

HEALTHY HAPPENINGS

Yoga, the Seasons, and You!

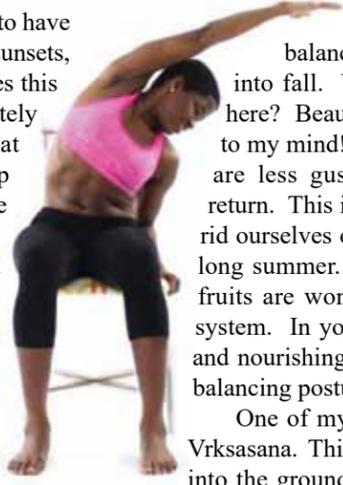
With the start of September I always feel relief to have made it through the summer! Later sunrises, earlier sunsets, and the tease of cooler temperatures greet my senses this month. Travelers and residents alike come to intimately know the heat of the southwestern summer. What they may not know is that yoga offers tools to help us acclimate, as well as transition with more ease through the seasons.

Yoga originated in India thousands of years ago. Yoga, which many in the West define as physical postures (asanas), is closely related to Ayurveda, the traditional medicine of India. Ayurveda also developed over a similar time period, and these two practices complement one another to help achieve lasting health, vitality and ease.

Ayurveda looks to the natural world, elements and seasons to find optimal health. Ancient yogis and practitioners of Ayurveda noticed that the outside world mirrors the inner world inside our own body. They found that like increases like, and opposites balance. Think about this – when you are cold a sweater and hot cup of tea would help you warm up much better than a glass of ice water. On a hot day when you are roasting that same sweater and cup of tea doesn't sound as appealing, but the ice water sure does! While this is a simple example you can use this principle to help live comfortably in your environment through easy, daily practices.

Consider the qualities of the summer here: it's hot, dry, the sun is sharp and winds can be a blow dryer. Summer is the perfect time to enjoy cooling foods such as cucumbers, water melon, hummus, and lots of seasonal vegetables. It is also the perfect time to use the practice of yoga to aid in cooling off. Simple techniques such as looking down at the ground or horizon during practice, extending your exhales, as well as choosing postures that create more space in the body all assist in keeping cool.

I love to practice side bends this time of year. Try it yourself – sit on a chair or the floor, take one hand out to your side and hold onto the chair or place your hand on the floor next to you. Lift the other arm up and overhead so your bicep is by your ear. Lean towards your grounded hand (the one on the chair or floor), and reach towards that side with your lifted arm. Keep both sit bones, or your whole seat, firmly planted on the chair or ground. Breathe deeply for a few moments as you close your eyes. Repeat on the other side when you are ready.



This principle of opposites balancing can help us as the season shifts into fall. What are some qualities of fall here? Beauty is the first thing that comes to my mind! The weather mellows, winds are less gusty and cooler, and fall flowers return. This is the time to prepare for winter, and rid ourselves of excess heat accumulated over the long summer. Apples, pears, and other seasonal fruits are wonderful to help cool your digestive system. In your yoga practice, turn to grounding and nourishing movements like forward folds and balancing postures.

One of my favorite fall poses is Tree Pose or Vrksasana. This balance pose settles your feet down into the ground stabilizing the body, all the while opening the upper part of the body towards the softer fall sunlight. To try tree pose start standing up; if balance is a challenge, try this pose by a wall (or tree!) for support. Settle your feet into the ground like you were standing in soft sand on a beach. Slowly transfer your weight into one foot, using the wall for support if needed, as you lift your other foot off the ground. Bend the knee on your lifted leg, point this knee out towards the side, and place your foot on your standing leg's ankle, calf or thigh. Be careful to place your lifted foot below or above the knee joint on your standing leg. If your hands are free place them on your hips or bring them together at your heart. Soften your gaze at the ground or horizon while you extend up through your spine, growing taller. Breathe deeply for a few breaths, and then repeat on the second foot.

Yoga and Ayurveda are both vast and varied disciplines. If you work these little pieces into your daily routine over time it can help you not only feel better, but also help sync your body with the seasons! Even five minutes a day is enough to create a therapeutic effect. Happy practicing!



Lily Houghton teaches Yoga Basics, a class suitable for beginners and regular practitioners Mondays 5:30-6:45pm, and Hatha Yoga on Tuesdays from 12 – 1pm. Moab Yoga offers a variety of wonderful classes daily. More information, and our new fall schedule can be found at www.moabyoga.com.



New Classes including odd class times
Check out our website for an up to date schedule

www.moabyoga.com 37 E Center St • 970.846.1009

Moab Yoga Classes

- Monday**
Gentle Yoga with Star 10-11:30am
Power Yoga with Arne Noon to 1pm
Yoga Basics with Lily 5:30-6:45pm
Yin/Restorative Yoga with Alex 7:15-8:30pm
- Tuesday**
Gentle Yoga with Star 9-10:30am
Hatha Yoga with Lily Noon to 1pm
Bhakti Flow Yoga with Porscha 5:30-7pm
- Wednesday**
All Levels Yoga with Megan 9-10:15am
Strong Vinyasa with Michelle Noon-1pm
Exploratory Tai Chi with Drew 4-5pm
All Levels Yoga with Kristi 5:30-6:45pm
- Thursday**
Bhakti Flow Yoga with Porscha 9-10:30am
Lunch Flow Yoga with Chelsea Noon-1pm
- Friday**
All Levels Pilates with Jenny 10-11am
- Saturday**
All Levels Yoga with Chelsea 8:30-9:45am
- Sunday**
All Levels Yoga with Kristi 9-10:15am
Additional Healthy Classes & Events

Moab Regional Hospital Urgent Care

Moab Regional Hospital is proud to announce the opening of Moab Regional Urgent Care on Friday, September 1st, 2017. The Urgent Care provides residents and visitors with after-hours and weekend medical care for non-emergency healthcare needs such as strep throat, urinary tract infections, minor bone fractures, lacerations, and other non-life threatening illnesses.

Moab Regional Urgent Care operates out of Moab Regional Health Center's Suite B, which is located in the I.W. Allen Medical Plaza of Moab Regional Hospital. Patients will be seen on a walk-in, first-come-first-serve basis. Hours of operation will be Monday-Friday 4PM to 10PM, Saturday 1PM to 10PM, and Sunday 11AM to 5PM. Hours may differ on holidays, and they are subject to change throughout the year.

Urgent Care services do not replace routine medical care services such as an annual exam or physical with a primary care provider. Patients with emergent medical conditions or who are experiencing life threatening injuries should dial 9-1-1 or proceed to the Emergency Room at Moab Regional Hospital.

Here are some helpful tips about whether to visit an Urgent Care center or Emergency Room. This list is a general compilation of common symptoms needing immediate medical care. If you are ever unsure of whether to visit Urgent Care or the Emergency Room, consult with a professional or call 9-1-1.

Reasons to visit Urgent Care:

- Animal or insect bites
- Flu or cold symptoms
- Ear pain
- Minor broken bones or fractures
- Minor cuts
- Pink eye
- Sore throat
- Sprains
- Urinary tract infection
- Vomiting and diarrhea

Reasons to visit the Emergency Room

- Shortness of breath or difficulty breathing
- Severe asthma attack
- Severe allergic reaction
- Head injury, including concussions and fainting
- Broken bones where the skin is punctured
- Vomiting or coughing up blood

Visit mrhmoab.org to find more information on Moab Regional Urgent Care and to check the most updated version of Urgent Care hours of operation. Also, follow Moab Regional Hospital on Facebook to receive updates about Moab Regional Urgent Care.

Cat's out of the bag...



URGENT CARE
AT MOAB REGIONAL HOSPITAL

opening Friday, September 1, 2017



Moab Health Opportunities

- Sep 6 Well-Body Building Series-** 6-7:30pm
join clinical herbalist & the craftswoman behind Sundial Medicinals & Sundial apothecary. Emily Stock facilitates a 3-part series on strengthening the whole Self with the medicinal properties of plants. Learn easy ways to build up the immune system every day, how to address illness early to beat bugs quickly, & try new practices that help build an increased sense of overall wellness. Please sign up for this free class on the sheet posted in the deli at Moonflower, or on our Facebook events page, www.facebook.com/moonflowercoop/events
- Sep 13, 27 Weed N' Feed** at Youth Garden Project- 6pm.
530 S 400 East, next to the high school. In an effort to promote community service and to help maintain the garden & anyone (community members or visitors of all ages) can come help weed in the garden for a few hours. In exchange, YGP prepares a nutritious meal with freshly harvested garden ingredients for volunteers to enjoy. For info: 435-259-2526.
- Kundalini Yoga & Gong Meditation** every Monday & Wednesday 5:30pm, Saturday 10am at the Red Moon Lodge, 2950 Old City Park Road. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. For info: 713-817-7859
- Kundalini Yoga & Gong Meditation** every Tuesday & Thursday 5:30pm, at the Moab Arts & Recreation Center, 111 E. 100 North. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. For info: 713-817-7859.
- Sheng Zhen Healing Gong** a moving & non-moving meditation class for self-healing, with certified teacher Lisa De Rees every Tuesday from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678
- All Levels Sheng Zhen Gong** a moving & non-moving meditation class for self-healing, with certified teacher Don Leathers every Thursday from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.