

ON YOGA

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WHICH YOGA IS RIGHT FOR YOU?

By Devinder Kaur, Director of PranaShanti Yoga Centre, Ottawa, Ontario, Canada

Finding a yoga class 10 years ago used to be simple. Your choices were limited because there were fewer people practicing and less classes being offered. Today, the choices have grown to include everything from classical practices based in traditional yoga lineages to anything you could possibly imagine – some even include being suspended from the ceiling in slings, to having goats and bunnies roaming around the yoga studio!

“The more intense styles can also help you shape up and trim down.”

Some of yoga’s popularity is because it is an excellent practice for stress and anxiety reduction and developing mindfulness, but another part of yoga’s popularity growth is for exercise, strength building and regaining or increasing flexibility. Studios, gyms, and rec centers

now offer an estimated 800-plus styles of yoga to choose from, says Leigh Crews, a spokesperson with the American Council on Exercise. Virtually any type of yoga improves strength, flexibility, and balance, explains John P. Porcari, PhD, director of the clinical exercise physiology program at the University of Wisconsin-LaCrosse. “The more intense styles can also help you shape up and trim down.”

Very often, yoga is understood to be focused on asanas (yoga poses) and that the benefits are at the body level and we minimize the benefits yoga offers in uniting the body, mind and breath. When you are living in harmony on these 3 levels, the journey through life is calmer and more fulfilling. Some of the additional benefits of practicing yoga are:

- **Inner peace**
- **Improved immunity**
- **Living with greater awareness**
- **Better relationships**
- **Increased energy**
- **Better posture**
- **Better intuition**



The type of yoga that’s best for you will depend on what your physical and mental health goals are and recognising that these goals can change over time and according to situations and circumstances we experience in our life. All yoga styles release tension in your body, quiet your mind, help you relax and raise your kundalini energy. To get the most benefit, choose a yoga style that matches your current health and/or fitness level, as well as your personality type and your goals for wanting to practice yoga.

Here are some of the basic styles of yoga we offer at PranaShanti Yoga Centre:

Hatha Yoga

Hatha is the yoga lineage that all yoga styles stem from, as it refers to any series of postures (asanas) sequenced to align the body. Hatha classes at PranaShanti focus on a blend of developing mobility, including flexibility and strength, and cultivating peacefulness through breath and the concluding meditation (savasana).

Hatha classes are the perfect place to start exploring and developing a yoga practice, getting introduced to postures, breathing techniques (pranayama), meditation, and yoga terminology and philosophy. Practiced in a regular temperature room, these classes range from introductory/all-levels to more challenging classes.

Hot Yoga

Our Hot Yoga classes build strength, flexibility, and endurance, and are more posture-based with longer holds than the Hot Flow Yoga classes to give you time to acclimatize and ease into sensation.

The room is heated between 100°-103°F/38°-40°C with infrared ceiling heat panels. Unlike hot studios that strictly vent in hot air, infrared heat has therapeutic benefits including the promotion of detoxification, improving flexibility and joint mobility, promoting healing, reducing muscle stiffness and pain, decreasing soreness and inflammation, improves skin tone (it will even heal sunburn), improving circulation and lowering blood pressure.

“This is a wonderful yoga practice that is done at your own individual pace, and everyone can do”

Kundalini Yoga

Kundalini Yoga as taught by Yogi Bhajan is known as the **Yoga of Awareness** – it consists of simple yogic techniques that can be enjoyed by everyone, no matter their age or physical ability. Kundalini is a holistic practice that includes breathwork

(pranayama), yoga postures (asanas), sound (gong), chanting silently or out loud (mantra), and meditation.

This is a wonderful yoga practice that is done at your own individual pace, and everyone can do. From your very first class you’ll start reaping the rewards, whether you’re new to yoga, or you’re looking to expand your yoga practice to include some more spiritual and meditative work.

Yin Yoga

Yin Yoga is a passive style of yoga practice that uses longer holds in fully supported postures to bring release to connective tissue, specifically ligaments and tendons in the joints and spine. This practice is beneficial to all bodies and all levels, from those seeking ease and mobility due to tightness or chronic pain, as well as yogis looking to improve mobility and provide a complement to more Yang (active) styles of practice.

Restorative Yoga

Restorative Yoga is a supportive, decadent yoga practice for those seeking some peace and calm to promote wellness





and happiness. Class consists of passive supine or seated yoga postures supported by props, including blankets, bolsters, straps and blocks.

The focus is on releasing tension and focusing on healing thoughts and meditative breath. Everyone is welcome to make space in their day to make some space in their mind, body, and heart.

Prenatal Yoga

Prenatal Yoga employs both traditional as well as contemporary interpretations of postures to peacefully strengthen and relax your changing body. Prepare for the birthing process and enjoy the company of other moms-to-be, where you'll also learn how to modify postures for your other yoga practice before baby arrives. The practice

ends with a well-deserved relaxation, and is appropriate for new and experienced Yoga students.

Mom & Baby Yoga

Congratulations on becoming a new parent! Just as pregnancy is a time of transformation, so is the postnatal period. Adjusting to your role as a new mother or parenting multiple siblings, it's a challenge to balance life with baby and family while affected by hormonal changes, lack of sleep, and physical strain. Yoga tailored to you will help!

Bringing baby with you, this yoga is a gentle way to help your body recover from childbirth while bonding with your baby. Enjoy the opportunity to connect with other mothers and share the experience and

insights of raising a child in community.

Special attention is placed on rebuilding core strength of the back, abdomen, and pelvic floor, as well as relieving tension in the neck, and shoulders caused by lifting, carrying, and nursing. No previous yoga experience is required.

Children's Yoga

Through creative play, children's yoga is proven to improve self-esteem, classroom behaviors, concentration, emotional balance, and the ability to self-soothe. This class is offered with a special and inspiring theme each session. Children will be introduced to yoga postures and simple breathing techniques specifically for this age group (~3 to 8 years old). Classes are 1 hour. Parents are welcome to attend and

join in on the fun or drop off your child! If parents are attending, one adult per child please.

How to decide

To decide on the yoga style that's right for you, ask yourself these questions:

Are you doing yoga for fitness and to get in shape as well as to explore the mind-body connection? Then choose a more vigorous yoga class such as Hot Yoga and Hatha Yoga. You may need to attend a few classes to get up to speed on the poses or look for a Yoga 101 series.

Do you have an injury, a medical condition, or other limitations? Then start with a slower class that focuses on alignment such as Hatha Yoga, Yin Yoga or Restorative Yoga.

Do you want to incorporate meditative movement or spirituality into your practice? Then try Yin Yoga or Kundalini Yoga.

There is a class and style of yoga to suite everyone! Even if you think you can't touch your toes! Yoga develops strength and balance as well as flexibility. Variety is the spice of life, so try different styles of yoga and different teachers. All teachers have their own unique teaching abilities based on their personalities, their yoga practice and where they have studied.

Yoga is a great way not only to relax, but also to improve your performance in other activities. Once you have learned a few yoga moves and breathing techniques, they can easily be integrated into your regular fitness and exercise routine. So

don't let any preconceived notions of yoga keep you from enjoying the benefits of your practice of yoga.



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YOGA FOR ADDICTION AND RECOVERY

By: Lisa Greenbaum C-IAYT, E-RYT 500



In the alternative care world, most describe addiction, as the disease of disconnection. There is not a gene responsible for addiction, we don't automatically inherit addiction from our ancestors the way we inherit our blue eyes or brown hair. Yet, millions of people are at the mercy of their addictive behaviour.

In the throes of addiction, the motivation to complete the addictive behaviour overpowers even the most basic human needs for food, shelter, money or relationships. Seeking an external "fix" to what our body should be naturally producing and isn't, or not enough of. Opioid attachment (cuddle hormone) and dopamine incentive receptors (reward based) are either underdeveloped due in part to childhood neglect or trauma, or have been destroyed such as the case in long-term cocaine use.

Yoga offers a way to rebuild the stores of our "happy" chemicals (dopamine, serotonin, oxytocin, endorphins), and in certain held postures a way to release them for immediate satisfaction and lasting feelings of vitality and connection. Hot Yoga is said to increase production of all four of these chemicals. Another reason this practice is cherished by so many in recovery - though all yoga is good yoga! 90% of the serotonin and 70% of the dopamine production comes from our gut. Poses that involve connection. Hot Yoga is said to increase production of all four of these chemicals. Another reason this practice is cherished by so many in recovery - though all yoga is good yoga! 90% of the serotonin and 70% of the dopamine production comes from our gut.

Poses that involve compression of the abdomen such as forward folds and twists are often done in a typical hatha or vinyasa

style yoga class. Prone positions such as sleeping crocodile for relaxation (an option for savasana lying on your tummy) can have a profound effect. Another empowering pose, which can easily be done at home is lying on the belly with a rolled-up blanket horizontally at the line of the lower ribs.

Inversion postures can also create a good surge of happy chemicals. Common inversions such as shoulderstand, headstand and handstand tend to be for more advanced practitioners. A little simpler, and achievable by all is child's pose while gently rocking the forehead side to side, or rabbit pose sitting up a little higher to bring a gentle rock on the crown of the head. Legs up the wall is another option that also brings deep relaxation.

The word yoga means union. According to Patanjali from The Sutras of Patanjali 450 BCE, yoga is science of the mind. By overcoming the obstacles of our chitta vritti or mind-stuff, we find clarity of mind, are able to think rationally and thereby feel connected to our true self. Where addiction is disconnection, yoga is connection. While 12-step programs are integral in helping addicts find healing and community, adding in yoga in some form whether a gentle chair based class or the rigors of a hot yoga class will benefit anyone looking to connect and heal.

YogaFit for Addiction and Recovery 2-day Training
May 26-27, 2018 Stretch Studio, Vancouver BC
Dec. 1-2, 2018 YogaFit Training Centre, Toronto ON
For more information: www.yogafitcanada.com



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YOGA ON PARLIAMENT HILL

GET CENTERED AT CENTRE BLOCK ON WEDNESDAYS IN THE SUMMER

Content by Ottawa Tourism

On Wednesdays during the lunch hour from May through August, yoga enthusiasts of all levels flock to Parliament Hill for a truly unique mass yoga class.


Hundreds of people regularly participate in the free one-hour session hosted by Lululemon Athletica, the Canadian yoga apparel company. A lead instructor hosts the session over loud-speakers while other yogis roam through the crowds to help participants as required.

Where else in the world can you practice your downward dog on the property of working federal government buildings? And who knows who you may encounter? Prime Minister Justin Trudeau – a yoga enthusiast himself – has been known to walk by the event and greet participants!

Bring your own yoga mat, a water bottle and sunscreen as the lawn in front of Parliament Hill is not shaded. The event is weather dependent. In case of questionable weather, verify the Facebook page for updates.

Yoga on Parliament Hill details:

- Lawn in front of Parliament Hill
- May through August (weather dependent)
- Wednesdays from 12:00 p.m. to 1:00 p.m.
- Free!

 @parliamentillyoga



Yoga on Parliament Hill Photo Credit : Ottawa Tourism



Parliament Yoga Photo Credit : Ottawa Tourism



Yoga on Parliament Hill Photo Credit : Ottawa Tourism



Yoga on Parliament Hill Photo Credit : Ottawa Tourism



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YOGA TEACHING STYLE

By Manjaree B Bhatt

Ancient Sanskrit texts talk about main three types of aspirants or disciples; *tivra* (intense) volition, *madhyama* (medium) volition and *mrdu* (poor volition). So the Guru can put them in the right category. My observation is that in recent time they can be divided into three categories; curiosity, trial based and as a last option! First, curious to know what is Yoga? Second, try out for fitness if works or not? Third, when all other doors are closed, then take refuge in yoga expecting a miracle! Though very few are genuine, who are looking for advance practices to reach the higher goal in life? So as a teacher and therapist, I've to be sensitive towards individual's interest, requirement, and level. I teach simplified versions of most traditional practices and techniques so that anyone at any age, with any health problem, can learn yoga and practice it regularly to maintain for a better healthy living.

My teaching is based on the traditional yoga that stood for a deep urge to change, in adopting Yoga as a way of life. It covers various yoga techniques with awareness at all levels; physical, vital, mental and

spiritual, motivation, habits, values and attitude training in a non-invasive way. My teaching style is not limited to any one particular yoga school but a combined style with tools and techniques I've learned from six world recognized yoga schools but very much based and rooted in Patanjali's *Astanga-yoga* because eight steps are easy to teach and learner can learn, grasp, adapt slowly and steadily stepwise within own interest, capacity and capability. My goal is to get the optimum results that can benefit my students, participants, and patients attending my class, session or workshop.

My focus remains in inculcating various aspects of Yoga not limited to gross physical level. When I conduct any class, session or workshops, no 'drop-in' allowed because I collect information from the participants so that I can look after all of them! I give handouts outlining the program with do's and don'ts and collect feedback. I conduct in a spontaneous manner through my courses and programs are always outlined in the syllabus and with the set program within given time period. I look at the time,

season & weather, medicines and its effect and mood of the participant when teach. Only workshops are conducted with fixed outlined program as they are time-bound.

I started teaching yoga in Canada as a volunteer (1990) and then as a teacher and therapist covering age 4 to 70 plus (chair and wheel-chair users) in GTA at school, private club, community centres, senior's homes and Parks and recreation department, City of Toronto. At present, I teach only to 55+ and seniors.

55 + and seniors: though it looks like a normal yoga class, but it's always a therapeutic session as most of the participants have multiple health issues at this age. So I cover flexibility of muscles and joints, most simplified versions of postures improving balance, coordination, synchronization, relaxation techniques, simple breathing techniques to absorb and retain oxygen intake to keep each and every cell healthy. I teach memory training, attitude training to take care of oneself, belongings and emotion management that help them to live more peacefully and purposeful life without getting hurt by

others or outer world and in inner world without guilt or any regret.

Yoga science is non-specific so there is no common yardstick to measure all in one! Each individual is unique and different in its way. The only common factors are a human body and the spiritual inherent quality given by the Mother Nature. By using these two common factors, I try to teach:

(1) Higher values learned through adopting and practicing *Yamas* and *Niyamas*; the first two steps of Ashtanga Yoga. These virtues help in strong character building.

(2) Awareness is the key in yoga; at the physical level by practicing different postures and vital level by breathing techniques to bring alertness, proper concentration, coordination and synchronization in a balanced way. Through the third and fourth steps - *Asanas* and *Pranayamas* it can be achieved.

(3) Motivation comes from awareness. Practice of various breathing techniques makes one feel relaxed, calm and at peace from within and also helps in connecting to the inner self.

(4) Good habits are cultivated in daily routine with personal choice with self-experience. When good and positive results are noticed and gained. It helps to change the lifestyle step by step.

(5) Attitude training is the base in changing own perception towards the outer world and the inner personal world. It contributes to building strong personality, self-esteem, and self-confidence to get adjusted and tackled in any given situation, circumstance or unexpected changes or events we face in day to day life. The detachment is learned by practicing the fifth step of *Pratyahara*.

(6) Yoga can't be practiced without setting any goal; it could be a short-term goal to solve a temporary problem or a long time goal to achieve in the same life!

My intention and efforts are always to make others independent to look after them without depending on me or any outer source. Those who are interested in achieving the higher goal in the life need to be supervised and guided. If any further guidance or supervision is required or needed, I'm always available.

Conclusion: Yoga science is based on the laws of the Mother Nature so the way the five elements; earth, water, air, fire, and ether merges in the source of its origin so is the human spirit, individual consciousness to be merged into the Universal Super consciousness!

The core purpose of adopting yoga as a way of life is to achieve the one and only goal, known as the state of 'self-realization with self-consciousness.' Individual consciousness is '*Brahman*' as explained in *Vedas* and *Upanishads*. "*Aham Brahmasmi*" meaning "I'm the infinite reality." So through Yoga, one can expand self-consciousness beyond human body being a part of the Universal Super consciousness and can merge in the core source of its origin!

Note: Words written in Italics are in the Sanskrit language.



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MAPLE SYRUP FUN

Content by Ottawa Tourism

Canada's Capital Region loves to celebrate the sweet and natural treat that is maple syrup. Often seen as a harbinger of spring, maple syrup season usually starts in late February and can run into April. Ideal temperatures of +5° Celsius (41° Fahrenheit) during the day and -5° Celsius (23° Fahrenheit) during the night start the sap running through the trees. It takes 40 litres of sap to reduce down (by boiling) to one litre of maple syrup. The tasty result is definitely worth the wait!

The urban area of Ottawa and its surrounding countryside abounds with places where you can experience Canada's liquid gold in all its forms - even as spa products! Here are a few highlights:

Omega Park

Omega Park, located in Montebello, Que. - just a 45-minute drive from downtown Ottawa - is a large wildlife park that immerses visitors in Canadian wildlife and First Nations' history. Any time of year, you can take a Canadian safari through the natural habitat of animals like deer, elk, bison, caribou and wolves. Plus, during maple season, the Park's special programming includes: live demonstrations by a chainsaw wood carving artist (Thursdays to Sundays, Feb. 1 - Apr. 1, 2018); wagon rides, maple taffy in the traditional sugar shack and farm animals in the heritage farm (daily, Feb. 10 - Apr. 1, 2018, weather permitting); as well as special animation throughout the park, including musicians (end of February until approximately Mar. 18, 2018).

Fulton's Pancake House and Sugar Bush

Located in Pakenham, Ont., just under an hour's drive west of downtown Ottawa, the family-run Fulton's Pancake House and Sugar Bush offers the traditional sugar bush experience, including tours of the syrup-making operation, meals in the pancake house and horse-drawn sleigh rides through the woods. Fulton's also



Fulton's Taffy Photo Credit: Fulton's Pancake House & Sugar Bush

produces maple-based culinary and spa products which are sold in their Maple Shoppe (see the last item in this list to learn about maple's health benefits). Fulton's maple season runs daily Feb. 17 - April 25, 2018.

Stanley's Olde Maple Lane Farm

Stanley's Olde Maple Lane Farm, located about 30 minutes east of downtown Ottawa in Edwards, Ont., also offers a traditional sugar bush experience, plus a petting farm and a children's

play area. Stanley's maple season runs weekends, Feb. 24 - April 8, 2018.

Proulx Maple & Berry Farm

Located just east of Ottawa in Cumberland, Ont., Proulx Maple & Berry Farm offers a traditional sugar bush experience as well, including weekend brunch. Take one of their guided tours of the farm to learn how maple syrup is made and check out their farm store. The Proulx Maple Farm season runs on weekends between Feb. 25 - April 15, 2018, but also the full week of the Ontario March Break (Mar. 12-16).

Log Farm

One of the newest additions to the Ottawa maple scene is the Log Farm, a pioneer-style working farm located in the Nepean area, just west of downtown Ottawa. The site is open to visitors at different periods of the year, including the popular maple season in March and April. Meet the farm animals, enjoy taffy on snow, take a wagon ride, collect maple sap and see how syrup is made. The Log Farm also features another Canadian treat this maple season: the iconic BeaverTail pastries!

SugarLumberFest

The second edition of SugarLumberFest - a gourmet urban sugar shack experience - will take place at Lansdowne in the Glebe neighbourhood on March 24, 2018. Reserve your seats for one of the multiple sittings and indulge on a non-traditional menu prepared by Rituel's chef Jean-Philippe Ménard. Savour baked beans served hot from the kettle and enjoy maple syrup straight from a maple tree. Each reservation also gives you access



Massage at Holtz Spa Photo Credit: Holtz Spa

to the outdoor venue where you will find a hot chocolate bar, a maple taffy bar and a lumberjack competition.

Vanier Museopark

North America's only urban sugar bush is wedged into 17,5 acres of land in Ottawa's Vanier neighbourhood, just 10 minutes east of Parliament Hill. You can visit the small museum any time of the year to learn about early French-Canadian life on the banks of the majestic Ottawa River, as well as the process of making maple syrup. The sugar shack's restaurant is open every weekend from February to April, and extra programming is offered during the Maple Sugar Fest (April 3 - 8, 2018) such as a maple soup contest on the Tuesday as well as live entertainment, lumberjack activities and delicious traditional food on the weekend.

Lanark County Maple Weekend

The Lanark County region just south-west of Ottawa participates in Ontario's Maple Weekend which takes place April 7-8, 2018. Several Lanark sugar bushes (including the aforementioned Fulton's) host different activities and offerings from pancake breakfasts, sugar bush trails, sugar making demonstrations, taffy on snow, horse-drawn sleigh rides, and much more.

Flapjack's Canadian Diner

It's always maple season at Flapjack's, a Canadian-themed restaurant located just west of downtown Ottawa in the Little Italy neighbourhood. This diner is the perfect place to indulge in all your favourite lumberjack-inspired flavours like specialty buttermilk pancakes, battered maple bacon, poutine, panwiches (sandwiches made with pancakes!) and milkshakes.

Maple Treatment at Holtz Spa

Did you know that maple syrup is rich in healing properties like antioxidants and minerals? This is why Fulton's started their Maple Luscious Bath & Body Products line. Holtz Spa, located in Downtown Rideau, near the ByWard Market area offers treatments that use these products. Choose from a maple manicure, pedicure, massage or maple sugar body scrub and wrap. You'll love the feel and smell of these unique spa products!



Grades of Maple Syrup Photo Credit: Fulton's Pancake House & Sugar Bush



ANDREA OLIVERA:

CANADIAN PIONEER IN AYURVEDA BEAUTY RITUALS

Andrea Olivera is a true pioneer in Canada's holistic beauty and wellness industry. As one of the first Ayurveda healers in Canada, she is a successful entrepreneur, published author, and creator of her own line of botanical skin care products.

Andrea's teachings and path into the healing arts began at an early age. As a child, she was raised by five loving women who embraced the earth science teachings. At 12 years, her mother started teaching Andrea about the essentials of the healing arts and by the tender age of 13, she was a Reiki and crystal master. Andrea continued her learning with the dotting five women into her adulthood. Upon graduating from high school, she trained as an Aesthetician and worked as a makeup artist.

Today, Ayurveda Rituals is more than just a yoga studio or spa, it is a complete health and wellness center that provides customized treatments based on the scientific practices of Ayurveda.

By 1990, Ayurveda started to make its way into the western world. Ayurveda is an ancient Indian science of life that dates back more than 10,000 years. It is a very personalized approach to health and wellness; using your own personal knowledge of your mind and body to guide you in choosing the right diet, exercise, supplements, meditation and other lifestyle factors to promote optimal health. There are two main guiding principals of Ayurveda: 1 - the body and mind are inextricably connected; 2 - nothing is more powerful



in healing and transforming the body than the mind. Today Ayurveda is still one of the most powerful and sophisticated mind-body healing systems practiced around the world.

In 1995, Andrea left her position as educational director of a well-known Toronto spa and travelled to India to practice Ayurveda. She lived the Vedic lifestyle in ashrams and studied extensively with Ayurveda masters in Indian Astrology, Yogic Psychology and Philosophy and Ayurveda therapies, including Marma, Abhyanga, Shirodhara and Pancha Karma.

After her training in India, Andrea continued to live the Vedic lifestyle in ashrams and studied Ayurvedic medicine at the Canadian School of Eastern Medicine. She studied under Dr. Pankaj Seth. From there, she completed the Ayurvedic Lifestyle Consultant program under Dr. David Frawley at the American Institute for Vedic Studies. Andrea has also

studied under other masters including Dr. Deepak Chopra, Bri, Maya Tiwari, Dr. Robert Svoboda, and Dr. Vasant Lad. Today, along with her Ayurveda practice, Andrea is also an avid Vedic Philosophy and Jyotish Astrology student and practitioner. She also follows the practices of Shamanic mother earth.

Once she finished her training, Andrea merged her two professional fields; devoting her career to health and beauty. She opened Ayurveda Rituals, and from 1995 to present, taught yoga, esthetics, and how to incorporate Ayurveda rituals into skin care treatments. During her lengthy career, she has also worked with and trained many massage therapists, yoga instructors, and estheticians at local, national and international spas and yoga studios. She taught them how to incorporate Ayurveda principals into their services. Today, Ayurveda Rituals is more than just a yoga studio or spa, it is a

complete health and wellness center that provides customized treatments based on the scientific practices of Ayurveda.

Ayurveda Rituals is best known for many unique services developed exclusively by Andrea. The services include:

- Andrea's personal line of natural skin care products and holistic facial treatments
- Healing mind-body-spirit therapies
- Wellness and spiritual counselling
- Restorative and Indian Head massage
- A professional Ayurveda Spa Practitioner Program
- Indian Head Massage workshop for Yoga Teachers on the Mat

As a Canadian Ayurveda pioneer, Andrea has appeared in the Aveda's International Congress Festival alongside Helga Hefner and organized the Toronto Ayurveda Expo. She has been recognized by people all over the world for her revolutionary integration of yoga, Ayurveda, and eastern practices

My main Guru is Mantriji and my first book is about his life and how he taught many well known astrologers like Hart deFouw in North America Jyotisha Vedic astrology and I sat with him to learn the Vedas and Jyotisha for 20 years. My first book is on his life called A Rishi Among Us-Tales of Krishan Mantri

into wellness and healing spa treatments. Her spa is the only Ayurveda spa in Canada that legendary India masters visit.

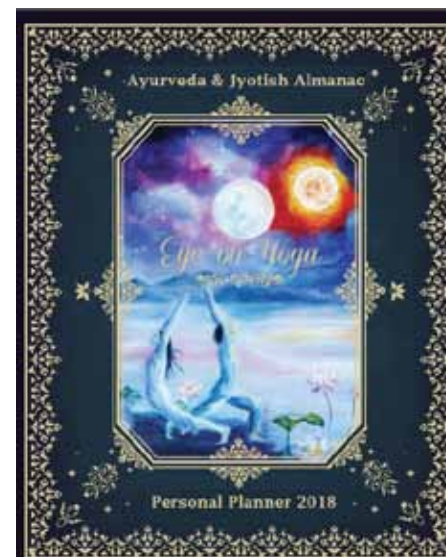
She hosts several training programs throughout the year. Her half day courses are done inhouse during the week. During her one-week spiritual pilgrimage, Andrea combines theoretical learning with tours

of the special Indian places throughout Toronto including temples, restaurants and other spiritual places. Andrea also offers different weekend package retreats. Package 3 is held Friday night, and all-day Saturday and Sunday at Ayurveda Rituals.

To meet the growing demand for training and specialization in Ayurveda principles, Andrea has developed courses and retreats to educate professional and personal students in the science of Ayurveda elements.

Her Ayurveda Spa Specialist Course is an intense one-week training program done in house. After completed the weeklong part of program, students can complete the case students independently online. Students of all ages and from all over the world have come to Toronto to take Andrea's courses.

Ayurveda Rituals also offers several mind, body, and spiritual spa services. One of the more popular treatments offered at Ayurveda Rituals is the Emotional



Release Therapy. This highly sought-after psychotherapy uses a combination of herbs, oils, and massage to release cellular energy, providing a holistic emotional detoxification and anti-aging treatment.

Her bestselling book *Eye on Yoga - Ayurveda & Jyotish Astrology Almanac - Personal Planner 2018* is currently available in her spa, online on her website and through Amazon. Spa owners wishing to add the inspirational Almanac to their location for personal use or to sell professionally as the first certified rep within their community can contact Andrea at Ayurveda Rituals. Her 2019 Almanac will be available to the public this September. Andrea is also currently working on her next book, *Elemental Wisdom*. The teachings in

this book will be beneficial for individuals who are experiencing deep trauma and emotional stress.

During her career, many A-list celebrities have come to her for massage, facial treatments and skin care products. Some of her more notable clients include Tom Selleck, Torrey DeVitto, Sarah Foret, Steve Guttenberg, Marcia Gay-Harden, Maggie Quigley, Ted Danson, Deepa Mehta, John Taylor, Duran Duran, Daphne Zuniga, Lisa Ray, Bob Wisdom, and Joseph Fiennes.

After spending a few years creating customized skin care products for her celebrity customers, Andrea decided to develop her own line to market. In 2005, she launched her own personal line of holistic skin care brand. Her botanical creams, serums, sprays, masques, cleansers, and hydrating sprays, perfumes, body oils, incorporate the natural elements of Ayurveda and the earth sciences with esthetic skin care rituals. Today, she continues to blend East Indian, Persian, Egyptian and South American traditions to create products and services that nurture the mind, body, and spirit for complete health and wellness practices.

In 2013, after listening to the feedback she had received from her clientele, Andrea took another leap of faith and opened her own Ayurveda Rituals storefront location at 1081 Bathurst Street. She sells her skin care line, best-selling book, *Eye on Yoga - Ayurveda & Jyotish Astrology Almanac - Personal Planner 2018*, courses, training and spa sessions to the public.

Along with the products, Andrea developed courses to teach other professionals how to use her skin care products. Today, many health and wellness practitioners have benefitted from her training sessions that include: Ayurveda Facial, Indian Head Massage, and Abhyanga Body Massage.

To carry and represent Andrea's Ayurveda skin care products, individuals must first complete her Ayurveda Rituals Beauty Consultant course to fully understand the brand and how to properly use the skin care line. Andrea has inhouse and online programs available to interested pupils.

Andrea's entire life has been spent learning the earth sciences. From an early age, she had five loving women teach her the elements of Ayurveda, yoga, and jyotish practices. As an adult, she has not only built a successful career in the ancient art of Ayurveda but has lead the nation in the holistic Ayurveda principles of health and wellness by developing her own personal skin care products, spa treatments, education programs, and a best-selling book. And she isn't finished yet. Andrea continues to develop new products, services and books to improve the health and wellbeing of people all over the world. For more information on the programs, products, and current specials offered at Ayurveda Rituals, you can visit her website at: <http://ayurvedictouch.com>.



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Joanne Pineau is a Certified Yoga Therapist accredited by The International Association of Yoga Therapists.

Joanne specializes in low back pain, sciatica and stress. She sees clients in her home studio in Thornbury and online. In 2013 Joanne published a manual for sciatic pain that is selling worldwide on Amazon. Contact her for a revised and expanded edition. Joanne now offers a one day intensive for yoga teachers who want to learn how to work with individuals in a yoga class setting to avoid making their condition worse and promote recovery.



It's 11:30 am and I just finished a ninety-minute yoga therapy session with a client, a 43 year old mother of two and a woodworker. Sue described a few problem areas, including sacroiliac (SI) joint pain that started nine years ago after the birth of her first child. Then recently she injured herself throwing firewood, which herniated the spinal disc between L5 & S1. The bulging disc was pressed up against a nerve root in the spine, causing pain in her leg and numbness in her toes and the ball of her left foot. She estimated that she was functioning at about 10-15% capacity and was really looking forward to getting back to normal. Since I'd "worked wonders" for her friend's sciatica, Sue thought I could help her too.

Less than 20% of all back pain can be attributed to just one specific incident like a spinal tumour, vertebral infection or motor vehicle crash; the remaining cases of back pain are the result of an accumulation and combination of factors over a period of time.

As a woodworker, Sue did a lot of heavy lifting every day for many years. The repetitive movement and load she was placing on her spine and the pelvic structure, which was already compromised after child birth, eventually proved to be too much and it was "the straw that broke the camel's back." And when it happened it took her by surprise. It usually does.

You throw one more batch of firewood

and tear a spinal disc; you bend over to pick up your grandchild and your back goes into painful spasms; you're working in the garden and "all of a sudden" you're in pain. One of my clients was in so much pain that he actually pulled over to the side of the road and lay down on the grass. A kind stranger called an ambulance for him and after receiving some pain medication he made it back home.

Low back pain is not a disease, it's a symptom, and there are many symptoms and causes of low back pain. Below is an excerpt from a manual I self-published on Amazon called "Stop Sciatic Pain". The table shows the many different symptoms and causes of low back pain.

Symptoms & Causes of Low Back Pain

True Sciatica - Leg Dominant Pain

Associated with irritation or pressure on one or more of the component nerve roots in the spine that form the sciatic nerve in the buttock.

Also known as radiculopathy or a pinched nerve

SYMPTOMS:

Pain, aching, burning, tingling, weakness, electrical zing, radiating pain; numbness anywhere in the buttock, down the back of the leg or into the foot and toes; and muscle weakness where your leg "gives out" or you lose your footing.

CAUSES:

- Bulging or rupture of one or more discs in low back and/or sacrum.
- Facet Joint Syndrome.
- Bone/disc degeneration with wear and tear, arthritis, aging.
- Bone spurs, cysts or tumors.
- Inflammatory swelling, injury, and/or fracture.
- Spinal Stenosis (lateral or central).
- Pregnancy: pressure on the sciatic nerve roots by the enlarging uterus; hormonal changes.
- Scoliosis: excessive curvature of the spine.
- Falls, accidents.
- Repetitive lifting. Excessive spine bending.
- Sitting in a slouched position.
- Long periods of time bent forward at the waist (eg. pulling weeds) or backwards (eg. painting ceilings).

@J. Pineau, 2013

Muscular Contraction

Associated with muscles that are chronically tight or contracted.

SYMPTOMS:

Pain is felt deep within the back side of the hips under gluteal muscles as a burning sensation and pain in the buttock. If this is accompanied by SI joint dysfunction, the pain may also radiate into the back of the thigh.

Muscles responsible for this kind of pain are the external rotators including the piriformis. This pain is not considered "True Sciatica."

CAUSES:

- Tight/weak piriformis muscle, buttock muscles and/or psoas muscles.
- Structural imbalances in the pelvis, including SI joint instability, which can set up a pattern of muscular compensation (overuse/underuse of gluteal and piriformis muscles).
- Entrapment of the sciatic nerve by the piriformis muscle
- Abnormal contraction (being in one position for a long time) due to extremes of inactivity, especially sitting.
- A fat wallet in the back pocket during prolonged sitting.
- Heavy exertion (overuse) of legs and hips like bicycling, running, weight lifting.



David, the man that pulled off to the side of the road to lie down on the grass, was the president of a property management company and working 80-hour work weeks for years. That incident was his last straw.

If you continue to perform activities that aggravate the condition, no amount of yoga, or anything else for that matter, will heal your back. David needed a holistic approach that addressed not only the pain in his body but also the lifestyle choices he was making.

In yoga philosophy we view ourselves as multi-dimensional beings with layers, sheaths or Koshas that interact and influence each other. To remedy recurrent back pain we must address each of them. They are:

1. Annamaya Kosha: At this level we look at the specific symptoms, the quality/duration/intensity of the pain and the impact it has on your daily activities. Yoga

Asanas (exercises) work at this level. There is no simple, easy posture that will fix your back and work for everyone. Each back pain case is different and as such each yoga practice must be carefully tailored to the individual. Breathing practices and mental-emotional components mentioned below are often integrated into the asana practice.

2. Pranamaya Kosha: this includes quality of sleep, current levels of stress and energy and impact on your physiology. Gentle movements with the breath, yogic breathing practices, and relaxation techniques reduce pain and impact the nervous and lymphatic systems, and improve circulation.

3. Manomaya Kosha: The mental-emotional component. How do you view your situation and its causes? What's your attitude? Is it helpful? Yoga Nidra or deep relaxation transcends this level of the mind.

4. Vijnanamaya Kosha: This represents the reflective aspect of our nature that allows us to experience insight, overall outlook on life, wisdom. It governs one's sense of ethics and morals, inner growth. David for example, was so thrilled with the pace of his recovery that he started to teach what he had learned to the men on his construction crew.

5. Anandamaya Kosha: the impact of body condition on relationships and lifestyle; what needs to change? Developing a more compassionate attitude towards the body, self and others. At its most subtle level, it's where we experience oneness with creation, bliss. Both David and Sue made gains on this level. After six months of twice weekly yoga therapy sessions David and his wife took their first vacation in years and he had no problem sitting on the plane for four hours.



I checked in with Sue eight months after our last class together and she wrote back:

"The yoga sessions pretty much changed how I deal with my back. I do the exercises almost every day (5-7 days week). I've learned my limitations - stacking wood is still not a great activity to do - or lifting super heavy things isn't an option either - but other than that - I'm back to normal and active. I have not had any issues like that disc problem. I have only "tweaked" my back ONCE since your classes (my fault, I went to grab something really heavy out at arm's length), and it was fine a day later. Previously - I would have a back spasm at least 2-3 times a year (each time a multi day issue), and various other

"tweaks" throughout the year that would take a long time to recover. I have also not been back to the chiropractor, or needed Robax. So, all in all - pretty awesome."

Tips to recover from back pain:

1. For mild non-specific back pain with no leg pain, try a group yoga class where poses are held for a few breaths. This will help increase your stamina and endurance and increase body awareness. Skip the classes that are fast-paced.

2. It's not all about stretching. Practice gentle strengtheners for the whole body including the back, hips, shoulders, legs, arms; wherever you feel weak. Inner core work is also a must - try postures like the side plank and sunbird. Mobility in the shoulders and hips is also

important; cat/cow is a good start.

3. Muscles that are tight are locked short to meet the demand we place on them. Strengthen then stretch. For example, hamstrings that are tight pull on the pelvic structure and the back. Strengthen them first, then they will start to relax and lengthen.

4. Practice poses to de-compress and lengthen the spine:

Down dog on the floor or at the wall with knees slightly bent, staff pose, mountain pose, sitting bound angle pose. Maintain the natural curves of your spine in these postures.

5. If you have leg dominant pain, stop the activities that trigger it. Nerve pain is serious. Seek professional help.



Yoga Therapy for Low Back Pain & Sciatica
By Joanne Pineau, H.BSc., C-IAYT
www.InnerJourney.ca
705-888-9686



Why has Ruth van der Voort led the Toronto Yoga Conference for over twelve years? It's because she has experienced the psychological and physiological benefits of yoga first hand. Ruth found her path to yoga through meditation after learning the practice from a supply teacher at high school—and she hasn't looked back since. Her one-day lesson propelled her to deepen her understanding and she has since discovered how yoga and mindfulness can change and improve lives.

Over her 23 years as a yoga teacher, Ruth has learned to see her students—to move past simple instruction and truly teach the value of the practice. For Ruth, yoga is not a class. It is not something to instruct. Yoga is a way for individuals to engage in self-discovery, push past boundaries and obstacles and find a community.

Ruth's vision of yoga teaching inspired her to start the Toronto Yoga Show twelve years ago, and her vision remains the driving force behind the conference. The show continues to be the ONE place for Canadian yoga teachers, students and enthusiasts to share ideas, find inspiration and come together as ONE united community.

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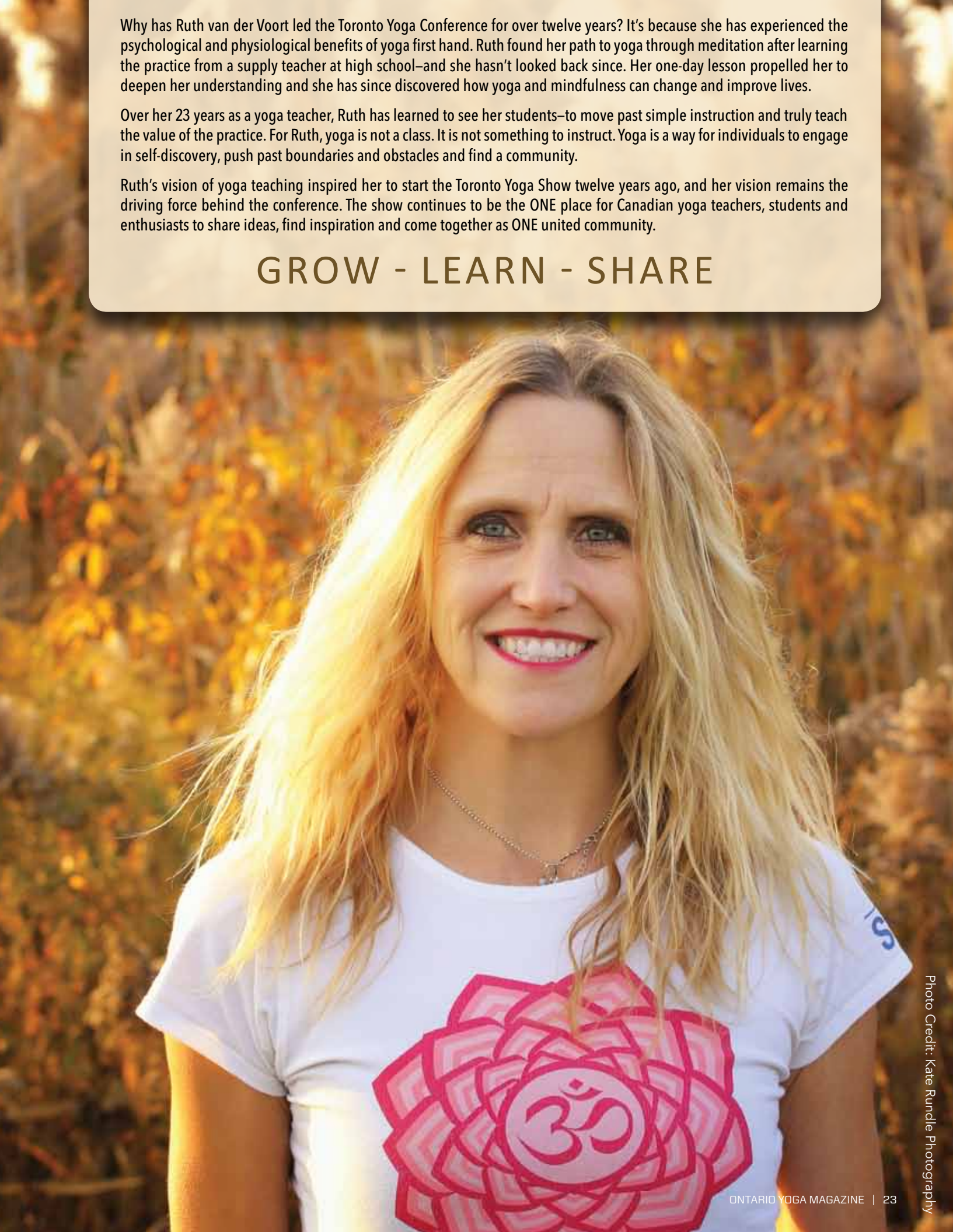
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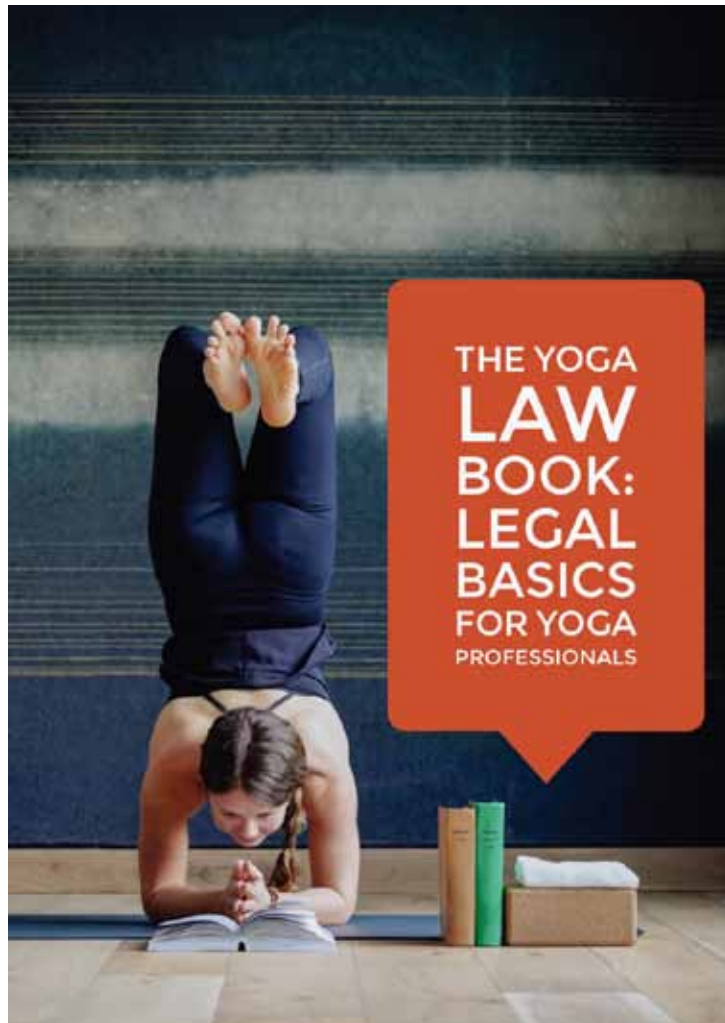
WHY YOGA LAW?

It was a yoga class that would change my life. I was just starting out as a lawyer and was excited to attend my favourite teacher's class. She was in between locations, waiting for her brand new studio to be complete. In the interim, we were cramped together in a residential conference room waiting to start practice. The space was unsafe for yoga practice, with concrete pillars and sharp-edged corners everywhere. No one signed a waiver, the instructor was not covered by insurance to practice outside of her studio and someone broke their wrist coming out of a headstand. In a flash, I saw all of my teacher's hopes and dreams of her new studio hang in the balance. When we spoke after class about what happened, I was shocked she didn't understand how she was putting her ambitions at risk. This was the incipient moment of Yoga Law.

Yoga Law offers legal services to yoga professionals. It is rooted with a resolve of service and helping our community. The reality is that yoga professionals – be it teachers, studio owners, retreat organizers, teacher training facilitators or online business managers – are typically unfamiliar with the law. Because the law seems intimidating and uncomfortable – even scary, we close our eyes and hope nothing bad happens.

While this may be comfortable in the short term, it puts our livelihood in jeopardy. All of the hard work building a business can quickly be nullified if you aren't operating professionally. If you are running a yoga business, you will inevitably

interact with the law. Why not become empowered and enjoy the experience? Yoga Law educates yogis to take control and pursue their entrepreneurial spirit at best legal practices.



Yoga Law offers legal services to yoga professionals. It is rooted with a resolve of service and helping our community.

In serving yoga clients and businesses all over the world, I've heard the same questions repeatedly: When should I incorporate? How can I tighten up my waivers? Are my staff contractors or employees? Does my insurance cover everything? What happens if I lead retreats internationally? How can I trademark and license my brand?

By focusing on the yoga industry specifically, we understand these issues and have the simple solutions to sort them out. As a result, we get fulfilled by seeing our clients thrive and not lose any sleep over their legal issues. This is precisely why I've written a Yoga Law book – I share my stories and experiences of being a yoga lawyer to educate and inform yoga professionals about simple and practical steps they can apply to their businesses to operate efficiently. It is law at its best – un-intimidating, approachable and fun.

My ask of you at the moment: start thinking about how your business interacts with the law. Where your attention goes, your intention flows. Once we realize that law can be leveraged as a friend to the yoga community, we gain control over our livelihood,

passion and service that provides immense societal benefits to our tribe. Please reach out to us with any questions, we're happy to support.

instagram: @consciouscounsel
website: www.yogalegal.com
website: www.yogalawbook.com
email: holler@consciouscounsel.ca

Santosha Yoga Retreats with Dorothy, Offers a Life Changing Experience

Dorothy Price has been actively involved in yoga for 40 years. A devout student of this ancient practice, it was a natural progression for her to become an instructor. After completing her yoga teacher training in 2002, Dorothy founded Santosha Yoga Retreats on Salt Spring Island, BC.

Along with weekly public and private classes, Dorothy teaches many retreats throughout the year. Her retreats are held all over the world including Salt Spring Island, Tofino, Italy, Spain, Croatia, Provence, Greece and Bali. The serene, natural settings, along with Dorothy's expert instruction help take the students away from their everyday stresses to a place of peace; helping them to feel rejuvenated and give them inspiration to continue their yoga practice. They provide students a chance to nourish mind, body, and spirit with like-minded individuals. Dorothy teaches asana (poses), pranayama (breathwork) and meditation at every retreat. Giving students a holistic yoga experience.

Four times a year, she holds retreats at the Stowel Lake Organic Farm Wellness Center on Salt Spring Island, incorporating the yoga disciplines with healthy, clean living in a naturally beautiful environment. Students experience serenity and immersion in nature. Farm Yoga has become increasingly popular over the last year because of its numerous mental and physical benefits.

Yoga at Tofino, BC is a powerful west coast experience. Students enjoy deepening their practice by the wild Pacific Ocean. The fresh ocean air and the miles long beaches make this a very special retreat. If the weather permits, morning yoga on the beach is a favourite. Otherwise a lovely indoor studio is used.

Students attending the retreats in Europe and Bali enjoy the comradeship of a group while participating in daily yoga classes and day-trips with the group. These retreats have become a favourite for those that don't want to travel alone.

Currently, Dorothy has four retreats scheduled from September 2017 to April 2018.



From September 9 – 16, she will be teaching Yoga in Tuscany, Italy. Students will be staying in a beautiful hilltop villa overlooking breathtaking views of forests, mountains, vineyards, and olive groves.

Her next retreat, from September 19 – 26, will be held in the beautiful historic Zamaga, a 400-year-old villa minutes away from Dubrovnik in the Bay of Zaton in Croatia. Students will enjoy yoga practice amid beautiful land and seascapes. Many wonderful day-trips are planned such as touring the local vineyards, ancient cities, architectural wonders and the island of Marco Polo's birth place.

In October, Dorothy will host a fall Yoga on the Farm retreat from October 20-22. Enjoy practicing yoga and meditation while surrounded by the natural fall colours and scents on the Stowel Lake Organic Farm. Fall is an inward turning time of year with cooler temperatures, bountiful harvests, and glorious colours.

In 2018, Dorothy is holding a retreat from April 14 – 25 in Bali, Indonesia. Check her website for more exciting details.

Dorothy has enjoyed watching her students grow and experience the life changing benefits of this ancient practice. She enjoys helping them incorporate the lessons they learn in her retreats into their everyday lives.

She believes a yoga teacher is a source of inspiration to others and should be as much help in the world as possible. Asana, pranayama and meditation are part of Dorothy's daily practice. She lives every day trying to be a better person. She observes herself and how she is with others. That is her path as a teacher.

Her natural love and passion for this ancient practice is clearly evident in her weekly classes and frequent retreats. Students attending a retreat with Dorothy can look forward to life changing transformations and experiences.



250-537-7675
PO Box 588, Salt Spring Island BC V8K-2W2

www.santosha-yoga-retreats.com



SEWALL HOUSE YOGA RETREAT

Donna (Amrita) Davidge has led a diverse and exciting life. As a former model and actress, she is a successful business woman, writer, nutritionist, and yoga instructor. She holds a 500 E-RYT yoga instructor certification and is a 3HO member of the International Association of Yoga Therapists. She also holds a masters degree in nutrition.

Donna has been a yoga and meditation icon in New York for over thirty years; teaching private and group sessions. When she first started teaching, her primary yoga style was Kundalini, but after a decade, she incorporated other forms of yoga into her session as well including Ashtanga, Iyengar, and Dharmayoga.

One of Donna's most successful and

proud achievements in her yoga career is the annual retreat she holds at her family home in Northern Maine. She has been hosting the summer retreats at Sewall House from May 15 to October 21 since she purchased it in 1997.

Sewall House has special meaning to Donna. As a fifth generation family member owning the home, it once belonged to her great grandfather William Sewall. As a young man, William worked as a nature guide at the house. During the late 1870's, early 1880's a young college student, Theodore Roosevelt, started visiting Sewall House to enjoy his passion for nature, which in turn relieved his lifelong asthma. The two boys soon became close, lifelong friends; a friendship that continued

after Roosevelt was elected America's 26th president. Theodore Roosevelt spent three fall expeditions at Sewall house as a young man, trekking through the area, forging the woods and newfound nature lessons from William Sewall, who taught him to hunt for one.

Donna continues in her great grandfather's footsteps by offering the same hospitality to her guests that her family began almost 150 years ago. After becoming the owner of the home, Donna began hosting retreats in 1997. Within 10 years, Sewall House became one of the most popular and sought after relaxation havens in the world. The home is nestled within the beautiful area of northern Maine near a local Amish community and store.

Visitors arriving in the area are immediately immersed in its natural beauty and small New England town charm. Sewall House offers a refreshing escape from the hustle and bustle of daily life.

While staying at Sewall House, a registered National Historic Site, visitors can participate in daily yoga sessions including morning Hatha classes, Vinyasa, Ashtanga/Iyengar, Kundalini classes, and morning meditation sessions by the river.

Throughout the day, visitors can participate in a variety of outdoor events including hiking, kayaking, biking, and swimming. They can relax in the sauna or treat themselves to a massage.

The retreat offers a vegetarian diet. Guests can enjoy three plant-based meals prepared by professional chefs daily. While a minimum five day stay is recommended to enjoy the full benefits from the services offered at the house, guests can choose how long or short they stay. The house is alcohol and substance free.

The clientele are typically single women between 20 to 70 years old. Mother-daughter groups, couples, single men and families also enjoy the retreats. People often come to Sewall House because they are experiencing a major life change, finding the need to step away from day to day life's stresses for a brief period.

Along with the annual retreat, Donna also offers other packages at Sewall House including a 200 hour Immersions Teacher Training program. The three week program



is offered in May and in September each season. Sewall House also holds Stand Up Paddleboard and Hiking weekends for the outdoor enthusiasts and Writing and Yoga weekend retreats with guest teachers. Anyone interested in viewing the current calendar of events for the upcoming season is invited to visit her website at: <http://www.sewallhouse.com/EventsSewallHouse.html>.

Sewall House is a beautiful historically rich family home nestled in the pristine

nature of northern Maine. The natural beauty of the area is a refreshing break from the hectic pace of urban habitats and the perfect place for one of Donna Davidge's famous yoga retreats. www.sewallhouse.com has most information you need- feel free to email or call with questions.



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Being active makes you smarter and other secrets

Here are some workout perks that may surprise you.



Although weight loss may be your main reason for getting active, the benefits are so much broader. Here some workout perks that may surprise you.

Total tune-up: Physical activity lowers more than scale readings; it also reduces your risk of heart disease and stroke. Breaking a sweat helps manage risk factors including high blood pressure, high triglycerides, diabetes, and high cholesterol. Plus, the impacts your body endures during regular physical activity build bone mass (or prevent its loss), which can help prevent osteoporosis.

Brain booster: Stepping away from your desk may seem unthinkable on a busy work day, but an active break is one of the best ways to recharge your mental batteries. Research has shown that your decision-making, productivity, and quick thinking are heightened after just 30 minutes of aerobic activity.

Stress buster: Everyone handles stress differently but the results are generally

the same: irritability and deterioration of your health. A brisk walk or run takes you away from your stressors physically and mentally, giving you time to re-evaluate. And regular activity can help condition your body to handle stress by improving your self-perception and trait anxiety (how you react to stress), reducing your blood pressure and regulating your heart rate.

Getting active regularly can help you fall asleep faster.

Pain reliever: Chronic lower back pain can leave you bedridden and inactive. Yet inactivity may make the situation worse. For some, training the core muscles can help stabilize the back and reduce back pain by improving strength and flexibility. Improving your conditioning is not limited to your back. Talk to your physician to learn if an activity program could help reduce or eliminate some chronic pain.

Sleep aid: Can't resist hitting the snooze button? Sleep disturbance becomes more common with age, but going short on z's can cause depression, anxiety, and cognitive impairment. Getting active regularly can help you fall asleep faster and experience longer periods of slow-wave sleep - key indicators of more restful sleep.

Sex enhancer: Getting active can also help rev up your sexual health by boosting self-perception, delivering a higher level of satisfaction and improving performance and endurance (sex is an aerobic activity, after all).

There are many other benefits of regular physical activity; focusing on the ones that matter to you will help you make it a priority. But don't take my word for it! Schedule 30 minutes of activity, in periods as short as 10 minutes, every other day (or more) this month and see how you feel.

Before starting any physical activity routine, please check with your healthcare provider.

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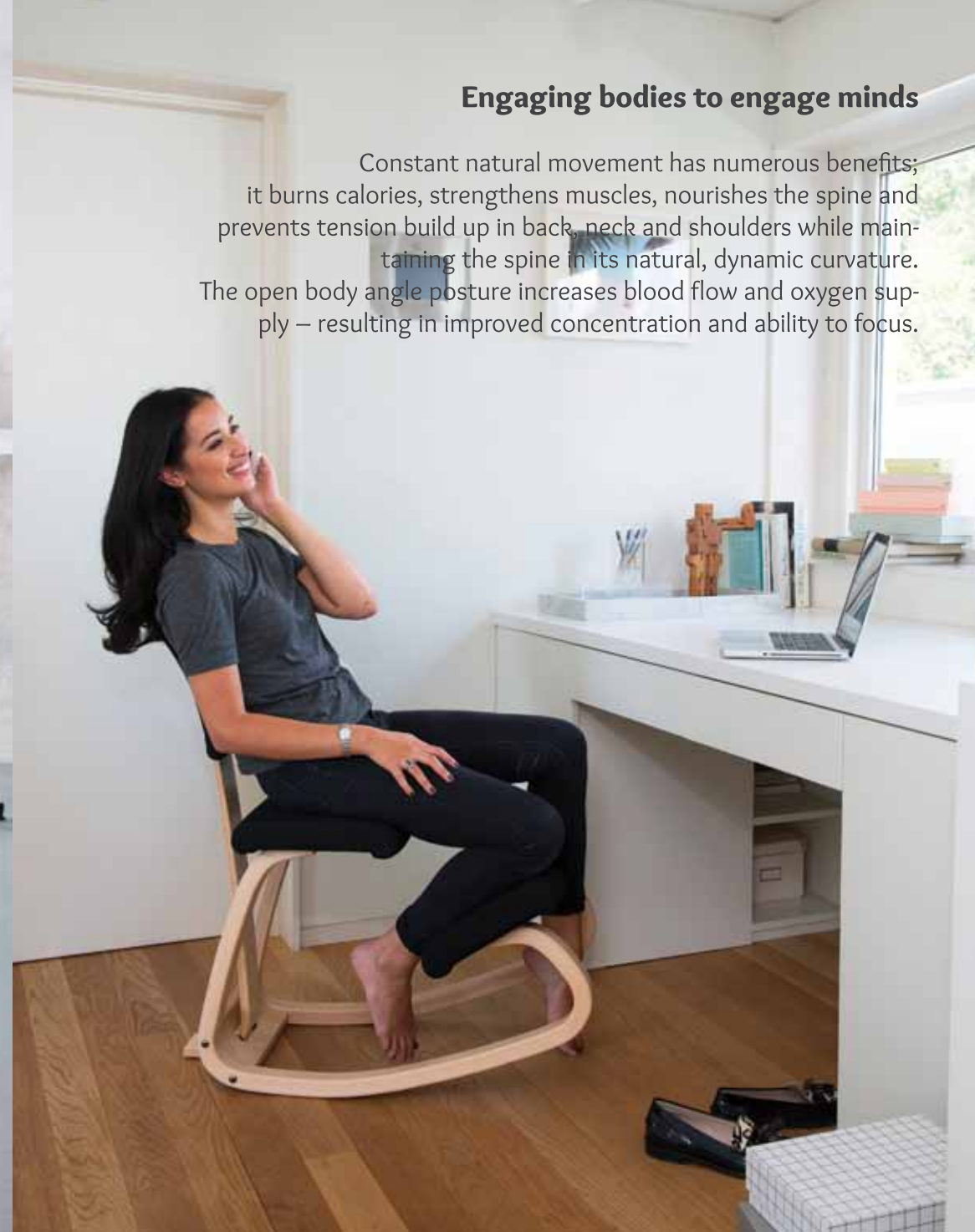
SEATING FOR HOME, WORK & PLAY

We were born to move.
For us it means freedom to move, even when sitting.

We believe that for a predominantly sitting society, chairs should reflect the basic principles of movement and variation. Chairs should follow the natural urge of the body to move and change position, whenever needed – all while providing proper postural support – naturally. At work and at home.

Prevention is the first and most effective weapon against back pain. This can be accomplished by adopting a more active, less sedentary lifestyle. But also, at rest, by using a chair/lounge chair/bed that supports you properly and encourages healthy posture. Even better, one which allows you to « shift » position through a range of postures – all while maintaining proper postural support. This is « healthy sitting » and creates a unique kind of comfort that comes from contoured body support – not overstuffed padding.

Try for a second to sit at the end of your chair, feet back. What do you feel? Or don't feel... Indeed the real problem isn't the chair itself, it's the posture in which the chair puts you. →Traditional chairs force our bodies into a 90-degree angle, which squishes our internal organs, and contributes to that post-lunch bloated feeling. Meanwhile, an open hip angle (anything greater than 90-degrees) is more optimal and helps to reduce pressure on your lower back. Ergonomists have found that the optimal open-hip angle is 135-degrees, which is far from the normal chair standard!



Engaging bodies to engage minds

Constant natural movement has numerous benefits; it burns calories, strengthens muscles, nourishes the spine and prevents tension build up in back, neck and shoulders while maintaining the spine in its natural, dynamic curvature. The open body angle posture increases blood flow and oxygen supply – resulting in improved concentration and ability to focus.



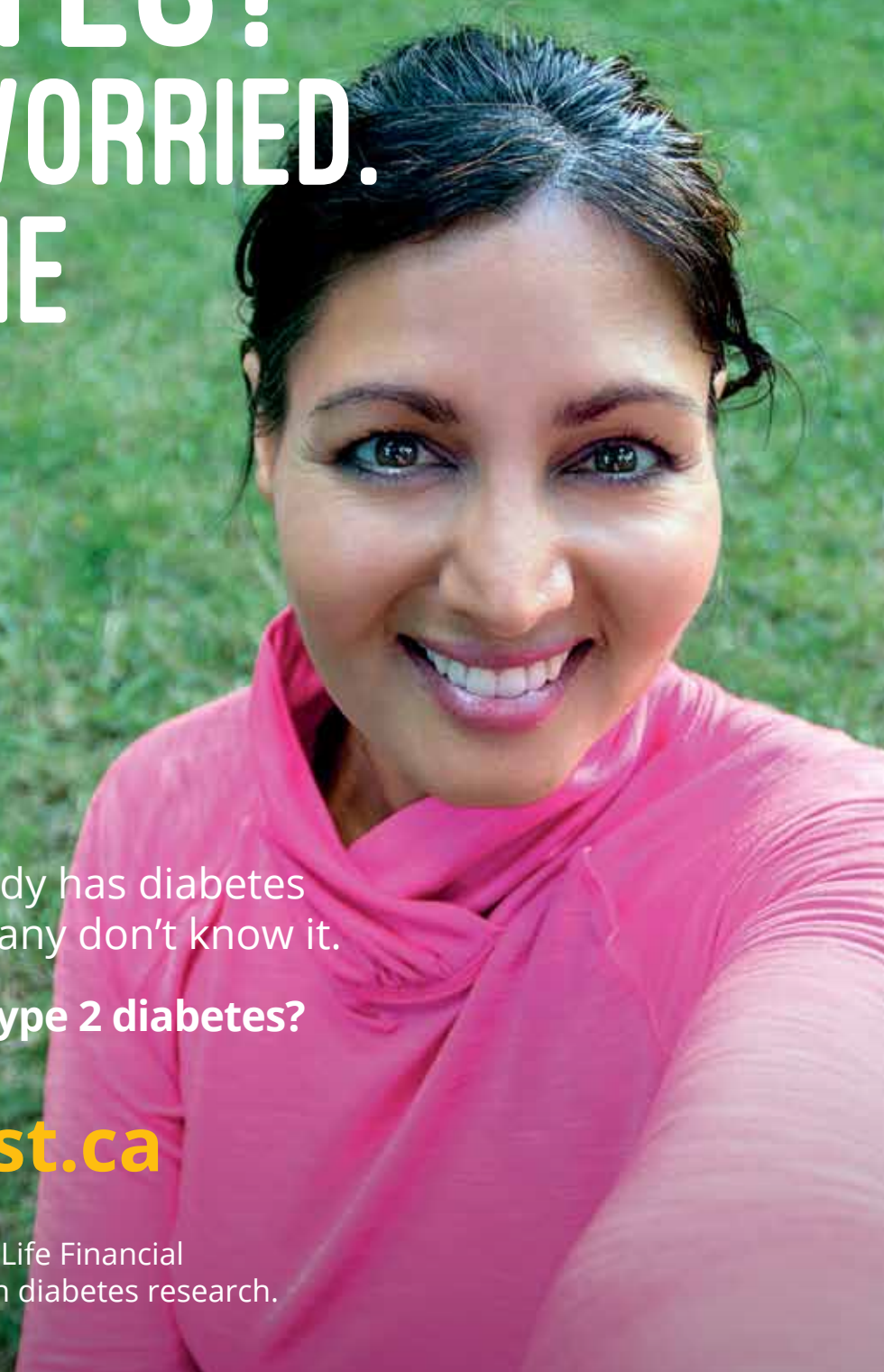
ABOUT BLUECONY™. Bluecony™ was born from the desire to make a difference. Entrepreneur at heart, co-owners Aurélie Périé and Philippe Funez decided to source smart designs, with no compromise on function and comfort. They also designed IKUKO, a very unique meditation bench. And it's a success! Knowing that both evolve in a related field - Ashtanga yoga and Tao Shiatsu, it's no surprise that for the last 6+ years they've had at heart their customers' well-being and health, working towards offering relevant solutions, not believing that we should sit still and endure. They got your back!

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EVERY STEP COUNTS

Give your walking power and your health a boost with the help of a pedometer

By Barb Gormley

“Wearing a pedometer for the first time was a real eye-opener,” says Mike Mather. He was introduced to the handy step-counting device, which clips to your waistband, two years ago at his diabetes education exercise class.

“Many people in the class didn’t realize how few steps they took in a day, especially if they had desk jobs,” says the 65-year-old travel agency owner from Deep Brook, N.S., who was diagnosed with diabetes seven years ago.

As part of the exercise program, his class took on the challenge of travelling all the way around Nova Scotia—on paper, that is! They combined their daily step totals, and were thrilled to successfully complete the 2,500-kilometre journey over the eight-week program.

Mr. Mather and his wife, Diane, challenged themselves to walk an impressive 10,000 steps per day during the program. “If at the end of the day one of us was 3,000 steps short, it motivated us to go for a walk that evening. I hate to lose!” he says.

Monitoring his steps became part of Mr. Mather’s daily routine, and even after the program was completed, he continued wearing his pedometer each morning.

The benefits of pedometers

“They work so well because they give instantaneous feedback, the same way video games do,” says Dr. James Mandigo, associate professor of physical education and kinesiology at Brock University in St. Catharines, Ont. “You always know how you’re doing, and this builds your confidence.”

While experts often cite 10,000 steps per day as an ideal target, this may be too ambitious a goal for people who are just getting started with activity, says Joanne Lewis, healthy eating and nutrition programming director for Diabetes Canada. (The average Canadian walks an estimated 3,000 to 4,000 steps per day.) Instead, she suggests that you determine your current walking activity level and then gradually increase it over time.

“Start by monitoring how many steps you take on an average day, then if you’re able to, add 500 per day until you eventually reach 10,000,” she says. “It may take a while, but in the meantime you’ll be more physically active than you were in the past!”

More good news

When it comes to the benefits of walking, it’s unanimous. “Research shows that walking can improve fitness levels, blood sugar control, A1C levels, cholesterol values and body weight,” says Dr. Paul Oh, a scientist and medical director of the Cardiac Rehabilitation and Secondary Prevention Program at the Toronto Rehabilitation Institute. He notes that a collection of studies have shown that, on average, people who wear pedometers take 2,000 more steps per day than people who don’t. Additional studies show that pedometer-wearers walk faster and more frequently, and are more likely to stick with a walking program, than those who don’t use one.

Research shows that walking can improve fitness levels, blood sugar control, A1C levels, cholesterol values and body weight.”

Dr. Paul Oh, scientist and medical director

HOW TO CHOOSE A GOOD PEDOMETER

Three things to look for:

1 Accuracy Poor-quality pedometers are often too sensitive or not sensitive enough. Do these two quick tests: i) Reset your pedometer to zero, and take 20 steps. An accurate pedometer will record 19 to 21 steps. ii) Stand still and wave your arms, as if you’re conducting an orchestra. An accurate pedometer will not record any steps.

2 Cover and safety strap A hard cover protects the face of the device if it falls off. The safety strap keeps it from falling if it becomes unclipped.

3 Talking feature If you find it difficult to read or manage your pedometer, consider one with an audio feature that will announce your step count at 1,000-step milestones or at the touch of a button.

How to choose a good pedometer app

If you have a cellphone, look at the free pedometer apps available. Do the 20-step test (see above) to check them for accuracy, and explore their features. Some will map your route as you move about town, and track distance, elevation and speed. Also, determine if the app counts steps when your phone is in sleep mode, if it requires GPS and how much battery power it draws.

Every step counts, indoors and outdoors

Consciously adding extra bits of exercise—by taking the stairs instead of the elevator, walking over to a colleague’s desk instead of emailing, and pacing during phone calls and television commercials—can significantly boost your day’s step total. And, of course, remember that the indoor steps you take while vacuuming, climbing stairs, and moving about the kitchen as you cook all count as well.

DID YOU KNOW?

Regular physical activity helps you better manage your blood glucose and diabetes. During physical activity, active muscles allow your body to use glucose more efficiently, and this effect lasts for one to two days. For more information, read “Planning for Regular Physical Activity” at diabetes.ca/planactivity.

DIABETES CANADA | END DIABETES

For more information about Diabetes Canada, please visit diabetes.ca



Take a Walk sample program

Use this four-week beginners’ program to gradually and safely increase the amount of walking you do each day. Each week, increase your target by 500 steps over the previous week’s target. And don’t give up if you don’t meet your target!

Week 1: Use your pedometer to determine a baseline.

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|------|-------|------|--------|------|------|------|
| | | | | | | |

Total weekly steps = _____ ÷ 7 = _____ = Week 1 daily step average

Week 2: Increase your steps.

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|------|-------|------|--------|------|------|------|
| | | | | | | |

Week 2 target = _____

Total weekly steps = _____ ÷ 7 = _____ = Week 2 daily step average

Week 3: Increase your steps.

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|------|-------|------|--------|------|------|------|
| | | | | | | |

Week 3 target = _____

Total weekly steps = _____ ÷ 7 = _____ = Week 3 daily step average

Week 4: Increase your steps.

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|------|-------|------|--------|------|------|------|
| | | | | | | |

Week 4 target = _____

Total weekly steps = _____ ÷ 7 = _____ = Week 4 daily step average



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