

PACKAGES

MINI SESSION

30 minute session
Sunrise only, Baldwin Beach in Paia
25+ edited and retouched photographs
Password-protected online gallery
Download of your photos

\$550

PACKAGE ONE

1 hour session
50+ edited and retouched photographs
Password-protected online gallery
Download of your photos
Up to 5 family members

\$725

PACKAGE TWO

2 hour session
125+ edited and retouched photographs
Password-protected online gallery
Download of your photos
Unlimited family members

\$1,110

ABOUT

I'm Cadencia, a professional photographer based on the island of Maui. I believe in the magic of love, creating art and a story and creating art and a story and creating art and a story.

CONTACT

808.633.6968
cadenciaphotography.com
facebook.com/cadenciaphotography
instagram.com/cadenciaphotography

MAHALO

Wedding Packages

cadenciaphotography.com
808.633.6968 | cadenciaphotography@gmail.com

Wedding Packages

Package One

6 hours coverage
Professional editing
350+ artistic images edited
Online gallery to print/share/download

\$2,200

Package Two

8 hours coverage
Professional editing
450+ artistic images edited
Online gallery to print/share/download
Engagement session/honeymoon session (1 hour)

\$3,200

Prices subject to a 4% tax
MAHALO!

cadenciaphotography.com
808.633.6968 | cadenciaphotography@gmail.com

Living Aloha

HEALTH • YOGA • MASSAGE • FITNESS • NATURAL FOODS • SUSTAINABILITY

ANNUAL YOGA ISSUE
[WHY YOGA? DETAILS INSIDE]

GREEN PAGES
Hawaii's Green Pages

yoga is for EVERYONE

by Denise LaBarre

The word yoga is most commonly translated into English as union or connection yet it comes from the Sanskrit word meaning listen.

Think of it as listening within to the body. Whether this listening is guided by a live instructor, done alone, or done in front of a computer screen, a yoga practice is a great way to realign yourself throughout a hectic life.

These days most of us spend too much time sitting in front of a screen and/or sitting in a car and we aren't getting the exercise and movement our bodies need for healthy balance. Sitting constricts the flow of energy in the hips, shoulders, chest and body, overall. A yoga practice brings your breath and awareness out of your head and back into your body—especially to the parts that need it the most as you listen to their calls of stiffness or pain.

If you don't know much about yoga already, think of it as a huge, old tree with many branches. You don't need to know the minutiae of all the branches or all the fancy terms. The trick is to find a branch that fits your needs and reap the benefits of a rebalancing practice.

The list of yoga styles is endless; some emphasize the form of the pose (asana) or the flow of breath and energy through movement. There's hot yoga, partnered, acrobatic yoga, strength-building yoga, restorative yoga, chanting yoga... even on-line classes you can follow at your convenience. All involve awareness of the breath through the body, and at least a little movement and stretching.

I recommend starting with a live teacher, either privately, or in a class. You need live feedback and correction to form good foundational habits. Once you have a good foundation of principles such as basic positions, how it feels to ease into a pose, and basic breath practices, you can do a routine anytime, any place that suits you. For me, doing some yoga stretching in a quiet corner of an airport between flights or even on the plane makes traveling easier on my body.

Even if all I do is the same routine every Monday in yoga class, it brings me back to a base point and to what is going on with my body, now. One week I'll be more flexible, the next week, more emotional—but I wouldn't have that awareness without my routine yoga practice. I go to class for support in paying attention to my body and it's needs in that moment. Also, because I hold healing space for others in my work, it's a lovely relief to have someone hold space for my rebalancing.

A yoga practice will contribute to your life, no matter how stiff, flexible, old, young, out-of-shape, or fit your body is. Extreme athletes need a meditative/breath practice to balance the ways they push their bodies hard. Couch potatoes need stretching and movement. No matter what you do (or don't do) with your body, yoga can bring you more balance, relaxation, and ease. The trick is finding a practice that feels good and that you'll continue doing.

OLDER OR INJURED? Look for classes where the instructor gives options to back off or intensify a pose. Every body has areas that are relatively more and less tight, and ways their bodies simply won't stretch. I'm a mesomorph, with short limbs and thick muscles and my body has never been able to do a proper eagle pose, let alone as I get older. I have learned to let the young/fil/ ectomorphs twist into pretzel shapes without envy and focus on what my body is asking of me in the moment. My body is always grateful for the practice and doesn't get injured if I listen to how far it can go that day. The more I can't do a pose easily, the more I know I need my yoga practice to maintain function and flexibility.

Injury certainly happens in Yoga but can be minimized by going slowly and listening to your body rather than your mind, which often urges you to compete or "get it right." If you take as your priority listening to your body without

into the body.

BODY TYPES – Most of us have a blend of type characteristics but tend more toward one of the three poles:

ECTOMORPH – long, bean-shaped body, with lean muscle and minimal fat - prefers thinking and pondering

MESOMORPH – apple-shaped body with short bones and dense, thick muscles - prefers doing and physical action

ENDOMORPH – fleshy, pear-shaped body - prefers feeling

Not only do different bodies have different capacities, even different sides of the same body can be radically tighter or more flexible. These differences deserve your awareness, your listening so they get the treatment they need.

EMOTIONAL OPENING – Camel pose and other poses that stretch open the heart and belly—those areas protected and constricted by all that sitting and hunching—often catalyze tears and other emotional release. If you find yourself getting emotional as you hold a pose or stretch further, welcome it as a bonus of the practice.

SOCIAL ASPECTS – Going to a class can be a great way to meet new people. There are classes for pregnant mothers, classes for older and/or injured bodies, classes for elite athletes... Taking a yoga class is a great way to connect with others in your physical niche or a new social one. If you feel intimidated by the young and fit who look great in stretchy tights, remember that the practice is about listening within. To the extent that anyone focuses on what others are wearing, or how far someone else can bend, they're missing the point of the practice. From my perspective, the more yoga intimidates you physically, the more you probably need it.

Whether you focus on breathing, fitness, flexibility, strength, social connection, pose form, any extent you listen to more closely to your body and emotional state, you will improve your health and enjoyment of life. **Do your body a favor and give it some union and connection this week.** Living Aloha Magazine's Green Pages are full of yoga resources on each island to get you started.

NAMASTE!

Healing Catalyst Denise LaBarre offers private healing sessions and workshops on Maui. Call 808-575-2244 for more info. Enjoy the body-emotional wisdom in her book *Issues in Your Tissues: Heal Body and Emotion from the Inside Out* or go to her website: www.HealingCatalyst.com

Exclusive Offer for our Living Aloha readers!

cadencia PHOTOGRAPHY
cadenciaphotography.com | @cadencia