



*Healing always begins with self.*  
- Alice Percy Strauss

## WINTER HEALTH

**Substitute *nettle tea* for caffeinated drinks** - Caffeine stresses the adrenals, the glands that sit atop the kidneys and support the body's immunity and energy. Cold weather already compromises the kidneys, the source of our energy and vitality.

**Add water to your home and drink it often, 7-8 glasses a day** - Moisture is a natural weapon against airborne germs. Researchers recently linked the spread of the flu to winter's low humidity, meaning the theory is that germ-infused droplets from sneezes and coughs stay airborne longer in dry air. But moisture in the air (*humidity*) makes the droplets grow too large to float, and they fall to the ground.

**Keep moving** - Practice yoga to keep energy moving and respiratory system clear. (*see recommended In-tu-it™ Yoga Therapy on page 2*)

**Get excited and have fun** - Loma Linda University in California discovered that looking forward to an event boosts immunity. Biological changes take place before and in anticipation of an event. Stress hormones decrease when you look forward to something you enjoy.

**Rinse sinus passages** - Studies found that people with colds and flu who regularly use a nasal wash heal faster, need less medication, and had less future colds. Indian netti pots are made for nasal rinsing. In lieu of a netti pot, use a squeeze bottle to rinse sinuses with water and a little sea salt. Lean over a sink and irrigate one nostril at a time, twice a day.

**Meditate daily to reduce stress** - Researchers found that over time unrelenting stress weakens immune function. Science has also discovered that just 10 minutes of meditation daily boosts immunity and wellbeing.

**Connection** - Loneliness affects the immune system. In a 2005 study, college freshmen were asked to keep daily diaries charting their levels of loneliness, mood, and stress, with follow up calls and emails to see how they were doing. Students who had only a small social circle of friends and reported feeling lonely tended to have struggling immune systems.

## HEALING ENERGY MEDITATION

- With each exhalation relax your body, releasing tension where tightness or contraction is felt. Breathe easily, and rest.
- When breathing is gentle and rhythmic, bring your attention to the center of your chest. Envision warm, loving, healing energy filling this area, then spreading to all parts of your body. Feel the warmth of the healing light, and the love you share for self and all humanity.
- Experience strength and power within your immune system, and relax easily and gently with your mind's ability to rest, and your body's ability to heal.

*Give gratitude for the healing intelligence of your mind and body, and the compassionate wisdom of your heart, and spirit. Namaste.*

### IN THIS ISSUE

by Alice Percy Strauss

- WINTER HEALTH
- HEALING ENERGY MEDITATION
- IN-TU-IT™ YOGA THERAPY

### UPCOMING 4-WEEK CLASS

**EVANSTON, IL**  
**FEBRUARY 2, 9, 16 & 23**

**INSIGHT COLLAGE**  
Instructor: Suzan Stern  
1PM - 4PM

TO REGISTER CONTACT:  
Suzan Stern  
[suzan47@gmail.com](mailto:suzan47@gmail.com)  
847-271-7348

### UPCOMING WEEKEND RETREAT

**CARLSBAD, CA**  
**MARCH 29-30, 2014**

**MIND, BODY, SPIRIT  
HEALING STUDIES  
RETREAT**

Instructor: Alice Percy Strauss

TO REGISTER CONTACT:  
Marcie Hintz  
[SoleYogaCA@gmail.com](mailto:SoleYogaCA@gmail.com)  
760-803-3173



**IN-TU-IT™ YOGA THERAPY**

*Always breathe smoothly and fluidly while moving in and out of asanas – inhaling as you prepare to move into the asana, exhaling as you move into the deepest part of the stretch.*

**COBRA**



- Clears and opens Throat and Heart chakras
- Sustains joy, and softens emotional pain
- Calms turmoil - creates acceptance, peace

**BOW**



- Strengthens Solar Plexus chakra
- Builds and supports immune function
- Energizes Sacral chakra and emotional resiliency for greater self-management

**SPONGE**



- Rests and nurtures all seven chakras
- Calms mental stress and relaxes body
- Creates and sustains clear perspective on present issues and allows immersion of new insights

**CLASSES**

- **THERAPEUTIC YOGA**  
Tuesdays 6PM – 7PM
- **CONSCIOUS MEDITATION**  
Thursdays 6PM – 7PM (every two weeks)  
held at:  
Chiropractic Healing Center

**COUNSELING**

- **CONSCIOUS LIFE STRATEGIES**  
Individual and family counseling either in person or via skype

**TO REGISTER FOR A CLASS OR SCHEDULE AN APPOINTMENT:  
702-504-5602**

**CONTACT**

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**YOGATSU® WISDOM WORD OF THE MONTH**

**MOVEMENT**

Working toward an objective

- The Universe exists through movement of energy
- Inertia destroys creativity, intuition - life itself



*“healing inside out” by suzan stern*