

Massage Therapy, Private Counselling, Reflexology, Hypnotherapy, Healing & Energy Therapies, Yoga, Core, Meditation, Qigong, T'ai Chi

## MOTHER NATURE

*In every walk with Nature one receives far more than he seeks. – John Muir*

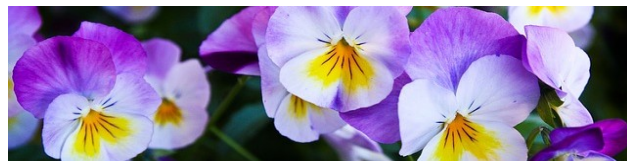
It is officially spring, and here in the shadow of the foothills of the Canadian Rockies, we are living with the erratic weather patterns as proof! While most of us probably did not give Earth Day a second thought, we may be feeling our spirits lift with the increased opportunities to spend time *outside*.

While any kind of exposure to the outdoors has been found to be beneficial for our health and well being, the practice of *deep nature connection* has been found by a U.S.-based initiative called 8 Shields to have benefits far superior to that of simply riding our bicycles or taking in a mountain vista without conscious engagement. Deep nature connection entails a mindful and reciprocal interaction with one's local ecology. Experiencing this kind of connection is the ultimate form of "natural health".

As we move further into spring, I hope that many of you will throw off the blanket of winter, and re-connect with the natural world – not just for your own immediate benefit, but to see and feel how you are but one part of the web of life. Our ability to preserve the gift of life in all its beauty for future generations as well as all other earth inhabitants depends on this kind of deep knowing.

Monica Dragosz, RSW

**On June 17, Monica is offering a 2 hour workshop about eco-anxiety for those who are feeling the emotional effects of living in times of widespread environmental degradation.**



## CURRENT CLASSES

MAY - JUNE 2017

SAME CLASSES, DIFFERENT NAMES!

### Monday

Essential Core: Seniors	9:30 - 10:30 am
Yin Yoga	10:30 - 11:30 am
Yoga for Everyday	6:30 - 7:30 pm

### Tuesday

Gentle Core Strength & Stretch	9:30 - 10:30 am
Essential Core: Chronic Conditions	10:30 - 11:30 am
Mat Pilates: Intermediate	6:15 - 7:15 pm

### Wednesday

Mat Pilates: Intermediate	9:30 - 10:30 am
Yin Yoga	10:30 - 11:30 am
Yoga for Everyday	6:30 - 7:30 pm

### Thursday

Yoga: Heart & Mind	9:30 - 10:30 am
Qigong for Everyday	10:30 - 11:30 am
Meditation: Chronic Conditions	1:30 - 2:30 pm
Yin Yoga	6:15 - 7:15 pm

### Friday

Yoga: Rise and Flow*	8:00 - 9:00 am
T'ai Chi for Longevity	9:30 - 10:30 am
Yin Yoga	10:30 - 11:30 am
Yoga: Lunch Flow*	12:00 - 1:00 pm
Yoga for Everyday	6:30 - 7:30 pm

### Sunday

Yoga: Rise and Flow*	9:15 - 10:15 am
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\*New Class!

Check our website for the most up-to-date information on class schedules

## NEVER TAKEN A CLASS?

TRY OUR CLASS PROMOTION!

5 Classes for \$35 or 10 Classes for \$55

Register online at [www.varsitynaturalhealth.com](http://www.varsitynaturalhealth.com)  
or at reception 403-202-8658  
(New clients only)

Find us on social media!

Varsity Natural Health on facebook & instagram,  
and visit our website for more articles and staff  
Q&A's!



*This outward spring and garden are a reflection of the inward garden. —Rumi—*

## JUNE WORKSHOPS

### **T'ai Chi: Refresh Your Skills**

with Bobbie Lu-Kopf  
Saturday, June 3, 2017  
10 am - 12 pm  
\$80

### **Eco-Anxiety**

with Monica Dragosz  
Saturday, June 17, 2017  
10 am - 12 pm  
\$80

**Pre-registration required: (403) 202-8658  
or online at [varsitynaturalhealth.com](http://varsitynaturalhealth.com)**



## SENIORS' HEALTH: Q & A

WITH BOBBIE LU-KOPF RMT

### ***What do you think the core ingredients of seniors' health are?***

I generally break it down into 4 main things: range of motion, posture, balance, and breathing.

Being a bit stiff first thing in the morning is normal, but you don't want poor range of motion to cause discomfort throughout the day or restrict your normal activities, whether that's going for a walk or playing with grandkids.

If we don't maintain our core strength — all those muscles that stabilize our centers — as we age, we tend to collapse in on ourselves with poor posture. This in turn reduces our range of motion and makes us even stiffer.

Maintaining the health of joints and muscles, especially in the lower body, is extremely important for balance and mobility. Having good range of motion and strength in your hips and feet can help prevent falls, and if your joints are strong and appropriately flexible, you're less likely to seriously injure yourself if you do fall.

Breathing seems obvious, but a lot of us don't do it as effectively as we should! It's easy to fall into shallow, upper-chest breathing, which can increase tension and stress. When we can learn how to slow down and take full breaths into our bellies and ribs, we get more oxygen, increase circulation, and decrease stress and muscle tension, all of which lead to better posture, better range of motion, and better balance.

### ***Can seniors improve in these areas even if they haven't done much exercise before?***

Absolutely! They're all connected, so often improving one of them will help the other three. Even spending a few minutes every day doing basic exercises that focus on each of these areas can have a huge impact over time.

***Bobbie Lu-Kopf is a Registered Massage Therapist and certified Pilates instructor. She teaches a weekly "Essential Core for Seniors" class, which covers all of the areas addressed above, as well as Yin Yoga, mat Pilates, Qigong, and T'ai Chi.***