

# WELKIN WORDS

## Namaste,

I hope that you all have been well. It has been some time since my last newsletter; I thank those of you who have been gently inquiring for keeping me motivated to get back to it! As many of you know, I have been in transition for some time now. Since opening my private healing practice over a year ago, I have experienced quite a shift in the way that I spend my time. Over the summer months I secured contracts with two Employee Assistance providers, offering counselling to their clients. I continue to offer private psychotherapy, as well as reiki, yoga therapy, and various workshops.

Oh yes, and I continue to teach yoga. Classes are as they have always been at Park Fitness on Mondays at 19:15, Wednesdays at 16:00, and Thursdays at 10:20, and at The Fitness Centre on Wednesdays at 13:00 and 19:30. I am grateful to these locations for providing me with my first opportunities to teach here in Brantford. Due to time demands, I released the rest of my classes.

I have become increasingly appreciative of the balance that teaching brings me as my other duties compound. Understanding that it is important for me to teach from my own experience has kept me grounded in my practice and the philosophy of yoga. Thus, I do not judge myself for being out of touch with you through these newsletters; I accept that I have been doing my best at finding a new balance in my life. I wish each of you the same compassion for yourselves, as we all do the best that we can each day. Once we release the toughest critic—our own mind—we are more clearly in touch with our own Self and expand in capacity to provide this same compassion to others.

Our annual **Yoga Retreat** has been booked. Once again it takes place the last weekend in June at the glorious Five Oaks Retreat Centre. No theme has been set this year. It will be determined by participant suggestion. Register early to help set the theme (with the added bonus of paying the special Early Bird price)! I sent along a preliminary flier with this newsletter.

Wishing each of you warmth and peace,  
Erin

*When our eyes see our hands doing the work of our hearts, the circle of Creation is completed inside us, the doors of our souls fly open and love steps forth to heal everything in sight.*

~ Michael Bridge

## Recipe - Heavenly Stir-Fry

This is divine. I don't remember where I found the recipe to give credit...I believe it was Heaven-sent! This dish contains three of the Ten Perfect Foods and offers the healing and benefits of garlic, ginger, cider vinegar, and honey. It is tasty served on quinoa, the only grain that is also a complete protein.

3 garlic cloves, minced  
25mL fresh ginger root, chopped  
1 mL hot red pepper flakes  
1 organic carrot  
1 organic sweet pepper  
1 bag of organic baby spinach  
1 head of bok choy  
50 mL rice or cider vinegar  
15 mL each sesame oil and honey  
2 mL pepper  
3 scallions  
50 mL fresh parsley or cilantro, chopped

Cook, but do not brown, garlic, ginger, and hot pepper flakes

Add carrots and cook five minutes. Add water if mixture looks dry

Add peppers and spinach. Cook for five minutes or until spinach is wilted

Add vinegar, sesame oil, honey, pepper, and salt to taste. Cook five more minutes

Add green onions to sauce and toss with quinoa or pasta

*“For us to become whole and healthy, we must balance the body, mind, and spirit. We need to take good care of our bodies. We need to have a positive mental attitude about ourselves and about life. And we need to have a strong spiritual connection. When these three things are balanced, we rejoice in living. No doctor, no health practitioner can give us this unless we choose to take part in our healing process.” – Louise L. Hay*

## Rolling Smoothly

The English word “health” is derived from an Old English word meaning “whole”. In today’s society, we tend to think of health as the absence of illness, rather than the presence of an overall well-being. The breathing, movement, and meditation of yoga helps us take control of our health and restore wellness to our lives. Our health is our own responsibility. We must remember to maintain a positive state of being: physically, emotionally, mentally, socially, psychologically, and spiritually. As we remain “in the moment” and are aware of our needs, we can respond and take care of ourselves on all of these levels. Balance in our lives is not like a scale with only two sides to equalize, but rather a wheel. If one area is out of balance, our lives cannot run smoothly. Some ways to maintain this healthy balance are by eating when we are hungry, sleeping when we are tired, nurturing our minds by expecting good things, moving our bodies, using our voices, releasing the things that hold us back, avoiding stress as much as possible, and finding time to relax and rejuvenate. Yogic methods help us learn to stay centered in an awareness of our on-going needs and responses. As we learn to listen to our bodies and spirits, our minds are better able to make conscious, health-promoting decisions.

## Featured Asana



**Viparita Karani Legs Up the Wall Pose** – This pose is renowned as a restorative posture and is invaluable when one is ill or run-down. It brings energy to the groin and opens the chest to facilitate breathing. It is restful for the heart and eases insomnia.

With the back of the pelvis on a bolster placed 15cm from the wall, swing the legs up to rest against the wall. Drop your sitting bones into the space between the blanket and the wall and open your arms out to the sides. If your hamstrings feel tight, try turning the legs slightly in, or move the bolster further away from the wall. Hold for a minimum of five minutes, focussing your intention on healing and relaxation.

## Yoga and Healing\*

Students often ask for suggestions on how to use their yoga as a compliment to other healing practices. As a yoga therapist, a great deal of my education involved researching the scientific basis of yoga as a healing modality. One student recently teased, “Erin believes that yoga can heal anything”. It’s true. I believe. Not only has my healing history spoken to that truth, but so has experience of countless students. Over the years I have heard miraculous stories of yoga easing fibromyalgia, chronic fatigue, depression, anxiety, insomnia, multiple sclerosis, PMS, memory and concentration problems, eating disorders, and innumerable physical complaints. In the field of science, we learn not to rely on anecdotal evidence. A wonderful website run by the International Association of Yoga Therapists (IAYT) offers bibliographies to those inclined to discover the studies relating to a host of therapies. Failing that, I can email you the bibliography from my graduate study. The secret to reaping these healing benefits: practice.

\* This is not presented as medical advice. Please consult appropriate health care professionals.

## Recommended Reading

*Autobiography of a Yogi*, Paramhansa Yogananda  
*The Yoga of Eating*, Charles Eisenstein  
*The Yoga Sutras*, Sri Swami Satchidananda (trans.)  
*You Can Heal Your Life*, Louise L. Hay  
*Yoga for Wellness*, Gary Kraftsow

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