



Transform  
your body,  
transform  
your life.



March 2010

## Spring clean your mind, body and soul

We've all heard of Spring cleaning. It's the time of year when we start cleaning up the clutter around our homes, open up the windows to let fresh air in and get rid of things we no longer need. You may notice by just doing this, that we actually feel lighter, less scattered and more energized. But why just limit spring cleaning to our homes? Our bodies need it as well. From March to May is the body's natural time for cleansing and detoxification. In the spring time, all of nature is going through a process of cleansing, renewal, and rebirth. The same is happening in your body, and it is during this season that we have the greatest capacity to renew ourselves and shed toxins and stuck energies that may have built up during the long winter months.

Yoga works as an internal cleanser. Yoga performed with a conscious relaxed breath, has a cleansing affect on your body and mind, while calming your emotions. Through the heat produced during the physical asanas and the deep breathing, space is opened and circulation improved throughout the entire body, encouraging the release of toxins. Similarly, the regular practice of yoga purifies our mind through the calming of our nervous system and the cultivation of mindfulness and self-awareness. Your emotions lessen as you become less reactive and you become better at letting go of mental clutter that comes about through worry, judgments and attachments.

Your regular yoga practice is a Spring cleaning for your mind and body, it's like opening up a window to your soul and letting the fresh air in.

***"When your body is cleansed, your mind purified and your senses are controlled, you experience the joyful awareness that enables you to realize your inner self."***

- Patanjali's Yoga Sutra 2-41

## Upcoming Yoga Programs

### Therapeutic Yoga with Amie

Integrating structural yoga therapy into asana practice, while deepening your understanding of what's meant to move and what's not meant to move.

- Tuesdays 9:30 am – 11:00 am
- 4 weeks for \$75, beginning April 6

### 40 days to Revolution with Kimberly

A transformational journey to awaken your mind, body and soul. A combination of daily practice, meditation, personal reflection and group meetings.

- Investment: \$140, includes 40 days unlimited yoga
- Beginning April 19

## Pose of the Month

### Ardha Matsyendrasana (Half Lord of the Fishes pose)

Twist poses are great for detoxifying the body by stimulating the liver and kidneys, energizing the spine and aiding in digestion by stimulating the digestive fires in the belly. Yoga texts say this pose awakens kundalini.



Sit on the floor and bend your knees with your feet on the floor, then slide your left foot under your right leg to the outside of your right hip. Step the right foot over the left leg and stand it on the floor outside your left hip.

Exhale and twist toward the inside of the right thigh. Press the right hand against the floor just behind your right buttock, and set your left upper arm on the outside of your right thigh.

Press the inner right foot very actively into the floor, and lengthen the front torso. Lean the upper torso back slightly, against the shoulder blades, and lengthen the tailbone into the floor.

Continue to twist the torso by turning it to the right. With every inhalation lift a little more through the sternum, pushing the fingers against the floor to help. Twist a little more with every exhalation.

## Detoxify with this cleansing juice

### Sunny Energizer

These combined ingredients help cleanse and soothe the gastrointestinal tract, promoting the elimination of wastes from the kidneys and nourishing the adrenal glands to sustain your energy.

#### Ingredients

- 1 cup sunflower sprouts
- 2 carrots
- 2 celery stalks
- 1 apple
- 1 pinch ground cumin

Roughly chop your veggies into pieces small enough to fit through the juicer hopper. Beginning with the sprouts, juice the first 4 ingredients, stir in the cumin, and serve. Makes about 1½ cups.

#### Boost

Juice with 1-inch piece ginger, then stir in 1 teaspoon lemon juice or apple cider vinegar and a pinch of cayenne.