

WELKIN WORDS

Namaste,

Happy Spring! May you cultivate joy and peace in your lives like the flowers in your gardens.

Yoga classes continue at Park Fitness, The Fitness Centre, and The Natural Health Clinic in Simcoe. For those of you who are interested in adding another class, I am beginning to teach out of The Fitness Centre on Mondays at 3pm. Please see the contact information at the end of this newsletter if you are interested in any of these yoga classes.

There are other options for deepening your yoga practice: I am available for private lessons for individuals and groups. If you are interested in workshops or seminars, either as yoga students or for a Lunch and Learn at work, please let me know. I continue to offer reiki treatments and yoga therapy out of my psychotherapy office at 515 Park Road North. Reiki is an energy healing, soothing physical, mental, emotional, and spiritual afflictions. Yoga therapy combines modern psychotherapy with ancient yogic practices to promote holistic well-being.

How can a weekend away feel like a week's vacation? Join us at the Yoga Retreat and find out! This year's **Yoga Retreat** has been booked!! From 7pm on Friday, June 25 until just after lunch on Sunday, June 27 we will commune at the beautiful Five Oaks Retreat Centre in Paris. This weekend will be an opportunity to leave your life behind for a while and reconnect with yourself and like-minded others. The theme of this year's retreat is Happiness and Healing. The seminars, discussions, and yoga classes will offer an exploration of yogic philosophy and practice in relation to attaining and maintaining contentment. At the end of the weekend, expect to carry the peace and energy of the retreat with you as you return to your life with a clear mind and heart.

A rejuvenating, healing time was had by all participants last year. A fabulous group of souls has already committed this year; reserve your spot now as space is limited. All of my students are entitled to 10% off the regular price of \$350, which includes all meals, seminars, demonstrations, and yoga classes.

May you all continue to get what you need from your regular practice.

All the best,
Erin

If we remain nonviolent, hatred will die as everything does from disuse. - Gandhi

Recipe - KB's Culinary Crown

This sandwich is one of my favourite things to eat. When my brother, Kyle, comes home for a visit I simply ask him to make me a "Yummy Sandwich". Kyle, who is training to be a dietician, agrees that these are good for the health "in small doses". Well, like the Buddha teaches, everything in moderation!

1 avocado
2 large portabello mushroom caps
2 onion buns (I prefer multigrain)
shaved Swiss cheese
OR sliced jalapeno soy cheese, available
from the Farmer's Market at Jackson Square

Wipe mushrooms with wet towel to clean
Fry over medium heat until soft (about 8 minutes)
Cut avocado in half lengthwise and scoop out
Gently slice avocado
Broil buns
Layer mushroom cap, sliced avocado, and cheese
Serves two

“Ow, Foot Cramp!”

When people first begin practicing hatha yoga, or physical yoga, many discomforts are common. Minor headaches, dizziness, muscles cramps, and other muscular symptoms are all normal.* One of the ways to deal with these muscular reactions is to increase one’s potassium intake. Potassium is involved in nerve function, muscle control, and blood pressure. Low potassium can cause muscle cramping and cardiovascular irregularities. Many of us have our sodium/potassium levels out of balance, as most processed foods add sodium, but do not balance it with potassium. We can raise our potassium levels by eating fruit every day. Avocados have 2/3 more potassium than bananas and contain the healthy fats that help lubricate the joints and lower the “bad” cholesterol. Mushrooms are also rich in potassium and other essential minerals.

*Please consult your health care practitioner before beginning a new exercise regime or about any upsetting effects that may arise from it.

Featured Asana



Vrksasana Tree Pose – This pose connects us to our physical, mental, emotional, and spiritual center, and opens us to the energy of Earth and sky. Useful in alleviating anxiety, anger, and overwhelm. Tones the entire body and strengthens the joints and core.

Root left foot into the Earth, sole of the other foot above or below the weightbearing knee. Draw the bent knee towards the wall behind you and feel the pelvis open. The weightbearing leg is straight but knee is not locked; the eyes are open and the gaze is soft. Like a tree growing into the sky, reach the arms overhead while opening the shoulders away from the ears.

“Attentive eating uncovers unsuspected delights of flavour, unimagined subtleties of taste. You may find that foods you thought you liked don’t really taste so good after all, while foods you thought bland harbour delicious subtle flavours you never noticed before.” – Charles Eisenstein

The Body’s Wisdom

The more we learn about our biology and health, the more rules there seem to be about what we “can” and “can’t” eat, what are “good” foods and what are “bad” foods. Even in yogic tradition, there are guidelines to what a yogic diet consists of, how much food is to be eaten at a meal, and the manner in which it is to be consumed. Consider the possibility that these recommendations actually interfere with the yogic process of eating. Yoga is a system of uniting body, mind, and spirit. Thus, when we are in yoga, we hear and respond to the body’s authentic needs. Just as each of us is a different size, shape, and shade, so do we have different needs. When we experience our eating process completely, not just as we ingest the food, but also as it travels through our bodies, we learn about the impacts of our food choices. This knowledge, coupled with the body’s intuitive sense of its own needs, lays a foundation where the body itself is the best guide to our healthy eating.

Recommended Reading

Autobiography of a Yogi, Paramhansa Yogananda
The Yoga of Eating, Charles Eisenstein
The Yoga Sutras, Sri Swami Satchidananda (trans.)

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