

FALL NEWSLETTER
LOVE ,RESONANCE & PRESENCE

Hi everybody,
Congratulations for celebrating the
Practice of yoga during this last quarter of the year

In this edition I will talk about how the practice
dramatically can turn back the clock of aging.

Did you know that the secret to halting, then reversing,
the aging progress is in the spine???

The health and flexibility of your spine dictates your
overall health and beauty. The spine is the supporting
structure and command center for the nerves stretching
throughout your entire body. a flexible, strong, aligned
and healthy spine radiates youthfulness.

Poor posture - a hunched upper back or swayed lower
back - will make you look and feel old. Sitting at the
computer all day long or even
the routine of driving, allows gravity to compact the spine.

The magic of movement is present in all our classes. Movement generates energy, and flowing movement unleashes tremendous energy - energy that can revitalize every area of your existence.

This is why the full series of *surya namaskar* (Sun salutation) is important and necessary to elevate the stamina and warm up the whole body. The flow of *surya namaskar*, accompanied by the right states of breathing - inhalation and exhalation - extremely impacts the mind and enhance inner power

Lethargy increases the stress of life. Stress is a big impediment for energy flow. Stress ages mind, body and spirit. Nonetheless, stress is a part of life. Our option is not to fall victim of it.

The yoga postures will help to fully accept and release the stress that comes your way.

Reflection

Reflecting on your life, your time, and asking:

- ◆ What is the intention of my practice?
- ◆ What is there to discover and manifest during your time in class?
- ◆ What do you want to heal - what do you need to improve?
- ◆ Can I feel a new voice inside of me ?

◆ Can I start feeling the sense of revelation?

That reflection on your own intention will help you to be more focused, stay present, and be patient with your one-and-only body, your mind and your spirit.

What else can yoga do for you???

In yoga there is an adage:

You are as old or as young as your spine. Keeping your spine healthy is the most effective way to counteract the aging process. If we continually stretch and lengthen the spine for suppleness and flexibility - creating space between vertebrae and the disks - we can return to a more youthful and healthy condition. Maintaining the space between vertebrae is vital for the health of the spine so that the nerves can release. When we stretch the spine, fluids are flushed in and out of and around the disks, keeping them nourished and healthy.

Prolonged spinal inactivity and compression will cause disks to shrink and lose their elasticity. This results in injured or herniated disks which cause pain from pressure. Yoga prevents and corrects rounding of the spine.

Yoga also helps the consistency of bones, is a superior form of weight-bearing exercise because yoga uses your

body weight as resistance and prevents bone loss and builds a strong skeletal system. Consistent practice of yoga is the key.

Bones go through a constant state of growth and loss, with more loss than growth occurring as a person ages. Thin and fragile bones result in osteoporosis. This is an increased threat to women in their menopausal years when the body produces less estrogen (the hormone that protects against bone loss) to make matters worse, poor diet combined with non-exercise is the invitation to bone loss and a premature aging. Yoga and appropriate diet actually build bones.

Heart problems, heart-attacks and strokes, are the most common causes of death in western society. Common factors include high cholesterol, arterial plaque, smoking, poor diet, inactivity and stress. All these factors can be eased with a yoga program.

Yoga will immediately start boosting your circulatory system, resulting in an increased heart rate and increased circulation. In yoga, the heart is not stressed but gently massaged. The easy inverted poses reverse the blood flow to lungs, and brain, and allow the heart and legs to rest for improved circulation.

Great programs of running, cycling, golfing, weight training, etc., without sufficient and proper stretching,

can cause inflexibility to appear and be very aging. the muscles shorten and tighten and the range of motion becomes restrained. Over time, this is another invitation to injury. Contrastingly, yoga takes you to a full development of range of motion for every single muscle and joint of the limbs.

I could keep talking about many other benefits but information has to be digested slowly. i will try to keep you reminded and informed, also looking out to your inspiration. Keep your practice active and do not let days pass without your body stretched and lengthened.

I want to congratulate all once more for your work, improvement, patience, and for supporting the yoga community during all this time. i am looking forward to continuing to grow and with sharing the yoga practice with the rest of the world!

Gratitude and acceptance of your unique life!
Be present and establish a deeper connection within during this season.

Forever - the best of me to you and yours...

End of fourth quarter

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