from 6:00pm - 8:00pm. It will continue on Monday evenings from July 28 through August 25 from 6:00pm - 8:00pm. If you or anyone you know are interested in either of these classes please call Stephanie at the studio.

*****Last month a portion of our profits went to "Feel Your Boobies", whose mission it is to use unconventional ways to remind women about the importance of checking their breasts regularly. This cause was suggested by Christina Arterio, one of our own yoginis here at Free Spirit Yoga! Thanks Christina! 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!!!**

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