

From: "Brian Healy of Sanibel Wellness"
<Brian_Healy_of_Sanibel_Wellness@mail.vresp.com>
Subject: **Wellness Newsletter - September 2005**
Date: September 7, 2005 2:42:59 PM EDT
To: brian@sanibelmassage.com
Reply-To: "Brian Healy of Sanibel Wellness" <reply-d5b034aea4-brian=sanibelmassage.com@o.vresp.com>



Dear Friends:

It's September! As summer draws to a close, many of us turn our thoughts to the last picnic, the last hike, the last boat ride; we seem to equate Fall with the "fun" ending and "getting back to business". We at Sanibel Wellness would like to change your thoughts about Fall. We are excited about the idea of many of you returning to Sanibel and are counting on you to stop by and say hello. The adventure and discovery are just starting here on the Island in the Sun. We are anxious to share with you many of our new modalities added to our already extensive list of massage therapies and update you on our Fall class offerings...

In this issue:

- **Discover the Breath by Barbara Cline, RN**
- **Meet Our Staff: Tracy Nagot, LMT - Deep Tissue Therapist!**
- **Fall 2005 Yoga Schedule**
- **New Feature! Search for Meaning - Namaste**

This month's special:

- **2 for 1 Massage!!**



The Sanibel Wellness Team - Tracy, Deborah, Barb and Brian

Discover the Breath by Barbara Cline, RN



Webster's New World Dictionary defines an *adventurer* as "one who seeks out unusual, stirring experiences; a discoverer - one who learns about the existence of things for the first time."

I've never considered myself much of an adventurer or a discoverer. Always a little more cautious, a little on the "safe" side, I am hesitant to explore daring, "foreign" places. Ignorance plays a huge part in my reluctance. Not knowing all the details, the pitfalls, the pros and cons of what I'm going to face, has gotten in the way of the excitement and wonder that can be a part of adventure and discovery.

One can never be fully prepared for any of the experiences we encounter. We can research, study, analyze, explore, investigate - and still never anticipate all the possibilities of what we might come up against. I do believe that we all have some level of adventure or discovery that we seek. At some point, you have to dive in and "get wet"; you have to "do it"; you have to yield to your curiosity.

That's what happened in my encounter with yoga. With some intellectual preparation, I decided to "jump in". The discoveries have been limitless and the adventure enlightening.

One of my biggest discoveries was the "Breath". We start breathing on our own at birth - but even before then, the Breath is vital to our existence. Our mothers are responsible for delivering precious oxygen to our reproducing cells while in utero. Many people have no idea why or how they breathe - our bodies do such a good job of automatically controlling the inhalation of oxygen and the exhalation of carbon dioxide. As a nurse, I studied the physiology of respiration and all it does to maintain our life processes; I analyzed patients' vital signs which included respiratory rate; I explored the severity of respiratory diseases and witnessed their devastation often resulting in death. And yet I didn't fully realize what the Breath was and what impact it had on my well being....

[Click here to read more...](#)

Mindful Yoga with Murari Brian Healy, LMT, CKYT - Fall 2005 Class Schedule

Please note: Yoga Classes are in Recess for the Month of September!

This affords Murari an opportunity to get some well deserved rest and do some additional yoga training. Classes resume October 1st but there are also some days in October and November that there will not be class when Murari will be away at the Kashi Ashram in Sebastian, FL, at Kripalu Center in MA, and at the Omega Institute Yoga conference in Miami. These dates are listed below so mark your calendars!

- **BIG Arts - Phillips Art Gallery - Saturdays 9:30 - 10:50 AM** (starts 10/1)

Yoga amongst the artwork - truly inspirational - the exhibit changes every month!

(Class runs thru April 18, 2006. \$15/class - \$100/8 classes. **Special Chakra Series*** 1/14/2006 - 3/4/2006. No class on 10/8, 10/22, 11/19, 11/26, 12/24, 12/31)

- **Sanibel Community Center - Tuesdays 9:00-10:20 AM** (starts 10/4)

Thursdays 9:00-10:20 AM (starts 11/3)

Join us in the beautiful North Room of the historic Sanibel Community House! (Class runs thru April 12th, 2006. \$15/class - \$100/8 classes. Member discounts available. No class on 11/24 or during the 2006 Shell Fair.)

- **NEW! Full Moon Yoga at the Dunes!**

An inspirational outdoor experience of movement, music, breath and peace. By candlelight on the eve of the Full Moon. No experience necessary. In the pavilion. \$18/class - \$45/3 classes.

At the Dunes Golf and Tennis Club in the Pavilion

Monday, October 17th 7:00 - 8:30 PM

Wednesday, November 16th 7:00 - 8:30 PM

Thursday, December 15th 7:00 - 8:30 PM

[Click for More Yoga Class Info](#)



Search for Meaning - Namaste

In this new feature we'll be defining words that you may hear around the natural health world. Read on:

When ever you start something new, there is always new vocabulary or terminology that needs definition or clarification. One word we use frequently in Yoga class that you won't find in Webster's is **Namaste**. **Namaste** is more than a greeting or salutation. It is almost a prayer.

One meaning I found is the most simplistic: "The divine in me acknowledges the divine in you". Another explanation was given by Depak Chopra. I feel his explanation gives a better "feel" for the actual meaning of the word. "I honor the place in you in which the entire universe dwells. I honor the place in you which is of love, of truth, of light and of peace. When you are in that place in you, I am in that place in me. We are one."

To all of you **Namaste**'



Super Massage Special - 2 for 1!

Our best deal all year! Two massages for the price of one!

To take advantage of this great offer just purchase any Massage Therapy or Bodywork Service at full price in the month of September and receive a gift certificate for the same service absolutely FREE! Hot Stone Massage, Reiki, Aromatherapy, Deep Tissue Massage all two for one. Offer good thru 9/30/2005. Certificates redeemable 10/1/2005-10/31/2005. Limit 3 per person, not valid with other offers, certificates are non transferrable. Mention Coupon Code STFO with making your appointment.

[Book Your Massage Now!](#)



We hope that you've found this Sanibel Wellness Newsletter helpful. Do you know anyone else that might benefit from our Wellness Newsletter? Click on the link in the upper right corner to send them a copy! If you have any questions or would like to book an appointment with our staff or attend one of our classes please call us at 239-395-1100. We look forward to taking you on an adventuresome journey for your health! Come discover Sanibel Wellness and all it has to offer.

Sincerely,