



APRIL

2019

SPRING CLEARANCE SALE

Come check out our spring clearance sale going on now. Hats, socks, Sonoma Lavender and other items are up to 40% off.

GUIDED MEDITATIONS

"Finding Peace Through Compassion"

Tuesday, April 9, 5:45pm.

The illusion of separateness created by fear and conflict keeps us from remembering that we are all connected. What happens to one of us affects all of us. In this meditation, experience the power of compassion in finding your way back to the enduring peace that exists deep within you.

"Forest to Stream"

Wednesday, April 17, 12:30 pm.

Each day of our lives we make many choices, even when sometimes we are unsure where they will lead us. This meditation will take you on a springtime walk through a forest as you listen to that soft voice within for guidance in choosing the path that is right for you.

Meditation is an excellent way to release tension and give yourself some love. With guided meditation all you have to do is close your eyes, listen and breathe into a relaxed state. For more information, call the office at (517) 655-4234, or Vicki Potter at (517) 200-8969.

8 Ways to Spring Clean Your Health



Spring is the perfect time to become the best version of yourself. Follow these simple tips to spring clean your way to better health and a better you.

- 1. Spend Time in Nature** - After being cooped up all winter, it feels incredible to go outdoors and soak up some sunshine and fresh air. Research has shown that spending time in nature has positive physiological effects like boosting your immune system... not to mention your mood.
- 2. Meditate** - Meditating on a regular basis reduces stress and is extremely rejuvenating and energizing. You can meditate on your own or join us in the office for a guided group meditation with Vicki or schedule a private session with her.
- 3. Detoxify** - Spring is the perfect time to clear away toxins so the body can reboot after a long, sluggish winter. Make sure to drink plenty of water and that your diet is free of processed foods. Load up on nourishing, fresh, seasonal and local produce such as spinach, asparagus, celery, berries, cabbage and broccoli. If you are interested in a detox program, ask us about the Standard Process Detox and Purification kit available through our office.
- 4. Simplify** - Having things clutter free not only looks good, but it makes us feel better on the inside too. Spring is a great time to sort through your things and get organized. Go through your makeup bag, medicine cabinet, refrigerator and closets and get rid of all the old. Getting rid of stuff you don't need will help you have a more peaceful space where you can thrive.
- 5. Clean** - Just as not having clutter around keeps your mind clear and balanced, so does having things clean. Make sure when you're cleaning to use non-toxic cleaners. We love and sell Young Living Thieves cleaner or you can make natural solutions with vinegar or baking soda that won't disrupt your hormones or cause other health issues. Open your windows to get some fresh air in your home as well.
- 6. Take Spa Time** - Whether it's at a spa or at home, take time for some TLC. Try an Epsom salt bath to help lower your blood pressure, relax your muscles, and nourish your skin. Facials and massages are great options, too.
- 7. Exercise** - Walking, yoga, gardening, you name it, It helps clear the mind and body. Schedule time for daily exercise (like taking a walk every day on your lunch hour) and soon you will have a renewed sense of energy.
- 8. Sleep** - Adults need at least 7 hours of sleep each night. Making sure those 7 hours are quality sleep is important too. Make sure you turn off electrical devices at least an hour before bed. Having the lights out is not just essential for a good night's sleep, but your health and longevity, too!

YOGA SCHEDULE & DESCRIPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30pm YOGA FLOW w/ Monica - Adult/Child Yoga w/Amy April 14, 2pm	10:15am 11:30am GENTLE YOGA w/Gene	6:30pm YOGA FOR ALL w/Amy	9:00am DEEP STRETCH YOGA w/Gene - 10:15am & 11:30am GENTLE YOGA w/Gene	6:30pm GENTLE YOGA w/Monica	10:15am & 11:30am GENTLE YOGA w/Gene	No Class

GENTLE YOGA with Gene: Monday, Wednesday, and Friday, at 10:15-11:15am and 11:30-12:30pm

Basic yoga poses and stretches suitable for beginners and those with physical limitations and varying levels of flexibility. Emphasis is on breathing. We usually start with a half hour of lying, seated, and kneeling poses designed to stretch the body. Then we might move on to some basic standing poses like Warrior I and Triangle, adding some twists. Then back to seated and lying poses, ending in the relaxation pose of Savasana. Modifications are offered for those with limitations.

DEEP STRETCH YOGA with Gene: Wednesdays 9:00-10:00am (no longer Power Yoga)

This class is a form of Yin Yoga and is suitable for beginners or those with no previous yoga experience. Most of the poses are done lying, seated, or kneeling. We focus on releasing tension, stretching muscles, slowing down, increasing flexibility, and holding some poses for several minutes to open up connective tissues. The poses are not strenuous and do not require much muscular strength to maintain. There are no standing poses or poses requiring balance. Emphasis is on breathing.

GENTLE YOGA with Monica: Thursdays 6:30-7:30pm

This class will focus on posture alignment and connecting the breath with movement at a gentle pace. We will practice balance, build strength, and improve flexibility/range of motion. You will be guided through postures with detailed instruction and offered modifications to find what works best for you in each pose. You'll leave feeling relaxed & restored.

YOGA FLOW with Monica: Sundays 3:30-4:30pm (NO CLASS ON EASTER- April 21st)

In this class you will practice balance, build strength, and improve flexibility, but with a bit more flow. Linking breath with movement, you'll be guided through postures and offered plenty of variations to find a bit more challenge. Modifications are still offered so this is also beginner friendly. You'll leave feeling energized for the day.

YOGA FOR ALL with Amy Moore: Tuesdays 6:30-7:30pm

Yoga for All allows for honesty and challenges using modifications such as yoga postures from a chair or endurance planking. Each class will work cooperatively to offer appropriate challenges and ease within each posture based on your choices. All yoga postures provide a level of tension and release. All yoga postures have modifications that can be made easier, or more challenging. Yoga for All uses the self-assessments of those in the room to experience a variety of strengthening and stretching that fits your needs. The focus will be on alignment, finding your personal edge, starting with the most basic yoga postures. We will explore the tension and release we should expect within each posture.

NEW! ADULT/CHILD YOGA with Amy Moore: Sunday, April 14th 2:00-3:00pm

Come share the benefits of yoga with those that you love. Adult/Child Yoga is an accepting space to learn about the privacy of our space on the mat, movements, breathing, tension, release and how to build energy for motivation. Observing the energy of children and adults is a fun place to begin as we play and explore. Yoga has fun postures such as frog, camel, cat and cow. Multiple children are welcome to attend with a single adult.

There is no age limit, all are welcome! Come Moo with us!

\$12 for adult/child pair. \$3 for each additional child. Please call 517-655-4234 to reserve your spot. Space is limited.

If you haven't tried a yoga class here before, the first class* is always FREE. (*only regular weekly classes)
Yoga class costs vary, walk-in rates are \$12 and cost saving punch cards are available.

Check out our Facebook page or website for class updates. www.williamstonwellness.com