

The Water Personality



- Enjoys solitude and introspection
- Imaginative
- Keeps feelings, thoughts, and opinions private
- Cautious and sensible
- Unusual or eccentric
- Prefers intellectual stimulation
- Content with a few good friends
- Prefers to figure things out for themselves
- Careful about what they reveal to others
- Patient and preserving
- Objective and dispassionate
- Self-sufficient
- Pursues own interests regardless of what others may think

If you have a strong Water Element, you have a fluid personality and “go with the flow”. You are quick to learn, a good listener and enjoy challenge. A “shapeshifter”, you love to be in your creative world, finding new ways to change something into something else. You can become easily bored and may not finish what you start. Water people can get overwhelmed easily, so it’s best to bring yourself back to some form of structure so you don’t drift away!

Balancing Winter Energy

- ☉ It’s all about keeping warm! Especially the low back area and your ears!
- ☉ Buy a warm coat *and wear it!*
- ☉ Don’t forget the hat, gloves, scarf, ear covers, and warm fuzzy socks!
- ☉ Eat warm root vegetables or meats and drink warm liquids. Eat less salads and raw foods.
- ☉ Do gentle exercise and stretching to conserve your energy rather than deplete it. Walking is good.
- ☉ Carve out time for yourself during the day to rest and recharge.
- ☉ Early to bed, early to rise...
- ☉ Drink 8-10 glasses of water a day, especially around 3:00 – 7:00 when Bladder/Kidney Energy is activated.
- ☉ Avoid stressful environments, people and situations.
- ☉ Practice listening skills

Water ~

It Does a Body Good!



- 70% of our body is water
- 80% of the brain is water.
- Water is a conduit for electricity.
- The cells in our body use electricity to communicate and to stimulate muscles.

Hmmm, that tells me that water does a body good!...and that we should drink plenty of it!

Other than the obvious signs that lack of water will reveal (dry skin, eyes, nasal passages, chapped lips, etc) did you know that dehydration can also cause **short term memory loss, problems focusing (both visually and mentally), fatigue, and mental confusion?!**

Classes and Trainings

Classes

Self Shiatsu/Do-in Classes

Thu 1/6 - 2/24: 7:00 - 8:30 pm
Tue 2/1 - 3/22: 9:30 - 11:00 am
Thu 3/3 - 4/21: 9:30 - 11:00 am
Thu 5/5 - 6/23: 5:15 - 6:45 pm & 7:00 - 8:30 pm
\$95/Each 8 Week Session

Balance your energy with Do-in (pronounced Doe-eeen) Self Healing Classes. Do-in is a self healing system that involves stretching, self massage, tapping, breathing and meditation. This class is designed to leave one feeling refreshed, relaxed and energized.

Exploring the Chakras

A Three Hour Introductory Course on the Chakras
Sat 2/19: 9:00 - 12:00
\$35

Journey the Chakras Yoga

Thu 3/3 - 4/21: 9:30 - 11:00 am,
Thu 3/3 - 4/21: 5:15 - 6:45 pm, & 7:00 - 8:30 pm
\$95/Each 8 Week Session

This is an eight week journey exploring each chakra through Yoga techniques. Yoga helps to balance the chakras so that you can live a more integrated and fulfilled life.

Reiki Share

Every third Tuesday of the month: 7:00 - 9:00 pm
Free event

Yummy snacks, nice people and great energy! Open to everyone. Please call to register.

Registration required at least 1 week before class begins
Maximum 6 per class

Sat/Sun 3/19 & 3/20: 9:00 - 6:00 pm
\$250

Prerequisite: Usui Reiki Level I

Reiki is strengthened by deeper cleansing and purifying of your energy system (chakras) with the Level II attunement. Learn to send Reiki from a distance - across the room or across the planet. Send Reiki to heal people, places, situations and events to the past, present or future.

Usui Reiki Level III Master Practitioner

Sat/Sun 1/22: 9:00 - 6:00 pm
\$375

Prerequisite: Usui Reiki Level II and 8 documented hands-on sessions; identification and meaning of Reiki symbols; letter of intent and discussion with the instructor.

This class will deepen your own healing while cleansing and purifying your chakras so that you will be a clearer channel for more powerful healing. You will learn creative techniques for using the symbols. You will also learn how to use a Reiki Grid, Beam Reiki and clear aura. Lots of practice time will be scheduled in.

Karuna® Reiki Level I

Sat/Sun 2/26 & 2/27: 9:00 - 6:00 pm
\$250

Prerequisite: Usui Reiki Master

Karuna in Sanskrit means "compassionate action". Karuna® Reiki training is an advanced training course offered only to Usui Reiki Masters (Practitioner or Teacher). Karuna Reiki strengthens the healing energy, allowing it to work more deeply and produce beneficial results more quickly. Karuna is gentle yet very powerful. Those who receive the attunements report experiencing the presence of their guides, angels and other enlightened beings. Upon completion of this course, you will be certified with the International Center for Reiki Training.

Registration required at least 1 week before class begins
Maximum 6 per class

Reiki Trainings

Usui Reiki Level I

Sat 2/12: 9:00 - 6:00 pm
\$150

Reiki opens up a whole new world of self growth and self awareness. Learn how Reiki was re-discovered and how it can help you and those you know live a more relaxed, balanced and fulfilled life with a deeper connection to self and spirit.

Usui Reiki Level II

Inner Path Shiatsu & Yoga Studio

12 South State St., 2nd Floor
Newtown, PA 18940
Nancy Colyar
215-378-4649

Nancy@innerpathstudio.com
www.innerpathstudio.com

One kind word can warm three winter months.

Japanese proverb

Essential Oils - Healing Gifts from the Earth

For centuries, essential oils have been used for various healing purposes. They can also be used to balance energies and keep us healthy.

Mentally fatigued? Try basil, cardamom, peppermint, rosemary, lemon or lemongrass and burn in a diffuser while meditating.

These warming oils will take away the inner chill: cinnamon, juniper, ginger, black pepper, peppermint, camphor, tea tree or rosemary. (Juniper is a great diuretic and works to reduce edema and stagnation of lymph). Use them in a diffuser, add to a bath or add a few drops with massage oil.

Balance your hormonal system with patchouli, ylang ylang, jasmine, rose and sandalwood.

*In the depth of winter, I finally learned
that within me there lay an invincible
summer.*

Albert Camus

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