

NAMASTE

Spiritual Studio

February 14, 2021

To: Namaste Yoga Tribe:

NAMASTE WEEKLY NEWSLETTER:

ॐ ♥ *Happy*

Valentines ♥

*Happy Lunar
New Year &*

♥ *Heart Month!!!*

♥ **YOU ARE LOVED!**

"There is only one
happiness in life: to
love and be loved "

By George Sand

♥ Valentine's day, or
St. Valentine's Day is
the festival of love and
care, and is celebrated
to some for the
coming of Spring. The
ancient Romans may
be responsible for our
modern day of LOVE.
It is a day to express

affection with
greetings and
gifts. Around the 14th
century, this day
became a day to
celebrate romance.

Britannica.com

Happy Lunar New Year!
This is the Chinese New
Year and it is the Year of
the Ox. This date changes
every year depending on
the new moon between
January 21 - February 20.
This year it is February
12/2021.

♥ This is the American
Heart Month and a
month to give from the
heart and to focus on
your cardiovascular
health. A month to take
care of our hearts

#Ourhearts

How do you keep your
heart healthy?

There are many ways to
take care of our
hearts ♥:

♥ eating a healthy diet
(prana power),
♥ increasing your
physical activity
(yoga) and ♥ monitoring
and managing your
cholesterol and the
silent killer... your
♥ blood pressure.

♥ Our hearts
approximately weigh
between 8 -12 ounces.

**"Don't move the way fear
makes you move. Move the
way love makes you move.
Move the way joy makes you
move." ~ Osho**

♥The Heart Chakra♥

Sanskrit: Anahata

Chakra: 4th

Color: Green

Location: center of chest and the pivotal location b/w the bottom 3 chakras (physical) and the top 3 chakras (spiritual).

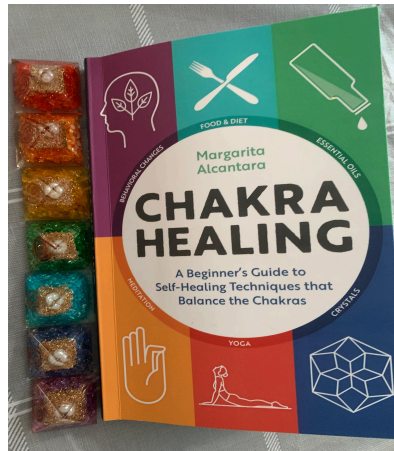
Element: Air

Glands: Thymus

Affirmation: “ i love”

Essential oils: Rose, bergamot, lavender, lemon balm, ylang ylang, neroli, palmarosa.

Crystals: Rose quartz, emerald, jade, peridot, green calcite & kyanite, tourmaline.



Healing the heart after trauma - physically, mentally and spiritually can be challenging. My heart chakra became blocked to try to protect itself. My Ida

nadi was also blocked and my heart was shifted off its axis. There is hope! Our bodies can heal in many ways and through yoga, mindful meditation, chakra healing and therapeutics, I saw a change. For me, my approach was more holistic. I went to a homeopath, an osteopath and saw amazing results. Weekly visits to the chiropractor, physical therapy and massage also helped. .

Several visits to the emergency, several Ekg's, echos, ultrasounds and chest xrays and now wearing a halter device to monitor the heart function. I used a Blood pressure machine, an Apple Watch heart monitor app and an oximeter to check for oxygen and my pulse. My lesson in all of this is to stay grounded, use your tools of healing and show up with a full heart and smile and remember that you are alive. Trust your

intuition and your third eye
chakra 🙄

Cardiac investigations are still in progress ! Losing My best friend Jules, My Nan, my Dad (my hero), my aunt and my dog Selena over the last few years and a few physical injuries to my head, neck and chest last year as well, has all affected my heart on so many levels. I eventually got stuck in the flight and fright pattern and my sympathetic nervous system was in high gear. Let the healing continue 🙏❤️

Thank you all for helping me mend my heart ❤️

❤️ My Mother Nancy, my husband and BFF Kevin, my family Camryn, Jessica and My brother Robby.

♥️ Nova Spinal Care/Dr. Cindy Toner/Chiropractor

♥️ Bedford Health Center/Maria Radelich/Physiotherapist

♥️ Halifax Naturopathic/Mike Eddy/Osteopath

♥️ White Lotus Homeopathy/Hung-Yeh Peisinger/Homeopath

♥️ Mindful Movement Yoga & Massage Therapy/ Todd Davidson/ Massage Therapist

♥️ Heather Marriott/ Chakra Therapeutics and Clyde Beer and my yoga family and tribe @namastespiritualstudio 🙏

♥️ Also would like to thank Jane for reminding me it's heart month and how kind her spirit is 🙏

♥️ I would like to thank our healthcare for their radiographs, ekgs, the covid screening staff and Internal medicine for the loan of a halter (4 month wait or more). I lost faith in our healthcare system over the past few months and that is terrible to say but true from my experiences. I left each time crying and thinking it was all in my head! I had one nurse yell across the

emergency floor and screamed “ please sit down, you are not having a heart attack !” At each visit (4) I was given Ativan or anti inflammatories (these can increase your heart rate) which I never did take and again, I was truly disappointed 😞 yet, it did give me peace of mind to know that my results were all normal and healthy from their point of view and helped me cross things off my list of what could be happening to my body and heart . I am so grateful to have free healthcare though in Canada and blessed to have private health insurance to be able to help myself.

With these unprecedented times and the fear of getting COVID with the several autoimmune diseases I have, and the high risk of my job as a dental hygienist, I focused more on ways of self healing, self awareness and self care techniques to

help reset my vagus nerve.

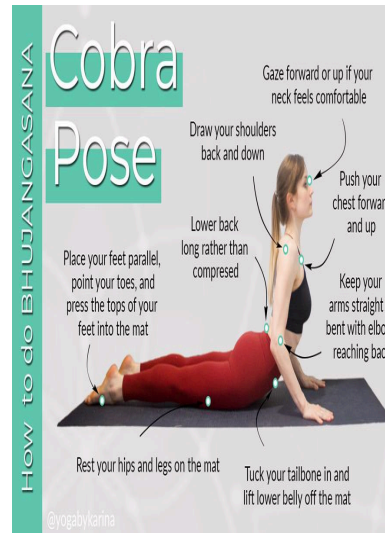
I also learned that I must trust myself and that I know my body the best. Yoga is medicine to me and I hope you find insight in this newsletter and my story. I had to learn as well to not let my thoughts rule and not be attached to my story either. This is living the 8 limbs of yoga

🧘 I now have more answers and more wisdom 🙏 This is self growth 🙏

ॐ Level 1 Ekam pose of the week is:

Bhujangasana / Cobra

This pose strengthens the back body muscles - hamstrings, glutes, and spinal extensors. While we lengthen the spine and lift the chest, it also opens the front side of the body, chest and throat and expands the breath.



ॐ JOIN US THIS WEEK! MINDFUL MONDAY, WARRIOR WEDNESDAYS AND FLEXIBLE FRIDAYS WILL BE IN STUDIO & ONLINE AND TWISTED TUESDAYS WILL BE ONLINE ONLY!

We will be online if the weather conditions are unsafe. ❄️ ❄️

Check Facebook or Instagram for any updates

ॐ **WEEKLY CLASS SCHEDULE**
MINDFUL MONDAYS
5:30-6:30pm IN/ON

- The Mindful Monday yoga class is focused on mindfulness, meditation and movement. We have live guitar music with Clyde Beer.
- This class is offered in studio and online.
- Join the online class:
 - Join Zoom Meeting
 - <https://us02web.zoom.us/j/83481037085>

TWISTED TUESDAYS
5:30-6:30pm ONLINE

- The Twisted Tuesday yoga class is a more challenging class and involves twists and yoga poses to detox and unwind our

spine. This class will step up your yoga practice!

- This class is offered in studio and online. Join the online <https://us02web.zoom.us/j/84694508096>

WARRIOR WEDNESDAYS

9:30-10:30am IN/ON

- The morning Warrior Wednesday class involves meditation and movement with standing poses (especially, the warrior poses).
- This class is offered in studio and online. Join the online <https://us02web.zoom.us/j/86554176066>

FLEXIBLE FRIDAYS

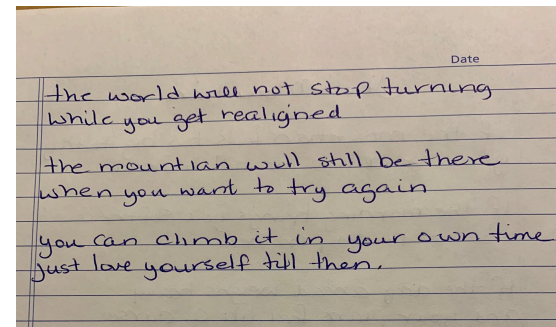
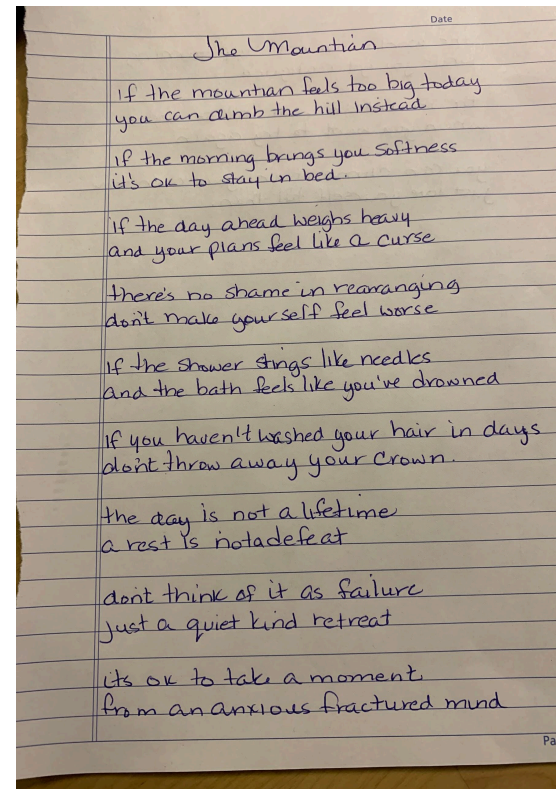
9:45 - 10:45am IN/ON

- The Flexible Friday class is a variety of yoga classes focusing on the chakras.
- This class is offered in studio and online. Join the online <https://us02web.zoom.us/j/86831257703>

The dynamic duo was a great way to start off February and a great balance of yin and yang . Join Corey and myself : FEB 20, 27 and Mar 6 from 10-11 Strong and 11-12 Yin Yoga !



\$20 per person or \$70 for the full month. Contact Strong Nation with Corey through facebook to register.



SELF CARE

SELF GROWTH

SELF LOVE

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