

Inner Path

Spring Newsletter

April 2011

VOL. #1 ISSUE #2

Greetings & Namaste,



Yes, spring is in our midst and we are naturally energized by the warmer temperatures, the burst of growth and the brighter days. The earth has once again renewed our faith that the cycle of life continues. Spring is a time of new beginnings, renewal, growth, and hope for the future. It is the shift that allows for re-awakening, personal growth and future abundance. It gives us the opportunity to start anew. What a gift!

The days will get longer and brighter which means more energy for us! We absorb our energetic nourishment from the plants of the earth, the prana in the breath, clear fresh spring water and lots of sunshine. We have been given everything we need to grow. The rest is up to us!

I hope you find this newsletter inspiring with useful information to keep your spring energies harmonized.

Blessings of joy!

Nancy

The Wood Element



The element for spring is Wood and nourishes the Liver and Gallbladder. In spring, the Qi of the Wood Element is strong and moves fast and furiously in an upward direction. This force, which impacts the world, is so powerful that it can rouse the passions of penguins at one end of the world and put mighty bears to sleep at the other. How does this force impact us? Read on:

The energy of the Wood Element

- Makes sure our Qui flows smoothly. The result is a body that feels good and emotions that are balanced.
- Can cause frustration and spike our anger.
- Rules the tendons and ligaments and gives us the ability to be flexible in both body and mind.
- Is easily aggravated by the wind.
- Is most active from 11:00 – 3:00 a.m.
- Gives us healthy and strong functioning eyes.

No matter how long the winter, spring is sure to follow.

~ Proverb

The Wood Personality



- Goal oriented and driven to succeed
- Make excellent entrepreneurs
- Adventurous
- Are very energetic
- Enjoy winning
- Emotionally balanced
- Meticulous and discriminating
- Have the ability to exercise self control
- Logical and analytical in problem solving
- Are systematic and methodical in their work
- Enjoy solving puzzles and mysteries

Your healthy Wood Element strengthens the body and allows for flexibility in both body and mind. You enjoy an active life; growing and changing both personally and in your career. Your mind is always busy making plans for your next adventure. When your plans are thwarted you can easily become frustrated which can quickly rise to anger. If you have a healthy Wood Element, you will be emotionally balanced, content and successful in life. Since emotions can get stuck in the body, Wood people need to take care of their emotions and find healthy ways to release negativity.

Balancing Wood Energy



☯ **Go For the Green!** Green is the color that represents the element of Wood and spring is bursting with it! Eating young leafy greens and sprouts cleanses and nourishes the Liver and Gallbladder channels and keeps Qi running smoothly.

☯ **On the Move!** Wood controls the tendons and ligaments. Stretching during the day keeps your ligaments and tendons soft and flexible. Nature is healing for the Wood Element. Outdoor activities keep Qi from stagnating and help to discharge negative emotions.

☯ **Protect Yourself From Wind!** Wind aggravates Wood Energy and can make you frustrated and annoyed. It can also cause headaches, earaches and eye problems.

☯ **Water the Plants!** Those with a strong Wood Element often forget to drink water since they are so busy. Water is very important for Wood. It softens the tendons and ligaments and helps prevent stiff joints.

☯ **Exercise Your Eyes?!** The Liver channel is connected to proper eye function. Overtime with computer work and reading and too much sun weaken the eyes. Exercise your eyes to strengthen the muscles and provide healthy blood flow.

☯ **A Little Lemon!** Foods and drinks with sour tastes are thought to stimulate the Liver/Gallbladder Qi. Put lemon slices in your drinking water and vinegar and olive oil on your salad.

☯ **Early to Bed!** Too busy to go to bed? It is best to be asleep before 11:00 p.m. when Wood is activated. Otherwise you might lose precious sleep. Never eat late at night; it's not healthy for digestion.

☯ **Keep Your Emotions in Check!** Emotional energy can easily rise and turn too quickly into anger. Inappropriate emotional outbursts mean your Wood is out of balance. Get in touch with your emotions. Feel

Classes and Trainings

Classes



Yoga for the Heart

A 4 part series that will balance your emotional energy and open Anahata, your fourth chakra.

Thu: 5/12 – 6/2

9:30 – 11:00 a.m. & 7:00 – 8:30 p.m.

\$50/session

Pranayama

A blend of breathing techniques and Yoga for strong lungs, balancing emotions, and mental clarity.

Tue, 4/26: 7:00 – 8:30 p.m.

\$15/class

Mudras and Mantras in Yoga

Mudras are Yoga for the hands. Mantras are sounding sacred syllables. The combination is used to balance and clear the chakras.

Tue, 5/24: 9:30 – 11:00 a.m. & 7:00 – 8:30 p.m.

\$15

Yoga for the Solar Plexus

Activate your internal fire with this fast paced Kundalini Yoga class. An energizing workout to promote strength, mental clearing and empower.

Tue, 6/14: 9:30 – 11:00 a.m. & 7:00 – 8:30 p.m.

\$15

Reiki Share

Every Third Tuesday of the Month: 7:00 – 8:30 pm

We have a great time sharing Reiki gifts and Reiki experiences.

This is a free event.

Please register for classes/Reiki Share one week before class begins

Reiki Trainings



Usui Reiki Level III Master Practitioner

Sat 5/21 & 5/22: 10:00 - 6:00 p.m.

\$275

Prerequisite: Usui Reiki Level II

Review and refine your Reiki techniques from Level II..

Explore in depth the Pillars of Reiki that will work to strengthen your own healing power. Practice energy exercises for the tanden, healing meditations, and breathing techniques that will enhance your Reiki practice. Attunement to the Master Reiki Symbol and plenty of time to practice.

Karuna Reiki® Level II

Sat/Sun 5/14 & 5/15: 10:00 - 6:00 p.m.

\$275

Prerequisite: Karuna Reiki® I

Part II of the Karuna training will offer four additional symbols to connect you to the energies that will enhance your Reiki healing abilities and deepen your connection to your Higher Self and beyond. Develop your relationship with your spiritual guides, angels and other enlightened beings. Upon completion of this course, you will be a certified Karuna Reiki® Level II Practitioner with the International Center for Reiki Training.

Please register for classes/trainings one week before class begins

Maximum 6 per class

Register ASAP to reserve your place



Essential Oils

Healing Gifts from the Earth

Balance your emotional energies with these Essential Oils:

Bergamot: anger and frustration, anxiety, sadness

Cedar Wood: anger, anxiety and fear, worry

Clary Sage: fear, sadness, worry

Frankincense: emotional exhaustion, grief, stress

Geranium: anger, anxiety, sadness, stress

Grapefruit: anxiety, frustration, sadness

Jasmine: anxiety, guilt, listlessness, sadness, stress

Lavender: anxiety, irritability, sadness, worry

Lemon: anxiety, bitterness

Peppermint: anxiety, sadness

Rose: anger, bitterness, grief, jealousy and sadness

Rosemary: emotional over-stimulation, stress

Sandalwood: anxiety, irritability, sadness

Put a few drops in a diffuser with water or add to your favorite unscented moisturizer or oil.

*Spring is sooner recognized by plants
than by men.*

~ Chinese Proverb



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