

Welkin Words

April 30, 2007

Namaste,

Events continue to fill Welkin's calendar. For those living with the misery of **stress and anxiety**, there is a helpful yoga **workshop Sunday from 12pm-3pm**. We will have large and small group discussions and experiential sessions applying the psychology, breathing, poses, and philosophy of yoga to living a more **serene and balanced life**. We will also draw from other healing modalities, such as nutrition and aromatherapy.

Thanks to the animated group who joined us for the ecstatic dance evening with Stephanie Scheid. The loving, open energy and opportunity for nonverbal expression were exquisite. I found myself remembering what a stress relief (and exercise opportunity) ecstatic dance is. It was surprising to hear how many people are doing this sort of thing in their living rooms all the time! Now you know you have a place to do the same in community. Stephanie will be holding her next ecstatic dance here this summer.

Things here are getting into a new groove after Dr. Bob Butera's visit the Earth Day Weekend. He imparted much wisdom in his gentle, applicable style and we are grateful for his presence. The response from the weekend was so great, Bob has agreed to return to Welkin in the autumn of 2007! Originally, his next visit was slated for more than a year from now. If you have interest in seeing Bob back in Ontario this autumn, please contact yoga@welkin.ca.

If you missed Bob's retreat or have interest in experiencing the **rejuvenation of a full sleepaway retreat**, now is the time to start thinking about our annual yoga retreat! This time for gathering and reflecting takes place **June 22-24 at Five Oaks Retreat Centre** in Paris, Ontario. This is a touchstone for many members who attend annually to note their progress and derive new insights each time. Deposits are already in from newcomers as well and **space is limited!** Please contact 519-751-1368 now for information. Like all retreats, there is an "Early Bird" discount that expires May 31.

Thanks!
Erin

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A saint is a sinner who never gave up. ~Paramhansa Yogananda

Anxiety/Stress

It is normal to experience some level of stress in life. Often we experience pain and stress as circumstances in our lives change. Those without an established relaxation practice are at higher risk of being damaged by stressful events as they do not have the skills to cope with its effect on the physiology. Yoga techniques, such as those discussed and practiced at Welkin, train the mind and body to think of and respond to stressful situations in appropriate and healthy ways. If you experience anxiety attacks or high levels of stress in daily life, or if you simply want to hone your restorative relaxation skills, the workshop this Sunday is the place to be! As always, Welkin Wellness Centre also offers traditional psychotherapy services to those dealing with the pain of anxiety and depression. Reiki is a more passive experience of “receiving” profound relaxation and is also available at Welkin Wellness Centre.

*** Yoga for Anxiety, Sunday May 6, 12pm-3pm
Presented by Erin Byron, CYT, BA, MA Counselling Psychology**

Learn specific techniques to alleviate stress and anxiety. These practices are useful during times of acute stress and act as preventative techniques to ensure a less intense reaction in times of extreme stress. Content will cover poses, philosophy, psychology, breathing exercises, nutrition, and alternative healing methods.

Testimonials for this workshop:

“The workshop was well structured – logical. There were good opportunities to share and seek clarification on what was presented...[Erin’s] sense of humour is always appreciated and timely...It was a mini retreat.”

“[Many] could benefit from the directions of this particular workshop.”

“I would like to see this workshop regularly.”

Check out http://www.yogajournal.com/health/1514_1.cfm for an article on this topic.

If any of you recognize the following symptoms in yourself, it might be a good idea to consider taking action as these are signs of more permanent damage:

Signs and Symptoms of Adrenal Fatigue (Impacts of Chronic Stress/Anxiety)

- Tendency to gain weight and inability to lose it, especially around the waist
- High frequency of getting the flu and other respiratory diseases and longer lasting symptoms

- Tendency to tremble when under pressure
- Reduced sex drive
- Lightheaded when rising from a laying down position
- Unable to remember things
- Lack of energy in the mornings and also in the afternoon between 3 & 5
- Feel better suddenly for a brief period after a meal
- Often feel tired between 9 & 10 pm, but resist going to bed
- Need coffee or stimulants to get going in the morning
- Crave for salty, fatty, and high protein food
- Increase symptoms of PMS for women; periods are heavy and then [almost] stop on the 4th day, only to start flow again on the 5th or 6th day
- Pain in the upper back or neck with no apparent reason
- Feel better when stress is relieved, such as on a vacation
- Difficulties getting going in the morning until 10am
- Lightheaded
- Mild depression
- Food and or inhalant allergies
- Lethargy and lack of energy
- Increased effort to perform daily tasks
- Decreased ability to handle stress
- Dry and thin skin
- Hypoglycemia
- Low Body Temperature
- Nervousness
- Palpitations
- Unexplained hair loss
- Alternating constipation and diarrhea
- Dyspepsia

Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant. ~Horace

Details on all workshops available at www.welkin.ca/yogaworkshops.htm

Organic Food Co-op

In last month's newsletter I mentioned the recent call to action for the government to honour its promise of labelling genetically engineered foods. A labelling system will ensure that we consumers have the choice not to eat foods with spliced DNA. It came to my attention during Bob's retreat (thanks, AH!) that we actually do have access to an organic food co-op in this part of the province. The Ontario Natural Foods Co-op was formed in 1976 by Toronto area food co-ops and has expanded in the years since. We only need three more households in addition to those already expressing interest in order to join. There is no maximum number so if you are interested in joining the Welkin community's organic food co-op, purchasing healthy, natural foods at wholesale price, please

contact the centre. [Note: Welkin receives no kickbacks/profit from this endeavour.]

About ONFC: http://www.onfc.ca/who_we_are.html

Product List: <http://www.onfc.ca/sites/index.html>

Buying Club Info: http://www.onfc.ca/buying_club_info.html

You don't get ulcers from what you eat. You get them from what's eating you. ~Vicki Baum (1888-1960)

Mom and Baby

There is a wealth of literature on the positive impact yoga practice has on both new moms and their babies. We have some graduates now from our prenatal class and many yoga faithfuls who are new moms. If you or someone you know may be interested in bonding with baby while tightening up her body and learning to relax into motherhood, please have her get in touch with Welkin.

Contact:

519-751-1368

yoga@welkin.ca

Welkin Wellness Centre

45 Dalkeith Drive, Unit 13

Brantford, Ontario, N3P 1M1

From Gretzky Parkway and Fairview Drive/Lynden Road:

East on Fairview Drive/Lynden Road

Turn left onto Dalkeith Drive (at Tim Horton's)

Turn left into driveway #45

Follow driveway to Unit 13 and park in front

Additional parking available in the back

PLEASE NOTE: Due to the nature of Welkin's services, it is only open to the public 15 minutes before and after scheduled yoga classes. All others by appointment only.

The condo board has recently started to crack down on parking. Students are encouraged to **park alongside the fence** and use the **back entrance to Unit 13**. We are technically only provided 3 spaces directly out front of Welkin and visitors are asked to park at the ends of the strip when those spaces are full. Your cooperation in this matter is greatly appreciated not just by me but also my neighbours!

Those of you with Hotmail or Rogers accounts may be experiencing some formatting problems with the newsletter. Please make sure that erinbyron@execulink.com is in your contact list. That may help. You could also call your ISP to resolve the issue.