

FREE SPIRIT YOGA A WELLNESS CENTER MARCH NEWSLETTER

LAMB OR LION?

As the saying goes, will March come in like a lamb or a lion? It begs the question "How will YOU come in? Like a lamb or a lion?" Or better yet, "How will you choose to come in?" As you experience all the various situations you inevitably will this month, notice your dominant choice...lamb or lion and see how that's working for you - you may find that a balance of both is what is needed ☺.

Heather and Stephanie

WHY DO WE TAKE OUR SHOES OFF?

I am asked many times why we remove our shoes for our yoga practice. This is an ancient practice which shows respect for who we truly are and who it is that is truly coming to the yoga mat to practice. The ritual of removing your shoes is about removing your outside world and all of the "stuff" you walk with on a daily basis and leaving it outside of your practice space. As you enter your space and roll out your mat, it is an invitation for you to be fully yourself and fully present to yourself - who you truly are - without any of your external "stuff".

SPRING CLEANING

Spring - we turn our clocks ahead, we see more of the sun and we start to notice the signs of new Life and growth. For some of us, our bodies have been less active, maybe a little stiffer and we may have added a few extra pounds which is normal for these months of "hibernation". As we begin to let go of the colder, darker winter days and anticipate the warmer and longer days of Spring and Summer, it's the perfect time to focus on our bodies in a different way. March and April are great months to do a cleanse in order to rid your body of the heaviness of winter and to literally give your digestive system a rest. As we have talked about before, there are many kinds of cleanses on the market which incorporate herbal supplements to cleanse the blood, liver, colon and other parts of the body. If you are not interested in going this far, a simple and easy way to cleanse your body and rest your digestive system is to simply cut out some of the foods that require more effort to digest as well as those foods that are more likely to cause allergies. You can do this type of cleanse for one week up to one month. All you need to do is remove one to all of these foods - red meat and pork (and limit your intake of fish and poultry), dairy products with the exception of yogurt, wheat, corn, soy, tomatoes, strawberries, all processed food, white flour products and products made with white sugar. As far as beverages go, try to drink only pure water and herbal teas (sorry, no coffee or soda ☺). So, you are probably thinking, "What the heck am I supposed to eat?" Actually, a cleanse is a great time to experiment with this. Try all kinds of

beans, bean salads and bean burgers or portabello mushroom burgers in place of meats. Grains such as quinoa, brown rice, millet and couscous are all whole grains that make great side dishes plain or as a grain salad or in cereals. And of course there are all those vegetables that you know and love as well as a few you may not have tried yet. Be sure to steam your vegetables to crisp tender in order to be more easily digested and try dressing them with olive oil. Fruits are also on the list of okay things to eat. As you go through your cleanse, notice how your body, your thoughts and your emotions are responding to it – some people find it helpful to write these experiences in a journal. When your cleanse is over, you can simply return to your regular diet or perhaps you'll find that you want to make some permanent changes...here's to your Health!

WHAT EXACTLY IS NAMASTE'

The gesture of Namaste' represents the belief that there is a Divine spark within each of us that is located in the area of the heart. The gesture is an acknowledgment of the soul in one by the soul in another. "Nama" means bow, "as" means I, and "te" means you, so Namaste' literally means "bow me you" or "I bow to you". Although in the West the word Namaste' is usually spoken in conjunction with the hand gesture (in prayer pose), in India where it originated, it is understood that the gesture itself signifies Namaste', and therefore, it is unnecessary to say the word while bowing.

WHERE DID WE GO LAST MONTH?

Last month we gave away 2 gift certificates to Walmart to unknowing strangers. Once again it was fun and humbling to be able to give these away to unsuspecting people in the parking lot! I invite you to pay it forward by trying this on your own – the amount doesn't matter...it's the Spirit of Giving that becomes contagious! ☺

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
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