

HEALTHY HAPPENINGS

Meet Moab Yoga Instructor Chelsey Hiemes

My yoga practice has a long history and is deeply personal. The beginnings of which I can trace to my childhood. I was a hyperactive child, bouncing off walls and furniture. I know I drove people crazy with my excessive energy. After begging and harassing my parents, they allowed me to be enrolled in gymnastics. This is where I began stretching and using my body to bring my mind into focus. I did not realize the power of this simple practice, but it became the steady constant of my life. Gymnastics was my world as a child. I practiced every day, burning off all my extra energy until I could become quiet and stretch. This same pattern repeated into high school and college where I ran track and cross country. As I entered adulthood, my hyperactivity began to morph into anxiety. My formula remained the same. Exhaust myself with physical activity and then stretch to calm my mind. I didn't know anything about yoga, but I experienced peace and stillness with this practice, so I continued day after day. My practice remained the same after I graduated from college and moved out west, in 1998. Now living in Moab, I discovered a book about yoga that belonged to my roommate. It was written in the 1970's with black and white photographs. There were long, foreign names for poses that I couldn't pronounce, but many of which I had been doing since I was small child. This book expanded my practice and introduced me to new yoga poses and philosophy. It had not occurred to me to incorporate a spiritual practice into the physical practice. I slowly began to incorporate a spiritual aspect into my physical practice. I found myself continually returning

to the simple yet powerful verses of the Tao Te Ching. Then came the writings of Thich Nat Hahn, and the beautiful Upanishads. When life got hard and I felt overwhelmed, my personal practice became the one constant where I could always find solace. Three years ago I began teaching at the urging of several friends. I obtained my 200 level teaching certification at Shoshoni Ashram outside of Boulder, Colorado. The process of obtaining my teaching certification and beginning to instruct has deepened my practice radically. It is as if diving into an ocean for the first time. My practice has always been private and buffered by solitude. Esoteric thoughts and realizations surrounding my practice have been something I either kept to myself or only shared with close friends. I realize that there are no words to describe one's inner experience fully. Attempts to paint a picture of deep inner stillness can seem like cleverly marketed packaging in some yoga circles. My goal as an instructor is to point the way. As the Buddhist's say, "The finger pointing at the moon, is not the moon." I can point in the direction, but ultimately, the goal of yoga is to still the thought waves of the mind, and this must be done on a personal level. My goal as an instructor is to introduce and guide students along the path while allowing enough silence for them to experience their own unique version of yoga. Join Chelsey Hiemes Thursdays 5:30-6:45pm, for an All Levels Yoga class at Moab Yoga, 37E Center St. Drop-in rates/passes available, all mats and props provided! Go to www.moabyoga.com for information and the full schedule of classes. We look forward to practicing with you.



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- Frazzled from juggling home, work, and kids?
- Feeling pulled in too many different directions?
- Pressured at work?
- Dealing with chronic pain or illness?
- Unhappy in your relationships?
- Stress, in all its forms, can make us "sick and tired" or just plain sick!



Our bodies are beautifully equipped with natural self-repair mechanisms that can fix broken proteins, kill cancer cells, fight infectious agents, and slow aging. But these natural self-repair mechanisms are flipped off (and on) with the power of your thoughts and feelings and your stress response.

No diet plan, supplement, or exercise alone can counterbalance the poisonous effects of stress hormones released when the body has chronic, repetitive stress responses of any nature.

by Christina Meyers

Our bodies offer a window into how we are managing (or not) our stress. Our bodies reflect those stressful experiences, feelings, and thoughts through:

- Physical symptoms like pain, illness, fatigue, and gastric upset.
- Posture and alignment like a tight neck, back pain, hunched shoulders, slouching, and loss of flexibility.
- Loss of energy and vitality manifests as fatigue, disinterest, detachment, and isolation.

So to "turn on" the body's innate self-repair mechanisms, we must learn to calm and soothe our nervous system. From my 38 years of experience as a therapist and bodywork practitioner, quieting an over aroused stress response is the critical first step towards healing on every level.

Want to learn how to quiet and soothe your stress response – especially as the holiday season approaches? Join Christina at Moonflower Coop on Wednesday, November 29th at 6 PM when she will teach you various skills for calming your nervous system, releasing muscular tension and pain, and energizing your mood. As always, feel free to contact me at 937-284-2190 for questions and information.



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Community Nursing Services (CNS) provides compassionate care when you or a loved one becomes seriously ill, suffers an injury or is nearing the end of life. Our nurses and staff are committed to helping our patients as well as their family members and caregivers throughout the healing process. CNS was established in 1928 and remains Utah's oldest nonprofit home health provider. With 9 offices from Logan to St. George, and several coalition partners, CNS is able to reach 93% of Utahns.

CHARITABLE CARE As Utah's oldest nonprofit home health care agency, CNS is committed to providing high-quality compassionate care, regardless of ability to pay. Almost daily, we receive requests from hospitals and medical professionals to care for their patients in need.

The CNS Charitable Care Program delivers over \$2.8 million in care to more than 4,500 Utahns annually.

HONOR SALUTE Our Honor Salute program recognizes hospice patients who are veterans. It is a simple but powerful tribute of

appreciation for the veteran's service to our country. Most often it is the last public thank you they will receive.

Military personnel in dress uniform join CNS volunteers and associates at the patient's residence to conduct a formal ceremony. Veterans are presented with an personalized appreciation plaque, military service lapel pin and an American flag. Military personnel give the salute command then turn and salute the patient. Often patients return the salute.

This unique program gives pride and peace to our veterans while bringing together family and friends to celebrate their loved one's military service.

In addition to providing patient care and services, every 6 months Community Nursing



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Service holds a memorial service for past Hospice patients. This allows families and caregivers to receive closure, share memories and share good-byes.

If you know someone who would benefit from the Honor Salute Program please contact Camille Trujillo at the local Moab office, 435-259-0466. Community Nursing Service is located at 1030 Bowling Alley Lane, Moab Utah.

Our Mission We create moments and experiences that heal individuals and families by providing compassionate care and by putting health, dignity, comfort, and well-being first. We are a non-profit organization, and it is our privilege to serve you and the communities in which we live.