

Shakti



Yoga & living arts

Quarterly Newsletter

Spring 2010

Spring is here and Cleansing is in the air!

Spring is Kapha Season. Kapha is the Ayurvedic Dosha associated with the elements of water and earth. There is cold and dampness in the soil and air as the winter freeze thaws. The weather has not yet gotten entirely warm. Rain is a plenty. We are waking up to spring, after a long winter's slumber. It feels much the same way as when we wake after a long night's sleep.

As in the early morning, there is more phlegm and mucus at this time of year. It's a great time to get out that neti pot and **Clean Your Sinuses** every morning, both to prevent allergies and to clean out the mucus accumulated from a winter diet heavier on fats and proteins. If you tend towards sinus infections, check out this recipe using essential oils in your neti pot, to prevent and get rid of sinus infections – **Nasal Irrigation Regimen**.

Vigorous Exercise is another important balancer for the cold, dampness of spring. This is the time to get hot and sweat out the natural excess of our winter diet. Come check out a **Vinyasa** or **Ashtanga** class at Shakti. Get out and walk, run, bike, or go to the gym! Whatever works for you – and enjoy it!! Not only is it good for you, but the more you do it, the better you feel, and the more you *want* to do it – yes, it's an addiction, but a *good* one - one to cultivate, particularly in spring.

The **Spring Diet** is similar to the Jenny Craig diet. Less fat, more greens! Lots of greens at this time of year will help you shed those extra pounds of winter. Drinking ginger tea throughout the day and/or sipping hot water will build the fire in your digestive system, and keep you warm during the cold, dampness of spring. This **Ginger Tea Recipe** with cumin, coriander and fennel will stimulate your digestive fire and reduce gas, bloating, nausea and indigestion. Always use fresh ginger, as dry ginger can be too heating and drying.

Two of the main tenants of Ayurveda are to increase *Agni* (digestive fire) and decrease *Ama* (toxins accumulated in the intestines and on the cell walls). Spring is the most important time to pay attention to this. A **Springtime Cleanse** will aid in shedding the excess accumulated naturally during the cold winter months and keep us in harmony with the balance of nature. You don't have to do a complete water or juice fast in order to cleanse effectively. In fact Ayurveda doesn't recommend it. Instead, you can cleanse while eating only wholesome, nutritional, simple and easy to digest foods for 3 to 7 days or more. Khichari is a complete, nutritionally balanced food that is easy to make, easy to digest, tastes delicious and will make it easy for you to stay away from all those tempting snacks and food addictions that can be shed gracefully during this time, while still feeling satisfied. Follow this **Ayurvedic Cleanse Recipe** for a safe, easy, nutritionally balanced cleanse. If this feels like too much of a diet change for you, or too time consuming, try the **5 Day Nutritive Cleanse** by Young Living instead. It's easy, tastes great, and provides you with complete, satisfying nutrition, so that you don't feel hungry. For more information on cleansing or assistance in ordering the 5 Day Nutritive Cleanse email anna@shaktinj.com.

Another wonderful way to clean up your system, and detox for spring is a Weight Loss and Wellness program based on the principles of Traditional Chinese Medicine. The **Dragon's Way** is not a diet, but a true self-healing program. The goal of the program is to bring your body into balance and harmony. According to Traditional Chinese

The Dragon's Way[®]

Medicine, a body in balance does not have excess weight or other health issues such as knee pain, back pain, headaches, etc. Stress, negative emotions, and eating for the mind, and not the body, bring us out of balance.

The *[Dragon's Way](#)* will introduce you to the concept of *Qi* (pronounced Chee), the Life Force of the universe which animates all of life, including our bodies (called *Prana* in Sanskrit). *Qi* is very powerful and informative. As long as it remains strong and flows freely in our body, the organs work in harmony, and disease and illness cannot enter. How can one keep their *Qi* strong and flowing freely? Through the self-healing practice of *Qigong* (pronounced Chee-Gung). Eating for healing, reducing stress and listening to your body will also keep your *Qi* strong.

The *[Dragon's Way](#)* teaches 10 simple *Qigong* energy movements; an eating for healing plan focusing on strengthening and increasing *Qi*; the 5 element theory of Traditional Chinese Medicine, which is based on natural law; and techniques to reduce stress and boost self intuition. Two 6-week courses will be offered at Shakti on the following dates: Mondays April 12 to May 17, 5-6pm & Thursdays April 15 to May 20, 6:30-7:30pm. Classes will be taught by *[Debra Bernath](#)*, a Qigong Meridian Therapist (QMT), Reflexologist, LMT, and Dragon's Way & Breast Health Instructor. Please visit www.shaktinj.com to register and for more information.

Change of season is also an excellent time to *[Treat Yourself to some Bodywork](#)*. Massage of all types assists your body in cleansing itself of accumulated toxins in the tissues. Again, spring is the most important season to pay attention to this.

[Raindrop Technique](#) is an excellent way to detox, stimulate your immune system and senses, and relieve stiff, achy muscles. Utilizing therapeutic grade essential oils on the soles of the feet and along the spine to create a wonderfully soothing, nurturing and relaxing detoxification to your entire system, Raindrop Technique can work its benefits in immediate and profound ways. The application takes approximately an hour and can continue to work for up to one week following treatment. Many clients experience deep relaxation, increased energy, enhanced immunity and detoxification, relief of aches and pains, renewed flexibility, postural alignment, a sense of peacefulness and feelings of well being.

[Reflexology](#), *[QMT](#)* and *[Thai Yoga Bodywork](#)* are also excellent methods to stimulate and rejuvenate your system after its long winter's nap.

[Reflexology](#) is based on theories of energy zones that run through the body. The work involves applying alternate thumb and finger pressure to reflexes on hands and/or feet, affecting corresponding areas in the body. This results in deep relaxation, energy release and stress reduction, helping the body return to homeostasis. Reflexology can also be applied to the face and ears. Face, ears and neck is a particularly wonderful combination.

[QMT](#) or *Qigong* Meridian Therapy is an "energy tune-up" which increases "vital energy" or *Qi*, and stimulates the body's own innate healing ability. Using special hand techniques on the body, which focus on meridians and acupressure points, this work is very stimulating, relaxing and deep. Comfortable clothing is recommended, as clothing is worn for the session.

[Thai Yoga Bodywork](#) is an ancient and sacred system of healing with roots in Yoga, Ayurvedic Medicine and Buddhist spiritual practice. Combining rhythmic compression, gentle rocking, acupressure on Sen Lines (energy pathways) and assisted yoga stretching, it creates a powerful release of stress and tension, an increase in vitality and well being, and stimulates the flow of healing energies within the body. The session is done fully clothed on a mat on the floor.

For more information, or to schedule a session, please visit www.shaktinj.com. Thank you and Namaste!

Enjoy the beautiful vibrancy of the Spring Season!! May your cleansing be smooth and blessed!!!

