

July 2008

Upcoming Events

- ✓ Reiki II Training on July 17
- ✓ Meditation Workshop, 3-5pm on August 2nd

Paula's Update

"Forward!" shouted Charlie, our river guide. "Stop" he commanded after three strokes. That was the pattern for most of our two days on the Colorado river in June. We seldom rowed more than three strokes at a time – just enough to position us expertly for the coming rapids. Charlie claimed to be lazy, letting the river do the hard work. I think he was wise...

So, next time you find yourself heading into white water and paddling like crazy... Stop paddling! Be still and tune in to your inner guide. Your guide knows the river and will help you harness its power rather than fight against it.

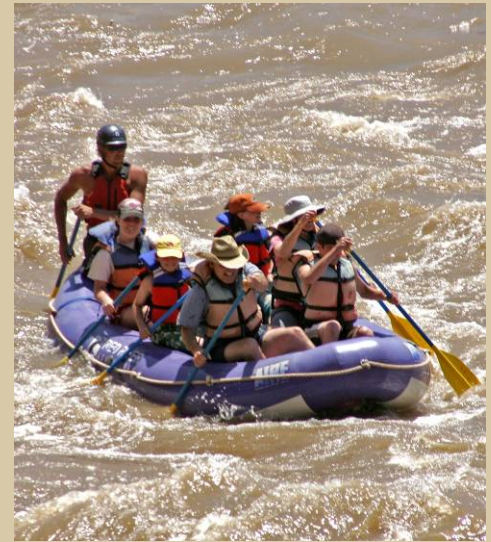
News on Health & Wellness

To access your inner guide, you first have to de-stress. A [new study](#) co-authored by Herbert Benson, an associate professor at Harvard Medical School, looked at the effects of yoga, meditation and other relaxation techniques on the expression of over 2200 genes. The research found that when you evoke the relaxation response, the very genes that are turned on or off by stress are turned the other way.

Further genetic analysis revealed changes in cellular metabolism, response to oxidative stress and other processes in both short- and long-term practitioners. All of these processes may contribute to cellular damage stemming from chronic stress.

So, what are you waiting for? Learning to deeply relax may be one of the most important things you can do to stay healthy.

On August 2nd, I'm teaching a 2-hour meditation workshop to help you get started. You'll learn gentle, easy techniques that are as simple as breathing. I've adapted these from a workshop taught by breath master [Andy Caponigro](#). Call or e-mail to reserve a space. Cost is \$20.



*I'm lazy and like to let
the river do the work...*

*- Charlie, our Hoab
rafting guide*