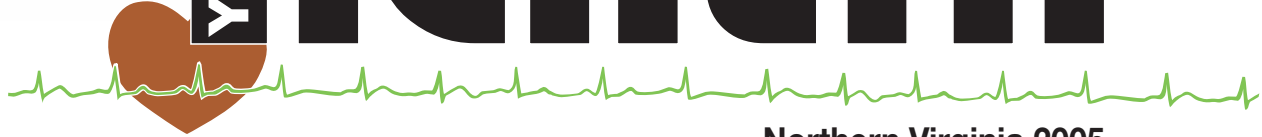


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# YOUR HEALTH



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## Connecting With Massage, Movement and Meditation

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Life tends to be filled with tasks that are never tackled in time or even at all. Our lives are usually filled with routines, demands, expectations, challenges, change, and commitments. The key is to find a connection with your body and mind so that you do not lose a sense of self. Our busy minds and bodies have the ability to slow down and relax when given the opportunity. Awareness of how you are feeling is an open invitation to slow down and connect.

It is important to always pay attention and listen to your body. Some examples of the messages we receive through our bodies include stress, anxiety, weight gain or loss, exhaustion, muscle aches, discomfort and pain. People do not always respond to these messages, but answering them with action will improve your quality of life. Many of us become desensitized to our physical and mental symptoms and concentrate more on our busy lives. Amazingly, we eventually begin to reconnect with

our bodies and listen again. Why? Many of our symptoms may have increased, including pain, which sure does have a way of getting our attention. But why couldn't I hear the symptoms earlier? I'm sure my body left those messages. Why didn't I answer? Maybe I did not think it was important and erased the messages or is it possible that I was so busy I missed the call. Listen closely...your body wants to talk.

### **The Beauty of Movement**

Yoga is a form of movement that will increase awareness of your body's messages, encourage healthier breathing, and expand your awareness to greater focus, clarity, and peace of mind. Yoga can strengthen and tone your muscles, encourage greater flexibility, improves your sleep patterns, improve digestion, lower blood pressure, and all while restoring energy and improving your posture and balance.

### **The Beauty of Meditation**

It really is just the simple action of focus. Finding a focused thought or action in a quiet space is key. One aspect of the challenge of meditation is to

learn how to breathe in a healthier way. Shallow breathing affects blood flow to the organs in our body and will encourage muscles to tighten and shorten.

### **The Beauty of Massage Therapy**

Our bodies can absorb the memory of any physical or emotional trauma or just daily stresses on our bodies and emotions. Do you have a certain nagging area(s) on your body that just aches or is painful? You may be carrying what is called a trigger point. Remember, your body is sending you a message. This part of the muscle tissue has become unhealthy due to any or all factors, such as lack of blood flow and nutrients to the tissue, scar tissue, nerve impingement(s), muscle compensation, repetitive movement, lack of movement (creating a space for muscle shortening) or injury. Muscle manipulation will restore blood flow, rid toxin (lactic acid) accumulation, encourage healthy muscle functioning and allow the body to break chronic pain cycles and improve immune system. Your body may have a message for you, answer the call. Stop unhealthy patterns in your body now.

