

Welkin Words

September 13, 2007

Namaste,

Hello, all. Things are beginning to find their groove here after our busy registration week last week. Many thanks to all who participated and lent a helping hand. Erica, Glenys, Anne-Marie, and Michelle extended special efforts and blessed the space with their own talents and generosity.

Ecstatic Dance with Stephanie Scheid TOMORROW! This is ideal for anyone looking for ways to release pent-up stress in a healthy way or to connect to the joy inside your body. We had an **extremely positive** response to the last Ecstatic Dance. If you are curious, give it a try! There is a sweet **splendour** in finding your own movement. At our previous Ecstatic Dance, many people commented on how **exhilarating** it was to find such a thing outside of their own living rooms. We all appreciated the opportunity to **share** the experience with other people finding their own unique rhythms.
<http://www.innenergy.ca/dancing.php#events>

The long-awaited **Tai Chi** class has been added to the schedule! Duff Doel, a teacher with 27 years experience, will be offering his insights and teaching the 24-move Tai Chi Chuan set on Wednesdays at 7:30pm.
www.innenergy.ca/taichi.php

Welkin has just added **Prenatal Yoga** to the schedule. If you know anyone who is pregnant, please inform them! Prenatal Yoga offers a host of physical and psychological benefits for both Mom and Baby.

It was lovely to see friendly faces at our **potluck and movie night** event. We watched *The Legend of Bagger Vance*. Will Smith, the symbol for Krishna, reminded us that we each have a spark of perfection within. We need only be still to reconnect to that beauty that lives beneath our “coulda, woulda, shoulda’s”. Next month we’re showing *What the Bleep Do We Know?* We’ll have a new sound system so we can fully take in the psychological and metaphysical insights of this ground-breaking movie.

Our monthly movie nights are preceded by a **FREE “Bring a Friend to Yoga Class”**. After telling them how much the yoga has helped you for all these months, you have the chance to *show* them! Remember that any time you refer a friend who registers, you receive two free yoga classes!

Read on to find out about the other workshops and events going on here.

All the best,
Erin

Facebook

Welkin Wellness Centre has a profile on Facebook. We'd love to have your friendship! This is an easy way to stay on top of what is happening at the studio. Planned and unpredictable events such as sales, gatherings, or unexpected closures will be visible through the "Status". When you scroll through your own Friends List, you will see Welkin's Status beneath Name and Details. If there is an event, you may see "Welkin is doing Yoga for Dogs on Saturday". If there is a blizzard, the status will report "Welkin is closed on Tuesday due to hazardous conditions". [These are only examples. We haven't confirmed a date for Yoga for Dogs and we are not expecting a blizzard this Tuesday.] This will save you the time of telephoning the centre to find out what is happening or worse, missing some important news. For fun, we are compiling photo albums, inspiring quotes, and further building a community of support and spirituality in Brantford. Look forward to seeing you in cyberspace!

"Whether you think you can or think you can't, you're right"
~Henry Ford

Another Benefit of Asana Practice – Overcoming Fear

One of the unexpected benefits my asana practice has brought is a means to overcome fear. Consistent and committed attempts at poses that challenged my balance or strength were scary. With balance, there was a fear of falling; with strength it was fear that my limbs would not support me. By accepting where I was in the pose on any given day and doing the pose as I was able to at the moment, without judgment, over time I have been able to do poses that upon the initial attempt were impossible. In some cases, it was the actual fear itself that prevented me from being able to do the pose. Slowly, over much time (months, even years), I have been able to find the joy and relaxation of various poses that I could not do at the start of my yoga journey. The beauty of my experience in my home yoga practice has enabled me to take my lessons on the mat into my life. Now I work through frightening experiences, knowing that when I am on the other side of that opportunity I will have learned the lessons I was meant to learn and experienced the personal growth offered by that challenge. I hope that you are finding ways to experience your yoga lessons off the mat as well! As in the pose, so in life... article by Patricia Fox, Reiki Master

Tai Chi

We are taking registrations for Tai Chi now at an introductory rate. Because the sequence is learned over a period of time, it is important to commit to a session to learn the moves and achieve the healing and balancing benefits. Tai Chi is known to help build bone density, clear the mind, improve balance and strength, aid digestion, and deepen breathing. It is believed to promote youthfulness and longevity. Please contact Welkin for more information and to register.

Advantages of Tai Chi

Tai chi chuan has many distinct advantages over other types of exercise. The biggest shortcoming of most systems of physical fitness is that they service only part of the body. They concentrate on certain muscles or muscle groups, while neglecting others entirely. Tai chi, on the other hand, brings into play every part of the body and benefits all bodily parts, not just the musculoskeletal system.

Scientific research conducted at the Medical Academy of Shanghai, the Tangshan Medical Center, and Bellevue Hospital in New York City has shown that **tai chi chuan stimulates the central nervous system, lowers blood pressure, relieves stress and gently tones muscles without strain. It also enhances digestion, elimination of wastes and the circulation of blood.** Moreover, tai chi's rhythmic movements massage the internal organs and improve their functionality.

Perhaps tai chi's greatest attribute, however, is the fact it channels the flow of chi (intrinsic energy) through the body's meridians. According to traditional Chinese medicine, as long as this flow is uninhibited, a person will remain healthy. If the flow of chi becomes obstructed or unbalanced, illness will result. The correct practice of tai chi chuan guides the individual's chi through the meridians and restores its balance throughout the body [acupuncture without the needles!].

Courtesy Utah University

Tai Chi vs. Aerobic Exercise

Many people believe that tai chi chuan does not develop the same degree of cardiovascular fitness as high-impact exercises, such as jogging, rope-jumping, cycling or aerobic dancing. This is not true, however. In 1978, noted tai chi instructor Lawrence Galante and an associate conducted an experiment to determine whether tai chi chuan is effective in stimulating cardiovascular development. They used 25 tai chi students, ranging in age from 20 to 60 years old, as their models. The students had been studying the yang-style tai chi short form for a period of one to seven years. Galante and his assistant monitored the pulse rate, blood pressure and heart rate of all the students before and after they practiced the form. **In all cases, the researchers found that if the form was practiced in a low stance, great cardiovascular stimulation occurred-between 60-80 percent of the maximum heart rate established by the American Heart Association (AHA).** On the other hand, if the tai chi movements were performed in a high stance, there was very little heart stimulation (less than 60 percent of the maximum heart rate). However, for people who suffer from high blood pressure or those recovering from heart attacks or heart surgery, the high stance is a better option.

Dr. John Painter, a Fort Worth, Texas based teacher of internal Chinese martial arts, claims that "When the movements of tai chi chuan are performed quickly or in a lower formed stance, they have **the same beneficial effect on the cardiovascular system as jogging or high-impact aerobics**, but without

the stress and strain." According to Dr. Jo Ann Hunter Farr, high-impact aerobics can produce health benefits over the short term, but the long-term implications of such exercises are irreparable damage to the joints and internal organs.

Vigorous walking or tai chi practice, she claims, is much safer forms of exercise and offer the same health benefits as high-impact exercises.

"The ideal fitness program will provide some form of consistent, progressive, sustained movement of the legs, torso, and arms to benefit and improve the flexibility, strength, stamina, and aerobic potential of all [bodily] systems," John Hall, who writes a medical column for an internal Chinese martial arts magazine, asserts. "At the same time, the exercise program must help to ward off obesity without exceeding the capacity for recovery. Tai chi chuan...more than adequately meets these requirements."

Another problem with high-impact exercises is they are incomplete physical activities. Aside from the cardiovascular and musculoskeletal gains, they benefit none of the other bodily systems. Tai chi, however, has a wholesome effect on all bodily systems. Furthermore, aerobic exercises do not have any of the other health benefits of tai chi chuan.

Finally, **tai chi may be practiced by virtually anyone, regardless of age.** This is not the case with high-impact exercises. In fact, doctors recommend that no one of middle or old age engage in any of these activities without first undergoing a complete physical examination.

Courtesy of Utah University

"Tai chi gives us the ability to realize a greater human potential in ourselves and to have genuine compassion for others. Tai chi, with its gentle strength, moves us closer to feeling more truly alive."

~ Bruce Frantzis

Upcoming Events and Workshops

Visit www.welkin.ca/yogaworkshops.htm for more information!

Ecstatic Dance, Friday September 14, 7:30pm

Presented by Stephanie Scheid, Sound-Energy Healer

- Discover your inner dancer
- Connect with breath and body
- Release your voice and sound it out
- Use instruments to express the rhythms
- Feel the freedom of going with the flow
- Experience a meditation in motion
- Release emotional/mental blocks

Psychology of Yoga Series

Select workshops of interest or attend all four for discounted price!

Presented by Erin Byron, BA, MA, Psychotherapist, Yoga Therapist

Week 1: **Anger**, Friday October 19, 6pm-9pm

Week 2: **Depression/Discontent**, Friday November 2, 6pm-9pm

Week 3: **Anxiety/Stress**, Friday, November 16, 6pm-9pm

Week 4: **Fear**, Friday, November 30, 6pm-9pm

Chakra Workshop, Sunday October 21, 12pm-3pm

Presented by Erin Byron, BA, MA, CYT

Yoga from the Inside Out, Sunday December 2, 12pm-3pm

Presented by Erin Byron, BA, MA, CYT

Bowel Health Retreat, Friday, January 18-Sunday, January 20

Presented by Erin Byron, BA, MA, CYT

FREE Bring a Friend to Yoga Class

2nd Friday of each month, 6:30pm

Free Movie Night/Potluck, 2nd Friday of each month, 7:45pm

Donations to community charities being collected

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.

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 experience 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.