

FREE SPIRIT YOGA A WELLNESS CENTER OCTOBER NEWSLETTER

HARVEST TIME

It's October! Now is the time when we transition fully into Fall. It's Harvest time when we can already see the corn stalks have been cut down, the pumpkins and squashes have begun to appear and there is a definite chill in the air. Although the recent happenings in our economy can make it appear as though we have lost a lot, take some time during this month to notice the abundance all around you and be sure to carve a smile on your pumpkin ☺!

Heather & Stephanie

POSTPARTUM MASSAGE AND NEWBORN & INFANT MASSAGE

In postpartum massage, the focus is on releasing tension associated with the birth process and realigning the body. With areas such as the neck, shoulders, back, pelvis, thighs, and feet receiving special attention. In early postpartum massage (the first week), massage of the uterus can also be done. This helps the uterus to contract and expel blood or clots. Massage of the large intestine can also be helpful to ease constipation. Light massage around the breast area can help both the flow of milk and the movement of fluid in the surrounding tissues. Blockages of any of these fluids may cause clogged ducts or breast infections so massage to this area can be extremely beneficial. Special attention is also given to drawing the ribs and hips back in and repositioning the organs for proper alignment. Heat therapy and reflexology are often integrated to bring complete relaxation and balance back to the mother.

The ideal time for a massage after normal vaginal delivery is three days. After a cesarean section, the mother may not be ready until a week or two after birth. When scheduling your first postpartum massage, plan on it being in your home. If the baby needs to nurse s/he can easily be tucked in beside you on the table. In the Chinese model of health called the Shen Cycle, the child is strengthened through the mother being healthy and strong!

Newborn and Infant Massage are massages that the practitioner teaches the parent/s to give to their child. The practitioner will demonstrate on a doll while the parent massages their baby. These massage techniques enhance the bonding process, improve circulation, release toxins, and relax the baby's body and mind from daily stresses. Touch is vital to our sense of emotional and physical well-being so massage provides an early start for this.

NIYAMA OF THE MONTH - TAPAS

Our next Niyama is called Tapas. Tapas literally means “burning” or “heat”. For the purposes of day-to-day living, it can be translated as sincere zeal, dedication and discipline. Through the practice of tapas, we are invited to approach everything we do with enthusiasm. If we look at the things we do in Life with the mindset of doing the best we can and having fun with it, then even mundane tasks that we previously have not relished doing can take on new meaning. If we look at a task as drudgery, then it will BE drudgery. If we instead go into the same tasks with a sense of enthusiasm and dedication, they have the potential to be fun and we end up feeling better about the tasks and ourselves. The practice of tapas involves not only our actions, but also the things we say and the things we think. As we grow in our ability to be disciplined, sincere and enthusiastic, our energy increases and we develop a clearer focus and commitment to ourselves and our lives.

DISCOUNTS ON HOLIDAY GIFT CERTIFICATES!

Again this year we will be selling our Massage and Yoga Gift Certificates for the holidays. **During the month of November only**, we will be taking \$10 off all Yoga Gift Certificates, \$10 off all 60 and 90 minute Massage Gift Certificates and \$5 off all 30 minute Massage Gift Certificates. If you would like to give someone you know the gift of Massage or Yoga, let Stephanie or Heather know!

*****Last month a portion of our profits went to Best Buddies, an organization dedicated to enhancing the lives of individuals with disabilities by providing opportunities for one to one friendships and integrated employment. This organization was suggested by Stephanie’s niece Andrea, who is the current Best Buddies Chapter President at Millersville University. Thanks Andrea! 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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