

Yogachelan

Yogachelan

March 2010



In This Issue

[Reduce Stress](#)
[Simple Office Stretches](#)
[March Happenings](#)
[February in Review](#)
[Schedules and Events](#)

Schedules and Events

[March Calendar](#)
[Printable Calendar](#)

Newsletter Focus

This month's focus is on recognizing stress and what to do about it. Use the simple stretches and points shared in the newsletter. Unchecked tension and stress can lead to serious, long term health issues.

Please take the time to take care of yourself.

Namaste'
 Lynda and Lisa

Reduce stress

Do you ever notice yourself holding the telephone with a death grip, or scrunching your face when staring at a computer screen? These unconscious habits can lead to chronic tension, muscle fatigue, and soreness in the wrists, arms, shoulders, neck, and face, which can increase stress and worsen your mood.

This always-on approach brings with it enormous moment-by-moment mental and physical costs. Unyielding stress floods your body with a cascade of hormones: Adrenaline pumps up blood pressure and makes your heart beat faster; cortisol raises your blood sugar level, and, if it remains chronically elevated, can erode your immune system. Not only does such chronic stress make you more susceptible to ailments such as migraine headaches and irritable bowel syndrome, but research increasingly shows it can raise your risk for more serious conditions, including heart disease, osteoporosis, and depression.

What can we do?

It would be great if we could always escape for an hour of yoga, but

Start by sitting up tall.



Just by sitting up tall we create more space for our lungs to function. Thus a deeper, fuller, restorative breath.

Breathe and Move

Simple focused breath and movement to reduce tension and stress in the office.

VIEW

[Video of Ted at his desk](#)

that's not always possible. Exercise reduces stress, but the **self-observation** necessary to **recognize and stop the deleterious effects of the stress response before it spirals out of control is the key.**

Notice where you hold your tension: shoulders, neck, face, tongue, jaw, legs, belly, back.....

Consciously breathe deeply and bring awareness to tense areas and relax them. Just three to five deep breaths and you begin to lower blood pressure, release healthy biochemical reactions in the body, becoming more calm, and aware of your body. You have developed the practice of holding tension. Now turn the focus to the practice of releasing the tension. Breathe into the areas of tension with awareness and intent.

Additional information

Yoga and the Stress Response <http://www.MyDailyYoga.com>

Banishing Burnout , Melt Tension Away <http://www.yogajournal.com/health/1916>

Stop Stressing At Work http://www.yogajournal.com/dailyinsight/yjnl_2010022

Quick Links

Yogachelan.com

[Yogachelan Facebook](#)

[Join Our Mailing List](#)

Simple Stretches in the Office



Stretch and breathe

Sit up tall. Reach out to the sides and inhale as you move your arms over head. Exhale arms down. Keep shoulders down. Repeat 5 times. Opens the chest for deeper, full breaths. Releases tension in the neck, shoulders, back, and arms.



Spinal Twist

Sit up tall. Feet flat on the floor hipbone width apart. Inhale, lengthen the spine and rotate the torso to the right, reach the left hand to the right knee and the right arm to the back of the chair. For more intensity look over the left shoulder. Hold for 5-10 deep breaths. Repeat on the other side. Releases tension from the hips, back, and shoulders.



Supported Forward Fold and Shoulder Stretch

Find a desk or counter top about the same height as your hips. Place your elbows on the surface, hinge at the hips and walk the feet back. Place your knees and ankles right below the hips with feet hipbone width apart and flex in the knees. Important* always flex the knees to protect the lower back and knees. Create a long flat back by flexing the knees and drawing the shoulders back and down. Support your neck by reaching through the crown of the head. Hold for 10-15 breaths. Releases tension from the shoulders, upper back, lower back, hips, and hamstrings. For intensity draw the palms together and reach toward the base of the neck. To add more intense stretch to the hamstrings, gently rotate the hips up toward the sky while keeping the knees gently flexed and the back flat.

March Happenings

Business After Hours

Yogachelan will be hosting the Chamber of Commerce Business After Hours on March 18 beginning at 6:00pm.

Yogachelan Two Year Anniversary

March 1st Yogachelan, Lisa and Lynda, celebrate two years as Yogachelan.

Schedule Changes

Take a good look at our March schedule. We now have a Friday 9:00am and 4:30pm class. Our 9:00am Thursday class is now Sloga. Thursday 5:45pm class is now at 6:15pm. No YogaMen on Saturday. March 18, Thursday, there will be no Sloga class at 6:15pm due to Business After Hours. We are always trying to find what works best for you. Please let us know.

Daylight Savings Time begins March 14th.

February in Review

World Yoga Day

On January 31, Yogachelan and hundreds of yoga studio from around the world joined together for a world yoga marathon with our thoughts and energy focused on humanitarian rights. Donations went to Doctors without Borders with Yogachelan students and friends contributing \$800.

Dan covers for Lynda and Lisa

A "Sub" Story

Recently Lisa and Lynda headed off for a much needed vacation to Mexico and they asked me to sub. I gladly accepted the opportunity and relished the experience I would gain by teaching 18 classes in 8 days. Day one started. Open Yoga 9:00 AM.

Maybe I was nervous, maybe I was projecting my fears and insecurities but as I was sitting on my mat preparing for my first class the door opened and the first student walked in. Did I see a look of disappointment on his face? Was I not what he expected when he walked in the door? And who, by the way, am I to be teaching yoga? I am very new to yoga and teaching. What right do I have to guide people on their journey? How DARE !!

Well, that first class was noteworthy. Noteworthy in that I let myself lose who I was. I lost my own yoga "voice". I attempted to speak and lead like Lisa and Lynda and I ended up not knowing my elbow from my, well... you can imagine what. But through my mistakes I learned after that first class how to be me.

There were two classes that first day. After spending all morning and into the early afternoon wondering what went wrong I approached the afternoon yoga class with new intention. I would be me, Yoga Dan. I

found my "voice", I found my style, and found my passion.

The remaining classes were wonderful; an experience like no other in my life. I was ready to be a teacher. I am a teacher. But, alas, at the end of the subbing session I knew I was tired. My body was rebelling. You know you have had too much yoga when your students are correcting your poses!

But I made it through and thank dearly, and from the bottom of my heart, all of the wonderful yoga students that came to class, gave me the opportunity to teach and share yoga with them, and most of all, I thank Lisa and Lynda for starting me on my yoga journey.

Namaste`

Dan White

About Yogachelan

Yogachelan is owned and operated by Lisa Sloan and Lynda Kennedy. Both are experienced, certified, and insured yoga instructors. They are active in their community, are members of the Lake Chelan Chamber of Commerce, and were New Business of the Year 2009.

The Mission of Yogachelan is to promote the health benefits of yoga and to make yoga accessible to everyone.

116 N. Sanders
Chelan, Washington 98816
Yogachelan
509-679-5873

[Forward email](#)

[SafeUnsubscribe®](#)

This email was sent to theemotionaldriver@gmail.com by info@yogachelan.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Yogachelan | 116 N. Sanders | Chelan | WA | 98816