

Yoga Living

Volume XII, Issue III

Winter 2011 Issue

The Yoga of Loving Pg 12

**Yoga Practices for
the Root Chakra** Page 14

**What is
Colon Hydrotherapy?**
Page 32

Resolving Chronic Disease
Page 34

**Reflexology:
A Treat for the Feet**
Page 36



**Serving South Jersey,
Northern Delaware,
Philadelphia & Suburbs**

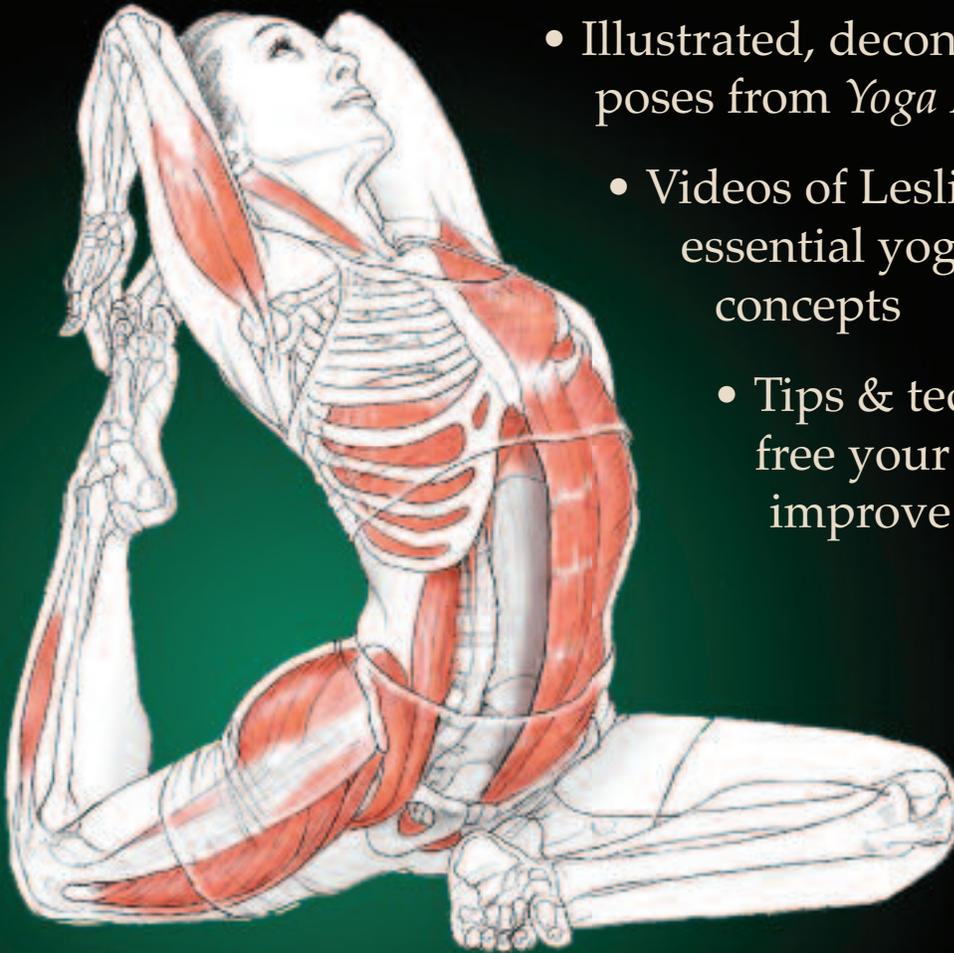
Discover the deepest principles of yoga by exploring the deepest structures of the body.

Study with Leslie Kaminoff, internationally best-selling author of *Yoga Anatomy*.

Visit YOGAAnatomy.net to sign up for Leslie Kaminoff's free email newsletter.

You'll receive:

- Illustrated, deconstructed yoga poses from *Yoga Anatomy*
- Videos of Leslie teaching essential yoga anatomy concepts
- Tips & techniques to free your breath and improve your practice



Visit YOGAAnatomy.net to receive these valuable teachings absolutely free.

Find Your Path to Higher Self

Classical Yoga Teacher Training

With Bob Butera, PhD & Kristen Butera, ERYT500

Deepen Your Personal Practice and Learn Teaching Skills

YOU: A dedicated student who is ready to learn more about yoga. No age, skill or particular level of experience required. All you need is an open mind and a willingness to learn more about yourself through the ancient art & science of Yoga.

US: One of the finest & most established schools of Yoga in the country. A dedicated group of yoga scholars, teachers & practitioners who offer a collective 60+ years of Yoga & Meditation experience to our students.

200 & 500 hour Program Highlights Include:

- Connection to a Well Established Community
- Personal Growth
- Art of Teaching
- Yoga Lifestyle
- Flexible Schedule
- Ongoing Enrollment
- Year Long Program
- Unlimited Yoga Classes
- Weekly Seminars
- Practical Yoga Philosophy & Psychology
- Functional, Mental & Spiritual Alignment
- Breath, Chakras & Energy
- Yoga Alliance Certified



YogaLife Institute
philosophy • practice • education

111 East Lancaster Avenue | Suite G | Devon, Pennsylvania 19333
610-688-7030 | studio@yogalifeinstitute.com | www.yogalifeinstitute.com

The Healing Touch Center



MAKE 2011 YOUR YEAR TO SHINE!

- Acupressure/ Shiatsu Treatments
- Women's Puerto Rico Retreat
- Chi Kung Classes
- Ballroom, Latin Dance Classes
- Workshops
- Life Coaching
- Low Impact Aerobic Class
- Women's Groups



For more information please visit www.healingtouchctr.com
The Healing Touch Center, LLC
1327 Darby Road, Havertown, Pa 19083
610 449-3589



There's more to healing
than drugs and surgery

Wendy Warner, MD

Past President, American Board of Integrative Holistic Medicine



- Women's healthcare/gynecology
- Holistic medical consultations for men and women
- Acupuncture, massage, osteopathic manipulation, energy work, stress management, and more

940 Town Center Drive Suite F-90 Langhorne, PA 19047 215.741.1600

www.MedicineinBalance.com

Health Begins with a Smile

*Experience the difference of a Holistic Dentist
with Dental Health Associates in Paoli and John P. Roeder, DMD*

Our practice of the art and science of healing requires specialized knowledge and training for our entire staff. As primary care providers, we use state of the art dental technology for both prevention and care. All of our patients receive care tailored to their specific needs.

See what our patients are saying about us!

"My experience with Dr. Roeder began when I replaced my mercury fillings. I learned that my gums were going down hill and 14 years later, my gums are healthier than they have ever been!"

"I learned from Dr. Roeder that I have been caring for my teeth incorrectly. After my one-on-one consultation I feel confident that I will be able to maintain my oral health for many years to come!"

"I like the services at Dental Health Associates. The staff is professional and the place is tidy and comfortable. They always live up to my high expectations and I would never go anywhere else."

"Dr. John Roeder and his entire staff want the best in oral health for every patient, with each visit I am educated to what is new in the field of dentistry and I always leave with a big white smile."

- Individualized Holistic Care
- Metal-Free Restorations
- Mercury-Free (since 1977)
- Bio-Compatible Dental Care
- Mercury Vapor Testing
- Laser Certified
- Digital Radiography (utilizing 70 – 90% less radiation)
- Non-Surgical Periodontal Therapy and Maintenance
- Oral Health Evaluation with Microscope
- PurePower Mouth Guards
- Invisalign

John P. Roeder, DMD

45 Darby Road, Paoli, PA • 610-647-7272



BACH FLOWER THERAPY

"All true healing aims at assisting the patient put Soul, mind and body in harmony."

Dr. Edward Bach

Bach Flower Therapy is a safe, integrative approach to releasing old energy patterns. Bach Flowers restore harmony by precipitating unwanted, old emotional patterns and thoughts. In Bach Flower Therapy, emotional issues are clarified and clients are educated in the use and selection of Remedies.

Unfold into peace, optimism and inner strength with a Registered Bach Flower Practitioner.

Charlene Briggs is on the International Register of Bach Flower Practitioners.

Charlene L. Briggs, BFRP

Lionville Holistic Health Center

BACH DIRECT LINE

610-458-4747

char@bachflowersUSA.com

www.bachflowersUSA.com



come and see what the buzz is about!

the **yoga**
garden



under new ownership

expanded schedule

world-class workshops

freshly remodeled space

dynamic, caring teachers

610.664.2705

www.yogagardennarberth.com

131 north narberth ave., narberth, pa 19072



Richard G. Fried, M.D.
Board Certified, Family Practice

Sustainable Medicine:

Where Modern Medicine meets Holistic Care

Tired of all the drugs, but cautious about unproven, expensive alternative care?

- FULL-SERVICE PRIMARY CARE FOR THE WHOLE FAMILY
- NATURAL (HERBAL, HOMEOPATHIC) MEDICINE WHERE POSSIBLE
- APPROPRIATE CONVENTIONAL TREATMENT WHEN NECESSARY
- HOLISTIC NEWBORN, PEDIATRIC AND WOMEN'S HEALTHCARE
- OVER 25 YEARS' EXPERIENCE IN DEVELOPMENTAL DISABILITIES, ADHD AND AUTISM
- 24-HOUR ON-CALL FROM OUR OWN DOCTORS
- SAME-DAY APPOINTMENTS FOR URGENT CARE
- MOST INSURANCE PLANS ACCEPTED



Sustainable Medicine at the Kimberton Clinic

Now accepting new patients with most insurance plans.

THE KIMBERTON CLINIC— YOUR DOCTORS FOR LIFE!

www.kimbertonclinic.com - 610.933.0708

Local Resources for Healthy Living!

Winter 2011

8 | **Contributors**

10 | **Editorial**

By Dr. Bob Butera

Yoga Theory

12 | **The Yoga of Loving**

Ekhnath Easwaran

14 | **Getting Grounded:
Yoga Practices for the
Root Chakra**

By Kristen Butera

20 | **Upon this Rock Music**

By Anthony Michael Rubbo

22 | **An Interview with
Leslie Kaminoff**

By Kristen Butera

26 | **Book & DVD Reviews**

By Teresa Winte



ADVERTISERS ISSUE DEADLINE:

**Spring 2011
MARCH 8 2011**

Psychology & Health

28 | **AutoImmune Syndromes:
The Ultimate Immune
Confusion**

By Michael Cheikin MD

32 | **What is Colon Hydrotherapy?**

By Lynda Lyng

34 | **Coach Thyself:
Resolving Chronic Disease**

By Michael Reddy, Ph.D.

Healthy Family

36 | **Reflexology:
A Treat for the Feet**

By Mimm Patterson

47 | **Rice is Nice**

By Marilyn Waxman

Delaware and S. Jersey

50 | **Delaware Section**

52 | **South Jersey Section**

**YOGA =
SELF-TRANSFORMATION**

Directories

38 | **Green Business Directory**

Look up businesses that support the environment

40 | **Holistic Shop Directory**

43 | **Holistic Resource Directory**

54 | **Yoga Directory:**

Local places by county for study/classes

57 | **Advertisers Directory**



Our listings help you find holistic practitioners for all your needs.

Events

57 | **Events Listings**

Join holistic events, retreats and on-going groups

Yoga Living Online! www.yogalivingmagazine.com

Contributors | Inside YogaLiving

Doers | Player | Teacher | Representative | A Voice | Impetus | Reflection | Learning | Imagine



<< **Lynda Lyng**

lives, writes, and teaches in Kimberton, and may be reached at llyng@lunayogapa.com.
What is Colon Hydrotherapy?
page 32



Mimm >> Patterson

is a certified Sports Massage Therapist and Reflexologist. She's been teaching yoga since 1994, and this past summer she completed Paul and Suzee Grilley's Yin Yoga Teacher Training. But you'll have to travel to the sunny West Coast to find her practice in Palo Alto, California. Contact her at mimmp@mac.com or visit her blog at www.practicallytwisted.wordpress.com.
Reflexology: A Treat for the Feet
page 36



<< **Kristen Butera | E-RYT 500, CYT**

is the Editor of Yoga Living Magazine and writer of educational articles on Yoga. She is also the Manager of the YogaLife Institute, where she teaches weekly classes & trains yoga teachers. She comes from an Advertising & Marketing background with 10+ years of Agency experience. She can be reached at www.yogalifeinstitute.com or yogalifeinstitute@verizon.net.
Getting Grounded: Yoga Practices for the Root Chakra
page 14
An Interview with Leslie Kaminoff
page 22



Teresa >> Winte, RYT

teaches Yoga at several locations in the Main Line area. She studied massage in Boulder, Colorado and Ayurveda in Santa Cruz, CA and received her Yoga Teacher certification through the YogaLife Institute in Devon, PA where she works part time helping manage the day-to-day activities. A former schoolteacher, she is passionate about making yoga accessible for kids of all ages and demographics. Contact her at TeresaWinte@gmail.com.

Book & DVD Reviews
page 26



<< **Marilyn Moser-Waxman**

integrates practices and techniques from a variety of holistic health and healing systems from around the world. Her classes and coaching offer a well-rounded education that is applicable to a wide spectrum of dietary needs and health issues. Learn more at www.thenourishingwell.com.

Rice is Nice
page 47



Eknath >> Easwaran

(1910–1999) is known and respected around the world as a teacher and author of books on yoga, passage meditation, and spirituality. He came to the US in 1959 as a Fulbright scholar and founded the Blue Mountain Center of Meditation in 1961. His work is carried forward through publications and programs offered in Tomales, California, and other locations around the US. To learn more, visit www.easwaran.org.

The Yoga of Loving
page 12



<< **Angela Nevius | RYT**

serves as *Yoga Living's* Advertising Coordinator, frequent contributor and overall "Gal Friday" (according to her!). She teaches Yoga, gardens, raises two sons and two dogs. Reach her at yogalifeinstitute@verizon.net.



Michael >> Cheikin | MD

is a holistic physician, Board Certified in Physical Medicine and Rehabilitation (*Physiatry*), Pain Management, Spinal Cord Medicine and Electro-diagnostic Medicine. Contact him at drc@c4oh.org.

AutoImmune Syndromes: The Ultimate Immune Confusion
page 28



Anthony >> Michael Rubbo | MHS

is a consultant to education and industry, and the author of books on personal leadership and meditation. He is currently writing a novel and collaborating on a production that promotes the spiritual lifestyle. If you have questions or comments, you can contact him at anthony-michael133@gmail.com.

Upon this Rock Music
page 20



Michael >> Reddy | Ph.D CPC

combines Certified Wellness Coaching with Family Constellation Work to reveal and re-align hidden loyalties that block successful living. Previously, he taught shamanic spirituality and healing for two decades. He is an Elder who adds a wealth of knowledge, experience, and love to achieving the health and fulfillment goals of individuals, families, and other wellness professionals. Learn more at www.reddyworks.com.

Coach Thyself: Resolving Chronic Disease
page 34

Experience Past Life Regression

with Carol Bowman

"Carol, my past life session with you was one of the most fun, helpful things I've ever done. It's one thing to have a medium tell you about a past life, but entirely different to see and feel it for yourself. WOW!" —T.H., Bryn Mawr

"Thanks for guiding me though the experience in such a thoughtful, pleasant way. It was the BEST" —G.J., Ambler

"I'm still reeling wonderfully from the adventure we took through space and time. It's had a profound effect on my inner being. All my gratitude to you for being the instrument that got me there." —S. B., Cherry Hill, N.J



Carol Bowman, MS, past life regression therapist for fifteen years, is the internationally-known lecturer and author of *Children's Past Lives* and *Return From Heaven*.

Carol has been featured on national TV and radio including *Oprah*, *Good Morning America*, *The Art Bell Show*, *Unsolved Mysteries*, *ABC Primetime* and as reincarnation expert on A&E and The Discovery Channel.

610-566-3870 (Media, PA)
www.CarolBowman.com



Susan's Power Flow Yoga
www.susanspowerflowyoga.com

Yoga Retreat on the Chesapeake

A Weekend Away April 8th—10th

Discover the power of practice...

15% off all other winter workshops—valid through 3/31/11

THE SOUL CENTER

A Place for Soulful Explorations™

550 Kimberton Road (Rte 113), Suite 1
Phoenixville, PA 19460 | 610.935.2214
www.TheSoulCenter.com

Also Featuring:

- **Group Motion Dance**
- **Akashic Record Readings**
- **Drum Circles**
- **Kirtan Cafe**
- **Body Talk**

Wherever you are, we have a class to meet your needs...

DAILY YOGA CLASSES:

- **BEGINNER**
- **VINYASA**
- **HOT POWER YOGA**
- **THERAPEUTIC**
- **CHAKRA BASED**
- **MEDITATIVE/YIN**
- **YOGA + THE 12 STEPS**
- **THE FIVE TIBETANS**
- **YOKIBICS**

Letter From the Publisher



The Growing Yoga Nation

When I told my family in 1988 that I had decided to pursue the study of Yoga at the Yoga Institute of Mumbai in India, most of my family and friends thought that I was nuts. Many of them hadn't really heard much about Yoga, and if they had, it conjured up images of emaciated men with unruly beards, wrapped in loincloths and sitting high in the Himalayas as they contemplated their navels. As my resolve to study strengthened, I was met with a lot of prejudice and superstition surrounding the practice that offered very little room for explanation and understanding in my personal relationships.

When I returned from India in 1989 to pursue my Masters Degree in Divinity, I began teaching yoga to a small group of students at the Earlham School of Religion. The Quakers there lived up to their open-minded reputation, and here I was met with a genuine curiosity, as I was the only yoga instructor for fifty miles!

In 1993, I discovered the California Institute of Integral Studies in San Francisco and dove deep in my Yoga Therapy PhD work. In that progressive city, there was a Yoga training center on every corner, but the classes were still relatively small. **Suddenly, in 1995 my weekly classes increased from 2 classes a week to 4 classes a week** – minor in retrospect, but a significant boom at the time. In consulting with some of my fellow teachers and yoga friends, I learned that their classes had also doubled. At the time we all had a good laugh trying to figure out if it was Madonna's widely publicized interest in Yoga that had helped create the mini-boom. While we were happy to have new students, we figured that it was a passing trend and that 1995 was simply the calendar year for Yoga being the "it thing" on the cultural to do list. We didn't even have an inkling that in the next 15 years Yoga would be adopted in the United States as a practice for people of all ages, shapes, sizes and backgrounds.

Fast forward to 2011 - one of the friends that I mention above runs an International Retreat Center. My other San Francisco friend specializes in Yoga for Heart Patients. Yet another travels and teaches workshops all over the world. As the youngest member of that group, in addition to publishing this Yoga magazine, I own a studio/training center that had to move to a larger location in November 2010 - we needed more space in order to accommodate the growing interest of our students! It's a very exciting time for Yoga in this country.

So, why does the interest in Yoga continue to grow and expand?

Certainly, Yoga offers a variety of health benefits, including physical fitness, the reduction of stress and the potential of inner-peace. These benefits are nothing new though - Yoga has always been multifaceted in its approach to health and well-being.

Some might point to the advances of mass media and celebrity culture. Sure, it doesn't hurt that Jennifer Aniston, Gwyneth Paltrow and dozens of other well-known faces decided to openly talk about how Yoga is an integral part of their health and beauty routine or that the book *Eat, Pray, Love* has become an international sensation. Let's not sell the American public short or shallow - I believe the continued interest in Yoga speaks to a much deeper issue in our culture. The advances that we have made scientifically and technologically have left us in a kind of spiritual void. In this advanced age, many of us have been wounded, perhaps even unknowingly, by the very tools that we have come to rely on. The world keeps moving faster and it is all that we can do to just keep up with the changes. The family unit has shifted dramatically and many of us live without a stable base of community support. We are living in the dramatic irony of the ability to communicate instantaneously and yet find ourselves lonely, tired and without connection to self and others. Cumulatively these scenarios create a tremendous amount of stress.

When asked why he does Yoga, a little boy in our Kids Yoga program recently said to me "Well, I am just so busy and stressed out, I need Yoga so that I can relax." I think that his simple statement really sums up why Yoga is so popular in this day and age – it quiets the mind and restores harmony and balance to those living in a state of constant processing and the residual stress that comes with it.

Obviously, technology has some wonderful benefits that cannot be denied. My life was made much easier by the ability to type this editorial with the internet at my disposal, but it also has its drawbacks, which includes the over stimulation of the nervous system. So, hand-in-hand with the growth of technology, I expect to see Yoga to continue to boom well past the 21st century.

Your Editor,

Bob Butera, PhD, Yoga Living Publisher, Director of the YogaLife Institute in Devon, PA, writer, and national trainer of Yoga Teachers

Yoga Living

Your Healthy Lifestyle Guide

Winter 2011

Volume XII, Issue III



Publisher

ROBERT BUTERA, PhD

Editor

KRISTEN BUTERA

Art Director

AMIE HANNAH
Partners Press, Oaks, PA

Graphic Artist

MARIE KOZLOWSKI
Partners Press, Oaks, PA

Advertising

ANGELA NEVIUS

Published by:

YOGALIFE INSTITUTE, INC.

111 East Lancaster Ave.
Suite G

Devon, PA 19333

610-688-7030

www.yogalivingmagazine.com



Yoga Living, Your Healthy Lifestyle Guide, promotes the field of Yoga as a healthy lifestyle. The practice of a Traditional Yoga program includes each facet of life. This magazine introduces readers to resources for healthy living. Please share your copy of *Yoga Living* with your friends. Contact us at 610-688-7030 or at info@yogalivingmagazine.com. Advertisers go to www.yogalivingmagazine.com for a media kit.

Learn to Meditate



Meditation for Your Type Training Program

Did you know that not all meditation programs work for all people? Discover how you can help yourself and others find the type of meditation that best suits their personality. Learn a unique system of sensory mastery in tandem with the 6 basic styles of meditation: breath, mantra, visual, contemplation, mindfulness and conceptual.

Free Introductory Classes
Sunday January 9th @ 9 AM
Monday, January 10th @ 7:30 PM

Program Benefits:

- Learn 6 Different Styles of Meditation
- Discover/Refine Your Personal Meditation Practice
- Join a Vibrant, Supportive and Compassionate Community
- Give Structure to Your Personal Practice

Program Components:

- 16 Weekly Group Classes (Attend Sunday AM or Monday PM)
- 16 Weekly Email Lessons
- 16 Weekly Video Lectures
- 16 Weeks of Supplemental Yoga & Meditation Classes

Reserve Your Spot Today!

Call 610.688.7030 or visit www.yogalifeinstitute.com



YogaLife Institute
philosophy • practice • education

111 East Lancaster Avenue | Suite G | Devon, Pennsylvania 19333
610-688-7030 | studio@yogalifeinstitute.com | www.yogalifeinstitute.com



The Yoga of Loving

IN ENGLISH THE WORD **DETACHMENT** SOUNDS **PASSIVE**, callous, unfeeling. Yet it is just the opposite, and the best way to see this is to look at its application in personal relationships. In

Sanskrit, we have two words that are often translated as “love” – two words with a world of difference between them, and the difference is detachment. *Prema* is pure love, in which I want nothing but your happiness. Your joy is my joy. *Kama*, on the other hand, is self-centered personal attachment, generally with romantic overtones. In the language of *kama*, “I love you” means “you please me.” Most of us need no formal introduction to *kama*. Selfish attachment is what holds most novels together, what most popular songs are based on, what most films depict in graphic detail.

It is discouragingly easy to mistake selfish attachment for love if we do not really know what love is. If you want to see some of the greatest lovers of all time, don’t look to Romeo or Juliet; look at Saint Francis of Assisi, or lovely Saint Teresa of Avila. All you need do is read Teresa’s autobiographical accounts to know that she lived in the empyrean of love. What a wonderful paradox: to know what love means, we have to turn to men and women who we say have “renounced the world”!

Listen to Jacob Boehme, the “cosmic cobbler” of medieval Germany, as he tells us how he knew when he was in love – eternal love:

“No life can express, nor tongue so much as name, what this enflaming, all-consuming love of God is. It is brighter than the sun, it is sweeter than anything called sweet; it is stronger than all strength; it is more nutrimental than food, more cheering to the heart than wine, and more pleasant than all the joy and pleasantness of the world. Whoever obtaineth it is richer than any monarch on earth; and he who getteth it is nobler than any emperor can be, and more potent and absolute than all power and authority.”

Boehme is talking about love in the truest sense. The mark of true love is as simple as it is rare: it is detachment from the tangle of personal motives that makes us seek happiness in making others conform to our desires. Detachment and love go hand in hand. When all selfish attachments are gone, what is left is pure love. The other

person is so dear to you that you never have to ask yourself the question, “What is she going to give me?” – in the way of respect, of affection, of loyalty. Once you efface that question from your vocabulary completely, you and that person are no longer separate; both of you are one. That is what love means.

The Secret to Transforming Relationships

All of us begin the quest for love with a great deal of selfish attachment. That is human nature. But with the help of meditation and the allied disciplines we can diminish this selfish element day by day, by putting the welfare of those around us first and our own personal predilections last.

But practicing detachment in personal relationships does not come easily. No other arena of life is more challenging. Disrupted relationships are endemic today, and not because people are immoral or because they don’t care about one another; they just don’t know how to develop detachment. If you cannot stand back from your own pleasure and profit, you cannot help manipulating other people. Naturally, this kind of manipulation corrodes loyal relationships of any kind. It leads to their speedy end, as we can see in the lives of millions of lonely people today.

When you practice detachment continuously – at home, at work, among friends, and especially with difficult people – you will find how much security it brings you in your relationships. A spiritually detached person, which to me means a very loving person, will never allow relationships to degenerate to stimulus and response. The test is simple: Even if you are angry with me, can I stay calm and loving with you and help you overcome your anger? If you persist in disliking me, can I continue to like you? For it is when you dislike me that I have all the more reason to be loyal to you, to show you what loyalty really means.

This problem of disliking people, which is a very common one today, is essentially a problem of disliking the images we have formed of them. It is a reflection on us rather than on those we do not like. For in almost all human relationships, we see others not as they really are but as we are. To a suspicious person, everybody seems suspect; to a resentful person, every action is worthy of resentment. Similarly, to a loving person, everybody is worthy of love; every occasion is an opportunity to practice love. It is not that situations never get difficult when you are detached, or that people are never unpleasant. But the choice of

continued on page 61



Now Offering:

Daily Yoga Classes, Yoga Teacher Training, Meditation Training,
Weekly Seminars & Weekend Intensive Programs

New Year Special:

*One month of Unlimited
Yoga Classes - \$50**

**Offer expires Feb. 28th, 2011*

We've Moved

*Devon Design Center
111 East Lancaster Ave
Across from Devon Horse Show*

Visit www.yogalifeinstitute.com to get your first class free!



YogaLife Institute
philosophy • practice • education

111 East Lancaster Avenue | Suite G | Devon, Pennsylvania 19333
610-688-7030 | studio@yogalifeinstitute.com | www.yogalifeinstitute.com

*Offers valid for new students only. Offers cannot be combined with any other offers or discounts.

GETTING GROUNDED:

Yoga Practices for the Root Chakra

THE CONCEPT OF BEING "GROUNDED" MAY SOUND STRANGE TO SOMEONE NOT USED TO THINKING ABOUT IT, but chances are you have had the experience of not being grounded at one time or another. Forgetful? Lose your keys? Tend to procrastinate? Feel like you get "stuck" in your head? Have a hard time feeling at home in your body? All of these things are good examples of how not being grounded can show up in daily life. While being grounded might sound like a spiritual concept, the need for grounding is actually very pragmatic - being grounded makes it easier to accomplish daily tasks and set clear, attainable goals for the future.

From a spiritual perspective, the ability to ground is a necessary skill. The root chakra is the foundation of the energy body, and if it is out of balance, it is highly likely that the upper chakras are also out of balance. The Sanskrit word for this chakra, *Muladhara*, literally translates into "base of support" and conveys the very essence of its importance. While the root chakra might not have the spiritual grandeur of the heart or third eye, a strong first chakra may in fact balance out the entire energy system, which for many people tends to be top heavy due to excessive thinking and the pervasive mental and visual stimulation that comes from overuse of television, radio and internet. The danger for many on the spiritual path is the underlying assumption that the body and all its urges are "bad". There is a lot of talk about how to move energy up into the higher centers, but often, too little time is spent understanding the value of being able to move energy down and develop roots from which we can grow and spiritually blossom.

Emotionally speaking, the root chakra deals with survival instincts and our basic primal needs being met. Our family systems or "roots" are related to this chakra, along with our ability to reconcile with or honor and respect our upbringing. The concept of abundance or having enough is also related, and when this chakra is out of balance, it can manifest in emotional issues such as lack of trust in self or others, irrational fears, insecurity, financial instability, hoarding or a general feeling of disconnection from self and others.

The physical location of the root chakra is at the base of the spine, sometimes also described as the perineum or the tip of the tailbone. Associated body parts are the anus (one of the most common unidentified areas of tension in the body), descending colon, bones, feet, legs, tailbone and pelvic floor. It is visualized as a primal shade of red, which has the longest wavelength and slowest vibration in the visible color spectrum. The associated element is earth, and grounding is a process of dynamic contact with the earth, feeling its boundaries and limitations and in turn being fully present in the body. This does not mean that we have to identify with the body and all of its sensations, conversely, the awareness and ability to

ground allows us to recognize sensations as passing and live in the moment. When we live in the moment, also sometimes referred to as "being present", we tend to recognize and go with the energies of the moment, instead of against them. When this happens, the little things in life can become much easier to handle.

In a yoga pose practice, working with the root chakra starts with a visceral connection to the earth, usually through the parts of the body that are touching the ground. In this way we can work with the energy from a standing, seated or reclined position. This practice will offer a variety of ways to connect with and redirect energy into the lower half of the body and encourage a sense of positive connection to both the primal self and the earth.

Getting Started

Begin in easy pose, with the legs crossed and both buttocks on the floor. Bring the hands into Adhi mudra by curling the fingers around the thumbs and forming a soft fist with the thumb held gently inside it. Place the hands palms down on the thighs or knees. Lengthen through the spine into the crown of the head, and bring some awareness to the parts of the body that are touching the earth. Take some time to notice any feelings or sensations in this area. Take a moment to notice your own aliveness. Feel the solid comfort of the weight of the body and how it is held in place by both gravity and the support of the earth below it. Imagine strong, beautiful roots coming down from the body all the way into the earth. With an inhalation, visualize drawing earth energy up through these roots into the body and repeat the following mantra "I am connected to the earth. My base of support is stable and solid."



Circular Breathing

From the seated position, release Adhi mudra and open the palms. With an inhalation, stretch out the arms, turn the palms up towards the sky and reach the arms by the ears. With the exhalation, turn the palms down, bend the elbows and bring the hands down through the centerline of the body. Once you are able to link breath and movement together, imagine directing energy to the upper chakras with the inhalation and directing energy to the root chakra on the exhalation. Repeat 15 - 30x.



continued on page 16



katrin elia yoga



Tired of large classes with very little personal attention? Schedule a **PRIVATE** and enhance your yoga practice with 1-on-1 instruction. **Vinyasa, Yin Yoga & Yoga Wall**
 Contact: 610-662-1130
www.katrineliayoga.com



NUTRILITE
 BEST OF NATURE. BEST OF SCIENCE.

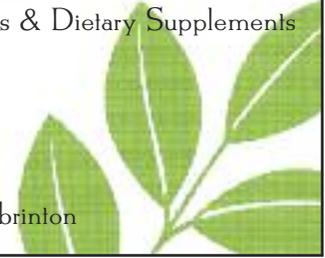
Premium Vitamins, Minerals & Dietary Supplements

Holly Brinton

610 564-6832

hollyyoga@gmail.com

<http://www.amway.com/hollybrinton>



MYOFASCIAL RELEASE & Therapeutic Bodywork

Increase Flexibility Improve Posture
 Relieve Stress Reduce Pain
 Increase Energy

Jane Sechacki, NCTMB
 1166 DeKalb Pike, Suite 107
 Blue Bell, PA 19422

610-213-1102
energywithin@comcast.net
www.energywithintherapy.com

For Everyone
 Who Wants
 Good Health...



NATURALLY

Lisa Beth Freedman, M.D.

is a board-certified family medical doctor trained in traditional medicine. In addition, she has extensive training in Holistic Medicine. Her mission is to provide continuing comprehensive health care for the entire family.

Villanova 610-579-3797
 Huntingdon Valley 215-796-1700
<http://www.drllisamd.com>

Working with a natural lab, she can accurately diagnose:

- Menopause, PMS and thyroid disorders
- Abnormal weight gain
- Fatigue and Insomnia
- Headaches and Allergies
- High Blood Pressure & High Cholesterol
- ADHD and Mood Disorders

Dr. Freedman utilizes a compounding pharmacy for natural remedies:

- Natural Bioidentical Hormones
- Vitamins
- Herbs
- Homeopathy

Acupuncture
 Treatments
 Available



Chakra Yoga: Understanding the Energy Body

with Dr. Bob and Kristen Butera

Jan 21 – 23rd, 2011

A Weekend Exploration of Physical, Emotional & Spiritual Wellness

- Principles of Chakra Yoga
- Chakra Theory and Application
- Overview of all Seven Chakras
- Chakra Tuning & Meditation
- Yoga Classes
- Chakra Mapping

Schedule: Fri 6:30-8:30 PM, Sat 9-4 PM, Sun 10 – 4PM

Fees: \$225 pre-register, \$250 (1 week prior to event or less)



YogaLife Institute
 philosophy • practice • education

111 East Lancaster Avenue | Suite G | Devon, Pennsylvania 19333
 610-688-7030 | studio@yogalifeinstitute.com | www.yogalifeinstitute.com



Mountain Pose

Come to standing with the feet hip distance apart. Bring awareness to the feet and begin to rock from ball to heel and then edge-to-edge. As you rock, notice if where all four corners of the foot meet the earth. Settle into the full base of the foot, spread the toes and lift the arches. Once the feet are stable, draw the awareness up into the leg, gently pulling up on the kneecaps with the thigh muscles. Find root lock by drawing into the muscles located in the perineum (the area between the anus and the genitals). Firm the low belly and lengthen through the spine into the crown of the head. Relax the shoulders and let the arms be heavy by the sides. Hold for 10 – 15 slow, deep breaths.

Relax the shoulders and let the arms be heavy by the sides. Hold for 10 – 15 slow, deep breaths.

Palm Tree

From mountain pose, with an inhalation, lift the arms and heels up and balance on the balls of the feet. Relax the shoulders and engage the lower core. Hold for 5 slow, deep breaths and slowly lower the arms and heels on an exhalation. Repeat 3 – 5x.



Chair Pose

From mountain pose, bend the knees and lower the buttocks towards the earth, as if sitting into an imaginary chair. Engage the lower legs, inner thighs and low belly. Bring the arms to shoulder height or reach them by the ears for more challenge. Relax the shoulders. Hold for 5 – 15 slow, deep breaths.

Tree

From mountain pose, bring the weight over into the left foot. Spread the toes of the left foot and gently draw up on the kneecap with the left thigh muscle. Engage the lower core muscles and lengthen through the spine into the crown of the head. Bend the right knee and bring the right foot to rest on the left calf or inner thigh (above or below the knee joint). With the inhalation,



extend the arms by the ears and relax the shoulders. Imagine the left leg and foot growing roots into the earth. Hold for 5 – 15 slow, deep breaths and repeat on the right side.



Eagle Pose

From mountain pose, cross the left leg over the right, bend the knees and squeeze the thighs together. Bend the right elbow and bring it to the centerline of the chest. Cross the left arm underneath the right and reach around with the left hand for the right thumb. With an inhalation lift the arms up towards the nose, and with the exhalation, sit the buttocks down and back into an imaginary chair. Hold for 5 – 15 slow, deep breaths and repeat on the other side, crossing the right leg on top of the left, and bringing the left arm on top of the right.

Warrior 1

From mountain pose step the right foot toward the back of the mat into a lunge position. Imagine standing on railroad tracks with the feet, and use the position of the back foot to bring the right hip in line with the left. Bend the left knee into a lunge position over the ankle. Reach the arms up by the ears and relax the shoulders. Once in this position, bring awareness to the feet and draw up through the muscles of the pelvic floor. Hold for 5 – 15 slow, deep breaths and repeat on the other side.



Flowing Goddess

Open lengthwise on the mat, with the feet approximately 3 feet apart (this will depend on the length of your legs). Turn the toes out to 11 and 1 o'clock. Bend the knees and drop the buttocks down towards the earth into a wide squat. Bend the elbows, spread the palms and relax the shoulders into Goddess pose. When ready with another exhalation, fold forward from the hips, and take the

arms down towards the earth. With the inhalation, lengthen the legs and bring the torso upright spreading out the arms and hands as you come up. Exhale the hands down the centerline of the body and you squat and fold forward again. Repeat the movements with the breath 5 – 15x.



continued on page 18

Practice Wellness - Beyond a Wish



Not just another nutritionist.

With over thirty years of medical experience Dr. Ana M. Negrón protects your health and arrests disease using food as medicine.

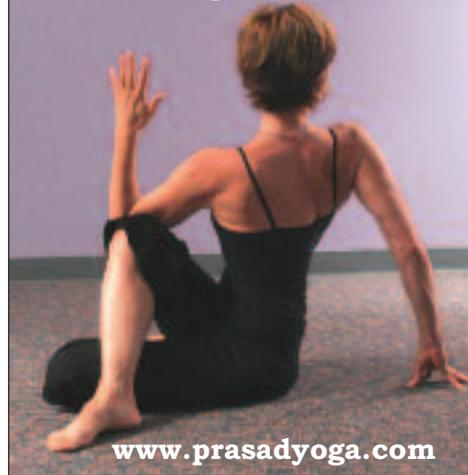
234 S. Bryn Mawr Ave Suite 100
610 525-6246 X 4

Initial consultation: \$100, follow ups as necessary. www.greenonabudget.org



Prasad Yoga – A Refuge, A Home, A Heart Open To All Hearts

All classes are taught
using Anusara Principles of
Alignment



www.prasadyoga.com

Classes:

GENTLE
BEGINNER
INTERMEDIATE
ADVANCED
KIDS
PRIVATES

Programs:

IMMERSIONS
TEACHER –
TRAININGS
WORKSHOPS

HealingArts:

MASSAGE
HOMEOPATHY
INJURY REHAB

Prasad Yoga 516 Second Street Pike **215 - 355 - 3224**
Southampton Shopping Center (a few doors down from
Southampton Pa 18966 Robin Hood Diner)

Spiritual Divorce

Divorce as a Catalyst
for an Extraordinary Life

Private, one-on-one coaching from
Master Life Coach

Kim Beck

Get your
complimentary session:
www.BeckCoaching.com
CoachKimBeck@yahoo.com

215-510-5251

The Center for Oneness

Healing & Enlightening Body, Mind, Heart and Spirit

Ayurveda Meditation Yoga Massage
Hypnosis Private Coaching/Counseling
Essential Oils Oneness Blessings Reiki
Bach Flower Remedies Chopra-certified health programs
Chinese Medicine Holistic & Alternative Spa Services

124 Sibley Avenue
Ardmore, PA 19003
(1 Block from Suburban Square)

www.thecenterforoneness.com
The Wellness Center
(484) 412-8815
The Studio
(484) 412-8816





Wide Angle Forward Fold

From Goddess turn the toes towards the long edge of the mat. Bring the hands to the hips and fold forward with the torso. As you fold forward, allow the hands to slide down the

outer edges of the leg. Relax the head and neck into the stretch and breathe into the inner legs and groin. Hold for 5 – 10 slow, deep breaths. When complete, lengthen the spine and with an inhalation come back to center with a flat back. Pause and let the chin fall to the chest to allow any dizziness to pass.

Sunbird

From all fours (table position) lift the left leg and bring it in line with the spine. Square the pelvis and draw into the low belly muscles. With an inhalation, lift the right arm and breathe into the balance. Bring the neck in line with the spine and visualize one long line of energy from fingers to toes. Hold for 5 – 15 slow, deep breaths and repeat on the right side.



Sleeping Pigeon

From table position, slide the left knee in between the hands and lower the outer edge of the left leg, including the hip and

buttock to the earth. Take a look at the right leg behind you – there are 2 choices for the position of this leg – one is keep the knee bent, and the other is to extend it in order to bring the pelvis into a more of square position. Take a look at the left leg – there are 2 choices here as well – one is to keep the foot closer to the groin, and the other is take the foot away from the groin and create more of an L shape with the left leg. Experiment and choose the front/back leg combination that offers the best stretch for the IT band (outer edge of the left thigh, from the knee to buttock). With an exhalation, fold forward over the left leg and rest the forehead on the earth, or make a pillow for the forehead with stacked fists. Hold for 15 – 30 slow, deep breaths and repeat on the right side.



Butterfly

From a seated position, bring the soles of the feet to touch and allow the knees to relax out to the sides. Draw the feet in towards the groin as much as is comfortable. With an

exhalation lengthen through the crown of the head and fold forward with a long back. When you find a natural stopping point, allow the upper body to round into the stretch, the back of the neck growing long and the head growing heavy. Hold for 15 – 30 slow deep breaths.



Balancing Bear

From butterfly, grab a hold of the big toes in yoga toe lock (middle and pointer finger on the inside of the big toes and thumbs looping around the outer edges). Find the sitz bones and gently lean back with the torso as you lift the legs off the ground.

Keep the knees bent, or if the arms are long enough extend out to a wider angle. Hold the balance for 5 – 15 slow, deep breaths.

Happy Baby

From balancing bear, release the feet and gently rock back on the mat, hugging the knees into the chest. From this position, gently part the knees and bring them out towards the armpits. Find a comfortable holding place for the hand on the backs of the thighs, or reach up for the ankles/insteps of the feet. Experiment with how far out the knees want to go from the torso before drawing the legs down towards the earth into the stretch. Gently rock from side to side to coax the body into the stretch or hold static for 5 – 15 slow, deep breaths.



Bridge

From a reclined position, bend the knees and bring the feet to the mat. Walk the heels towards the buttocks. With an inhalation, lift the hips up towards the sky and draw the shoulder blades underneath the body, clasping the hands together underneath the body or palming the low back with the hands for added support. Feel all four corners of the feet on the earth and engage the muscles of the legs and pelvic floor. Breathe deeply into the abdomen and watch the belly rise and fall as you hold for 5 – 15 slow, deep breaths. When complete, slowly release the spine back to the mat and rest.

Relaxation

Lie on the floor with the arms at the sides with the palms facing up. Extend the legs, and allow the legs and feet to relax. Allow the shoulders to soften and melt into the floor. Tuck the chin in toward the throat so the back of the neck is long. Relax the muscles of the face and jaw and imagine the eyes sinking back toward the base of the skull. Notice the parts of the body that are touching the earth and relax into that support. Visualize the earth as a loved one, with arms opening to receive you as you rest. Allow the breath to enter and leave the body freely through the nostrils without conscious control. Bring awareness to the base of the spine and visualize a ball of red energy in this area. As you inhale, focus on the physical nature of the senses. Feel yourself become passionate, strong, physical and filled with courageous energy. As you exhale, emanate the color red and feel its strength. Continue this breathing pattern until you enter into the security of the root chakra. Stay for as long as you like.



Closing Offering:

My roots reach deep into the core of the living earth. ▲