

Let your inner light shine...

quarterly newsletter



Boosting Winter Immunity with Yoga & Massage

We tend to get sick more often during the colder months of the year. There are many theories as to why - going constantly from a heated environment to a colder one, lack of ventilation, too many germs flying about - the list goes on. But one very well known fact is that we tend to be less active during these months. Even in yoga, yogis are advised to slow down and to adopt a quieter, more restorative practise to conserve energy and to retreat.

Being less active also results in our lymphatic system becoming sluggish. The lymphatic system is one that governs our immunity and unlike the circulation system that has the heart pumping the blood, the only way the lymph in our bodies can be pumped around is if we move. When it isn't pumped around, there can be congestion and clogging in our lymph nodes leading to a less effective immune system. This is where a regular yoga practise throughout the colder months help.

Coupling your yoga practise with regular massage has many benefits. Yoga has often been considered as a stretch and relaxation technique but we all know it's more than that! But imagine a hose with a knot. If you stretch it, the knot will just get tighter. This is where massage can help to release that knot allowing your muscles to reach their full length and potentially increase your range of motion, increase circulation and healing, and thus, reduce any discomfort you might be experiencing.

Other benefits of massage include: improving interstitial permeability (forcing fluids through blocked tissue pores); reducing scar tissue; assisting in the breakdown of adhesions and fibrous tissue; improving tissue flexibility and strengthens joints; stimulating the nervous system; maintaining muscle tone; assisting in correcting and maintaining organ function and; of course, creating feelings of relaxation and a sense of well-being.

Simon's current style of massage is Remedial Acupresure Massage which focuses on the Acupuncture points of Traditional Chinese Medicine ie. he uses traditional massage techniques in and around these points (without needles) to give you the benefits of both. He also offers dry needling which is where needles are used to release a knot in a muscle rather than on an acupuncture point. His treatments can be done clothed or with oils and you can also have the treatments done in the comfort of your own home (additional fee applies). Health fund rebates are also available.

Call 0420 606 268 now to make your appointment - stay healthy and full of energy this winter with yoga and massage!

FOCUS: Tree Pose



SANSKRIT NAME Vrikshasana

The roots of a tree provide the foundation for its body & branches. Our feet & legs provide the support for our upper body to stand with strength & grace. Stand tall & unyielding like the giants of the forest.

1. Stand in mountain pose (tadasana). Draw your awareness to your feet. Gradually transfer the weight from your left foot to the right foot. Visualise the sole of the right foot rooted to the earth.
2. Keep the right leg strong & straight like the trunk of a tree. Bend the left knee & place the sole of the foot against the upper thigh of the right leg with the toes pointing towards the floor.
3. Bring your attention to the left knee & gently draw it back to open the left hip. Keep the hips square.
4. Lengthen the tailbone towards the floor & gently draw the pubic bone & lower abdomen toward the spine, extend the spine upwards.
5. Bring the palms to the chest. If your balance is steady, inhale the arms just above your head.
6. Ease the elbows & the bent knee back to widen across the front of the hips.
7. Gaze steadily forward & breathe gently & evenly all the way down through the soles of the feet. Hold for at least 8-10 breaths.
8. To release, lower the arms & slowly straighten the bent leg. Place the foot down, toes pointing forward. Repeat on the other side.

