

Greetings Dear Ones,

I hope you are finding plenty of calm, rest and peace as we transition into the Autumn of the year. Below you will find a list of the topics in the newsletter. Please select the topics that most interest you, take a nice leisurely breath, and read on.....

- The Deeper Purpose of Grounding Vata Dosha
- Thai Herbal Compress: A Deeply Healing Form of Massage
- October Workshop: Yoga Nidra and Vata Dosha
- Juliet's Guest Appearance on KFGO Wellness Program

The Deeper Purpose of Grounding Vata Dosha

In our Autumn yoga classes, we often begin with the practice of “empty bowl” meditation. We sit quietly, watching the breath with our hands gently turned upward, fingers curled. We sit as if we are holding an empty bowl in each hand. This method of meditation allows us to quietly unravel our nearly constant attention and grasping at our outer world and outer self. It gently brings us back to the deepest part of ourselves.

What we find is that the deepest part of ourselves is really the same essence as the deepest part of others. We all wish to feel the warmth of love given and received. Each one of us wants to make things better. We want to feel peace. We desire a feeling of wholeness. With consistent practice of this meditation we may realize that the deepest core of ourselves, and others, IS the wholeness that we desire to experience. We all carry the capacity for limitlessness in giving of ourselves and accepting what others have to give us.

But the fact is we have arranged our lives so that much of our focus must be placed in the outer world of career, education and possession accumulation. In the din of daily life it's not always easy to keep your heart open. When we feel uncertainty, loss or fear and we begin to shut down in any number of ways. We feel a kind of numbness, or even seek out a feeling of numbness with mind-numbing activities.

In the Fall and Early Winter seasons, we can be even more prone to taking on too much, adding more to our already hectic lives. Even when we aren't adding more it can sometimes just *seem* like things are more stressful and overwhelming. These seasons are also the time when *vata dosha* (the air and space elements) begins to accumulate in our bodies and environment. This can lead to excessive activity that leaves us vulnerable to illness and fatigue. It can cause a drying out in the body which leads to poor, sluggish

digestion, irritated skin and lowered immunity. Anxiety, poor sleep and fear are more predominant. When *vata* accumulates we begin to feel sapped.

We have many practices in ayurveda to keep the body healthy and the mind fresh and even in all seasons. We use techniques of yoga posture, dietary modification and lifestyle habits to bring the body into balance. Our *sadhana* in the Fall is aimed at balancing *vata* in the body to prevent and alleviate these conditions.

Practices like empty bowl meditation assist us in working with our *vata* on a deeper level. Our physical health is important. Only when we feel healthy and balanced we can look compassionately and honestly at our behaviors and habits. This grounded view is necessary before any kind of meaningful transformation can happen for any of us. When we consciously move inward we can assess our ways of living; which habits support our heartfelt desires and which merely distract us from the parts of ourselves that we don't like looking at? When *vata* is in balance we come home to ourselves, feeling rooted and able.

Ayurvedic recommendations for the Autumn are to rest, relax and enjoy. Make sure to tie up loose ends that may be distracting you. Let go of what is no longer necessary- on all levels. Take more time for self-care. Include warm, mushy foods like soups, stews and herbal teas into the diet along with plenty of whole grains and root veggies.

When we are going a million miles an hour there is no possibility for reflection and healing. We end up just living on the surface. Oppositely, when we take time to care for ourselves, we send a message of love to each of our cells. We open the door to that place we long for: the place of peace and mindfulness that is there in each one of us.

Thai Herbal Compress: A Deeply Healing Form of Massage

As many of you know I recently returned from continued Thai Massage Training in Chicago. The focus of our studies was the application of Thai Herbal Compress Therapy (Luk Pra Kab).

This is a truly amazing and unique therapy. Herbs imported from Thailand are wrapped beautifully in muslin cloth. These compresses are then steamed and used during the Thai Massage session along the energy meridians of the body.

The compresses contain special species of herbs known for their therapeutic value. Ginger, Turmeric, Lemongrass, Camphor and Eucalyptus are some that you may be familiar with. These herbs all have anti-inflammatory actions which soothe tired and tight muscles. The herbs also have therapeutic value for the softening the skin, increasing energy, enhancing immunity, increasing circulation and easing sinus and upper respiratory congestion.

Along with all the benefits of the herbs the treatment is hot, similar to "hot stone" massage. This means it is a deeply relaxing therapy which really helps in times of extreme stress and times when you may be experiencing a sense of depletion and overwhelm. The compresses also release essential oils into the air that provide a heavenly aromatherapeutic component.

The best part is, when the massage is over the herbal compresses are yours to keep! They are very potent and can last through many uses. These compresses can be used at home can help you to de-stress and reduce aches and pains for days. You can also bring them with you to your next massage to be incorporated into the session.

This is a therapy that is not offered by anyone else in our community and is in fact quite rare in the United States as a whole. If you or someone you know is experiencing chronic pain, fatigue or stress, please call me. I'd love to answer your questions and to make an appointment: 701-388-2967. You can also find more information (soon!) on my website www.tripuramassageyoga.com

October Workshop: Yoga Nidra and Vata Dosha

Yoga Nidra (yogic sleep) is a deep, rejuvenative relaxation practice designed to help us restore on all levels. This practice has been a favorite of workshop participants since I introduced it last year. The ancient yogis say that one hour of yoga nidra is worth four hours of sleep. Details on the class are below:

Ease Anxiety & Stress

Ayurvedic Yoga Practices with Juliet Trnka, ryt

Imbalance of the air and space elements is associated with anxiety, worry, insomnia and tension in the body. This class will include a complete posture practice along with an introduction to yogic principles that can be used to assist body and psyche in the challenging Autumn and Early Winter seasons. Topics will include:

- A study of healing movement (appropriate for beginners and advanced practitioners) that encourage the release of toxicity and stress stored in bodily tissues (no yoga experience necessary)
- An introduction to Ayurveda, the yogic science of health and longevity, and its easy application for grounding and stabilizing in times of stress and over-activity
- Dietary and lifestyle tips to help support the body during Vata season
- **Yoga Nidra: Deep Rejuvenation and Relaxation**

This practice includes Yoga Nidra and a guided meditation session. Yoga Nidra is a deeply healing practice that calms the nervous system and rejuvenates the body. Perfect for people experiencing exhaustion, anxiety and overwhelm.

Date & Time: Saturday October 11, 12noon -2pm

Location: Red River Health: 824 Main Ave, Fargo

Cost: 25\$

Ayurvedic refreshments provided

Class size is limited. Please call to reserve your space: 701-388-2967

Juliet's Guest Appearance on KFGO Wellness Program

KFGO (790 AM) runs a weekly program **from noon to 1pm** on Saturdays that explores both western and alternative approaches to health. Juliet has been invited as the guest on **Saturday October 4th**. Please tune in to hear more about Juliet's work with Thai Massage, Yoga and Ayurveda.

Blessings to you and your loved ones in this gorgeous fall season!

With much fondness,
Juliet