

FREE SPIRIT YOGA A WELLNESS CENTER SEPTEMBER NEWSLETTER

A CHANGE OF SEASON

This month we observe the change of season where the hot days of summer shift to the cooler days of Fall. With this shift comes the final harvesting of our summer gardens, the planting of mums and of course, football season! As this seasonal shift occurs, you may also notice changes in your own body or thoughts. It's a great time to continue to practice your yoga "off the mat" by being aware of these shifts and being curious about what may be behind them ☺.

Heather & Stephanie

PRE-NATAL (PREGNANCY) MASSAGE

Heather has just received her certification in Pre-natal Massage! This is a gentle and nurturing massage that specifically focuses on the needs of the mother. It can relieve the discomforts associated with pregnancy, and is an important practice before the birth experience. The many benefits of Pre-natal massage include:

- Helps to relieve nausea, fatigue, headaches, lower back and abdomino-pelvic pain, constipation, minor edema, joint discomfort and indigestion.
- Increases circulation and the flow of nutrients to the placenta.
- Aids in postural realignment.
- Opens the chest for a deeper breath and supports the learning of deep breathing.
- Teaches awareness of body tension patterns.
- The fetus receives gentle massage and relaxation benefits.

Feel free to call Heather if you or someone you know is interested ☺.

NIYAMA OF THE MONTH - SANTOSA

This month's niyama is Santosa. Santosa is the practice of being content with and accepting what is happening to us in each moment. It is about being at peace with whatever our current experience is. It is often easier to be content when things are going well in our lives, but what about when we are experiencing difficult or painful situations? We can still find some sense of peace even in the tough times if we can rise above the pull of our external expectations and emotions. This is not to say that we should not feel our emotions. Feeling emotions is an important step in healing and growth, but when we become consumed or defined by them, it becomes unhealthy and we lose our sense of peace and well-being. In any situation, if we stay aware of what is happening, see the situation from a higher perspective and do whatever needs to be done

within the situation, we can cultivate a sense of contentment. Often this involves letting go of the way we think things should be and opting for acceptance of the way things are. It is from this place of acceptance, that meaningful change can occur.

YOUR GARDEN AS A METAPHOR FOR YOUR MIND

From the most recent Body and Soul magazine:

In her new book, Plant Seed, Pull Weed: Nurturing the Garden of Your Life Geri Larkin uses her garden as a metaphor for our minds. She takes readers into her vegetable and flower garden to teach them a few lessons about what our minds and spirits need to thrive. One of the most important tasks? Weeding. "If you have a garden, you'll get weeds...If you have a mind, you'll get junky thinking." So how do you rid yourself of useless, unnecessary thoughts? "We stop feeding them the fertilizer of our attention. As a result, our minds calm down, and as they do, we watch our lives become lighter, happier and surprisingly more interesting. When the weeds (stinky thinking) are gone, you'll be amazed at how quickly everything else takes over and beauty is there expanding by the minute.

*****Last month a portion of our profits went to the Humane Society of the Harrisburg Area. WE ARE STILL LOOKING FOR GOOD PLACES TO WHICH WE CAN GIVE SO PLEASE LET US KNOW OF ANY!!**

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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