

I Ching quote

He who is able to restrain and channel the rough, the uncompromising, the wild, the impulsive and the aggressive in himself will transform base metal into gold and be capable of achieving whatever he wishes.

Thanking Ilka for her guidance on the I Ching



BODY

Hatha yoga



Dyan Ostrow .I.Y.T.A. (yoga teacher)
Divine Kreations Breath Based Hatha Yoga Centre
Brighton East 0418605623

The system of Yoga encompasses many different techniques some of which include Asanas-yoga postures, Pranayama-breathing techniques,

Chanting, Sound and Mantra as a focus, Meditation, Relaxation and Visualization. For this newsletter I will share with you the following:

Mantra (a sound, word or group of words/ word repetition) – used as a tool for greater awareness, focus and, as a tool to help you still your mind. It can be recited aloud or mentally to yourself. Use it whenever you need to calm and centre yourself.



Try the following

- Sit down in your chair at home or work (or if at night in your bed)
- Turn off your mobile and anything else that may disturb you
- 5 minutes is all you need (build it up from 5-10 -15 + minutes approx)
- Close your eyes
- Bring your attention to your breath
- Feel the in breath and the out breath (in and out through the nostrils)
- You may stay with this for a few times and you may even count the breath ie. in and out 1, in and out 2, in and out 3.....etc
- Then you could progress to the SO HAM mantra/meditation pronounced SO HUM.... Meaning I am the breath the breath I am or I am that, that I am - this is an abstract mantra and therefore should be fine to repeat whatever your religious persuasion. Otherwise please use (In-calm, out-peace)
- As you inhale you repeat So (mentally to yourself)
- As you exhale you repeat Ham (mentally to yourself)
- You may visualize/imagine the energy moving up from the base of your spine to the top of your head as you breath in and say - SO
- As you breath out you visualize/imagine the energy moving down from the top of the head to the base of your spine and you say HAM
- Keep it going for 5-10 minutes+ and see how you feel afterwards...the proof is in the pudding.....

Michael and I have worked together for the mutual benefit of many of our clients/students over the last 10 years or so.

We share a similar philosophy and dedication to the overall healing and wellbeing of each individual person, thus creating 'individual' and personal programs to suit everyone.

Personal recommendation from Michael:

I have sent so many clients over the years to Dyan. She has a particular interest in pre and post natal yoga. She has done loads of courses over the years including some studies in India. She is very caring and despite holding group classes still manages to take the individual's needs into account.

The benefits of warming up!



Scott Redfern
In house masseur Izett Street
0411260628 (ring me direct for appointments)
Available Saturdays or by appointment

Hi a number of you have already seen me for massage services but I will take this opportunity to reintroduce myself. I am a remedial masseur who also has the benefit of 4 years of Osteopathic training. This will mean that you not only get the benefits of my massage skills but also the experience I have gained in my undergraduate studies as a future Osteopath. The benefit for you is that my skills in feeling dysfunction in the body with my Osteopathic training enable me to really get to where the problem is with my massage.

If we haven't already met I look forward to meeting you

Considering the time of year I think it is safe to assume that many of us will be looking to spend more time outdoors and getting back into those health and fitness regimes that may have become stagnant over

the colder months. Some of us may simply want to get out for a jog again or even hit the beach. Whatever the activity there is always the possibility that we may experience some type of ache or pain when we rouse those weary muscles and joints. Muscular soreness is something common to many of us and often cannot be avoided; but it can be minimized. Appropriate warm ups (even for those seemingly 'light' activities) including stretching as well as a warm-down may help, as may remedial massage. There is research out there that shows muscle soreness can be minimized with massage making you all the more comfortable and willing to get back out there again! So look after yourselves and enjoy what summer has to offer.

Personal recommendation from Michael:

If some of you were unaware I was a lecturer at RMIT for 6 years in the faculty of Osteopathy - Scott was one of my best students at RMIT who I was able to hand pick ... and clients really like him.

Living like a Cave Man



Mike Rusic
Personal trainer at Re-Creation gym Prahran
0410 503 965

Hi my name is Michael Rusic and I work as a personal trainer in a gym in South Yarra. There is something that has come onto the stage recently that has actually been around for a very long time. It's called the "Hunter Gatherer Diet", to coin a phrase. You don't need a diet expert, although an anthropologist could give you a run down on it.

I am referring to our hairy ancestors who used to spend their days chasing after their food and banging each other on the head. They used to spend the majority of their day searching for food. Sometimes travelling up to 19kms per day. This, as you can imagine, used up a lot of calories. The closest we come to this today is hopping in the car to the supermarket, pushing a trolley around and choosing a few things off a shelf.

What would be a very healthy alternative to what we do now would be to compete for the best things on the shelf, to physically push and pull people to get to the best items. "Hang on" you say "We cant do that". Of course you cant, you would get charged with assault, but you have to admit we don't have that drive to survive, to do what is needed to put food on the table. Oh yeah we do have jobs to keep us in house and home, but that doesn't do anything remotely to improve or maintain our health.

My point being is that if we don't have a very regimented lifestyle where all of our calories are measured and we exercise at least 90mins per day we will generally have a hard time staying as healthy as we could be. Taking a leaf out of our hairy ancestors book we can at least put ourselves in the right direction. That is they got by on foraging for nuts, fruits, root vegetables, and berries, the occasional buffalo, and water.

This is not easy to apply to your current lifestyle, you have to co-ordinate your eating habits and your level of exercise needs to be scheduled around your lifestyle. This is where I come in.

Well enough blabbing on from me. If you are interested in getting in touch with your inner caveman, drop me a line and I might drag you back to my cave. (Gym that is).

Personal recommendation from Michael:

Mike has been my trainer for the last 3 years or more. He always has great new ideas to continually freshen up your programme. He gets my personal recommendation.

