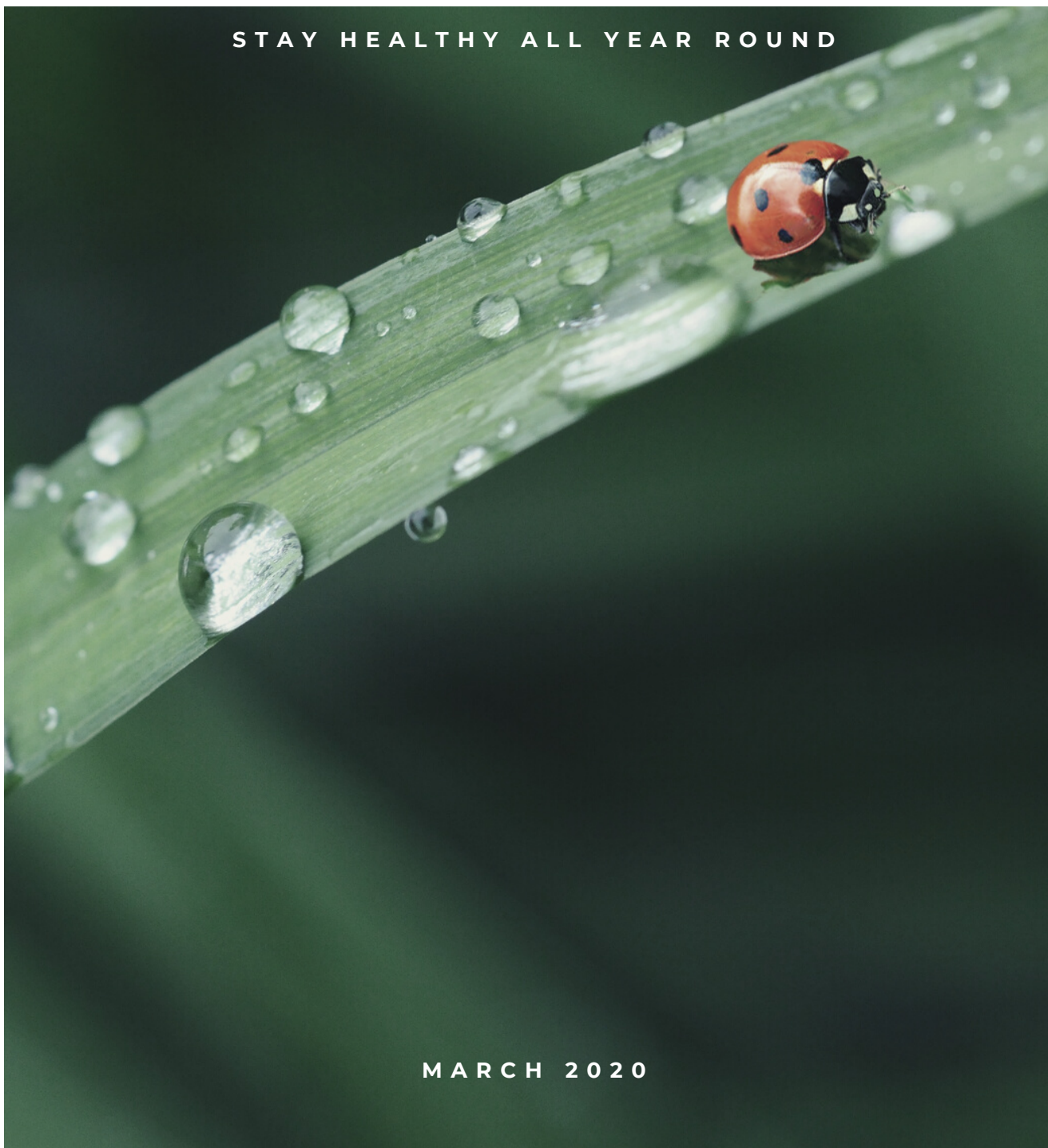


# WELLNESS

JUST BREATHE YOGA

STAY HEALTHY ALL YEAR ROUND



MARCH 2020

## MARCH EVENTS

**FR**     **DREAM CATCHER | 6:30P**  
**06**     **MAKE AND TAKE**  
led by Nina · \$45 Exchange (includes all materials)

**SA**     **TODDLER & ME | 9:30A**  
**07**     Led by Lisa King · \$21 Exchange

**SU**     **IN STUDIO YOGA RETREAT**  
**15**     **11:30A-6:30P ONE SPOT LEFT**  
Led By Jude & Nicole · \$108 Exchange

**FR**     **SOUND ENERGY | 7:00P**  
**20**     **ANGEL HEALING**  
Led By Billy & Tina \$33 Exchange

**SU**     **PSYCHIC SLEEP | 5:45P**  
**22**     **& RESTORATIVE**  
Led by Nick Viscovich · \$21 Exchange

**06**     **RESTORATIVE TRAINING**  
**07**     led by Jude, Nick & Robin  
**08**     FR 5:30-9:30P  
SA/SU 11:30A-6:30P



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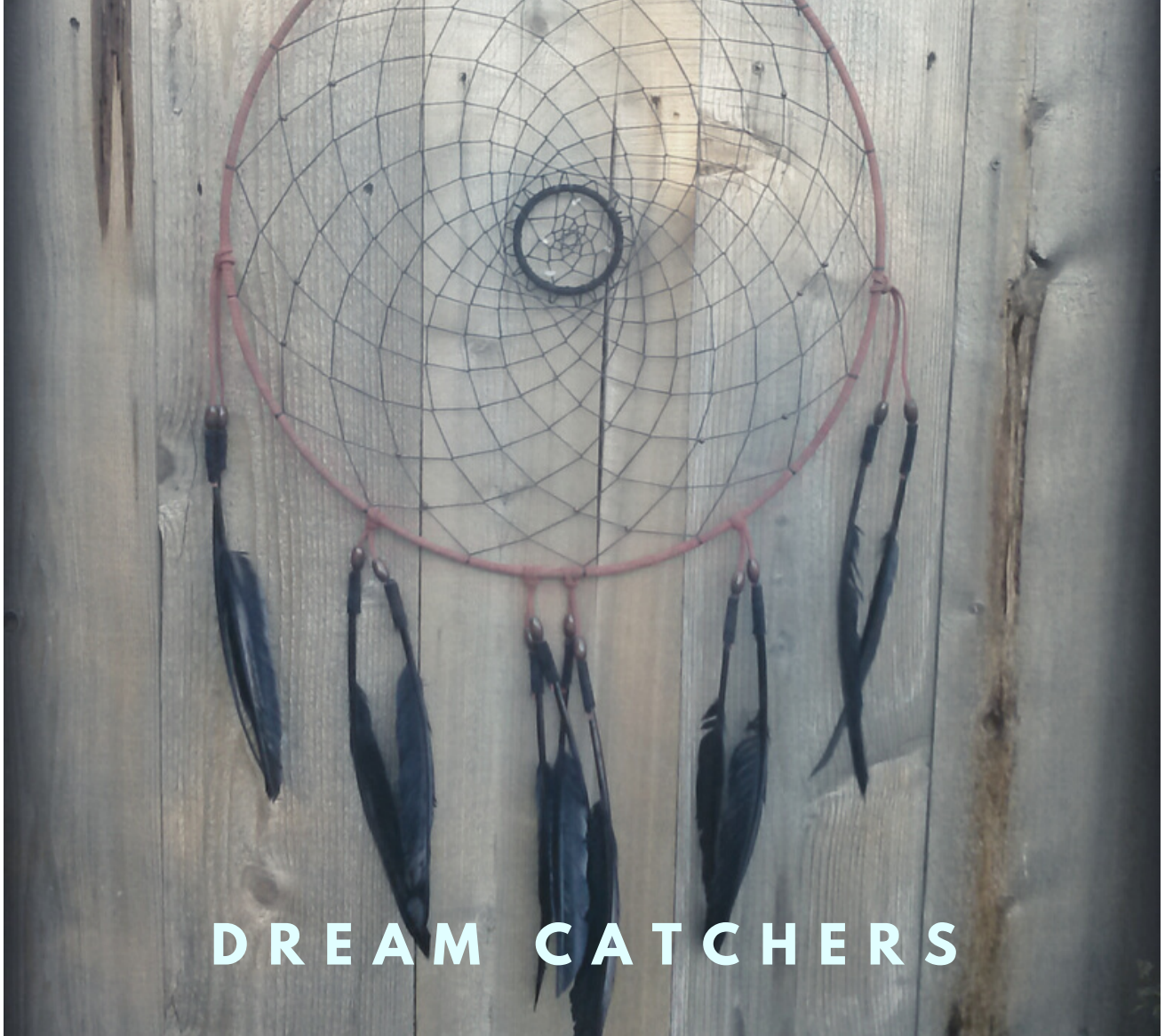
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Vegan Mac and Cheese

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Find out how





## DREAM CATCHERS

Dream catchers are a symbol of oneness among numerous cultures and regions. It has been traced back to the American Indians and it is said originated by Ojibwa Chippewa tribe.

### **The Legend**

While many cultures are fearful of spiders, the Ojibwe people found them to be a sign of protection and comfort. According to the Ojibwa, "spider woman" served as a spiritual protector, especially for young children and babies. As the tribe began to grow, the Obijwe were in fear that "spider woman" would not be able to spread the vast lands the tribe had migrated to. That is why the dream catcher came to life.

### **The Meaning**

Sometimes referred to as "sacred hoops", dream catchers were used as talismans to protect sleeping people from bad dreams and nightmares. Native Americans believed that the night air is filled with dreams both good and bad. When hung above a bed the dream catcher is believed to attract and catch dreams and thoughts. Good dreams pass through the feathers to comfort the sleeper and bad dreams would be caught in the web and destroyed by light of day. Each part of the dream catcher has meanings tied to the physical world. The round shape is said to represent the earth as well as the circle of life. The web is there as a

## DREAM CATCHERS

net to capture bad dreams and the feathers serve as a fluffy, pillow like ladder that allows good dreams to softly land on the person sleeping without being disturbed. According to some American Indians, the beads are meant to represent the spider itself. Others believe the beads symbolize good dreams that could not pass through the web, making them immortal in the form of a sacred charm. The strings or sinews are tied at several points on the circle, with the number of points on the dreamcatcher having different meanings:

- 13 points – the 13 phases of the moon
- 8 points – the number of legs on the spider woman of the dreamcatcher legend
- 7 points – the seven prophecies of the grandfathers
- 6 points – an eagle or courage
- 5 points – the star

Originally the Native American dream catcher was woven on twigs of the red willow using thread from the stalk of the stinging nettle. These twigs are gathered fresh and dried in a circle or pulled into a spiral shape depending upon their intended use. They used natural feathers and semi-precious gemstone, one gemstone to each web because there is only one creator in the web of life

Of course modern dream catchers are similar; however, they are also very different. You will find an array of materials to use and you can create themes, use of colors, gemstones, different strings, etc. to create the version that suits you best.



## DREAM CATCHER MAKE & TAKE MARCH 6TH • 6:30P

Come join us for a creative and magical evening of a traditional method of weaving.

Learn how to weave and adorn a dream catcher in your own unique style with a vast array of ribbons, feathers, yarn & beads in lots of colors and textures.

**Seating is limited to 10**  
**\$45.00 includes all supplies.**

# ESSENTIAL OIL OF THE MONTH



Peace & Calming® essential oil blend a must have in your collection. Solve some everyday problems. Whether you want to create a more inviting home, implement a restful bedtime routine, or just find a way to live in the moment, Peace & Calming can help you to get there!

## **For difficult days**

The dilemma: Work was stressful, the kids are going wild, and you got stuck on the freeway for an hour. Sometimes it can be tough just to get through the day.

Take a moment to center yourself with a hot Peace & Calming-infused bath. Add 5 drops of Peace & Calming and 5 drops of Copaiba essential oil to ½ cup of Epsom salt then add to the bath for a relaxing soak. Self-care is crucial, and taking some time for yourself to soak and let the stressful feelings roll off can make all the difference on a difficult day.

## **For mindfulness**

The dilemma: Sometimes it's difficult to clear your mind and live in the moment.

Life can pass by quickly, and it's easy to become so distracted that you don't take time to appreciate what's right in front of you. Apply a drop of Peace & Calming directly to your chest and close your eyes. Take some slow breaths and ground yourself. If you begin to feel distracted, focus on the scent of Peace & Calming to help yourself stay present.

## **For a refreshing home environment**

The dilemma: From pets to dirty dishes to smelly laundry, nothing disrupts your home's peaceful ambiance quite like an offensive odor.

Use a diffuser to spread the invigorating and clean scent of Peace & Calming throughout your home. Peace & Calming helps eliminate unpleasant odors and leaves your house feeling more like a home—a place where you and your family will want to spend time together. Orange and Tangerine essential oils bring a bright, refreshing scent that creates an energetic environment. Patchouli, Ylang Ylang, and Blue Tansy carry subtle, calming fragrances that lend a deep sense of peace to any space.

***You can find Peace and Calming Blend at the Moonstone Boutique***



# YOGA POSE OF THE MONTH

Camel Pose is the posture that most people experience intense bodily reactions such as fear/anxiety, dizziness or nausea. **The benefits of this posture are enormous and just being present and conscious of these intense feelings is half the battle.** It's all about relaxing in the posture and letting yourself open up to all these natural feelings, just be there, and move through you! This yogasana is one another yogasana from a series of bending and stretching yoga poses. It includes backward bend of the body while in sitting position. It is an advanced yogasana which has several health benefits.

Ustrasana  
(oosh-TRAHS-anna)  
ustra = camel

## Deepen the Pose

You can increase the challenge of Ustrasana by performing the pose with your thighs, calves, and inner feet touching.

## Therapeutic Applications

- Respiratory ailments
- Mild backache
- Fatigue
- Anxiety
- Menstrual discomfort

## Contraindications and Cautions

- High or low blood pressure
- Migraine
- Insomnia
- Serious low back or neck injury



## BENEFITS

- Calms the brain and helps relieve stress and mild depression.
- Energizes the body
- Stretches the shoulders, hamstrings, calves, arches, and hands
- Strengthens the arms and legs
- Helps relieve the symptoms of menopause
- Relieves menstrual discomfort when done with head supported
- Helps prevent osteoporosisImproves digestion
- Relieves headache, insomnia, back pain, and fatigue
- Therapeutic for high blood pressure, asthma, flat feet, sciatica, sinusitis



### **Steps to perform Camel Pose – Ustrasana**

- Come to your knees and sit back on your heels.
- Place your palms together in front of your heart, thumbs pressed softly on your chest enough to feel your heartbeat.
- Engage your core, elongate your spine, lift your chest and relax your shoulders. Direct focus on your breath. Inhale deeply and pause, then exhale slowly and pause before repeating.
- Breathe consciously like this 10 times.
- Rest on your knees and shins, bringing your hips over your knees.
- Make sure your knees and toes are a hips' width apart.
- Place your palms on your lower back with fingers pointing up.
- Gently draw your sacrum down, sucking in your abdomen to support the lower back.
- Keep your chin inward your chest and gradually lean back, actively pressing your hips forward.
- Hug your shoulder blades toward each other. This will organically.
- Lift your chest and relax your shoulders, releasing pressure off the neck. Don't let your mind wander; train your attention to be focused on your breath and body.
- Stay where you are, or reach for your heels with your hands. You may prefer tucking your toes to reach the heels easier or keep the top of your feet pressing the floor.
- If it's comfortable for your neck, relax your head back.
- Hold for four to eight breaths
- To come out of the pose, release your hands one at a time and place on your lower back.
- Slowly lift up from your sternum using your thigh muscles, head and shoulders coming up last. Sit on your heels.

### **Beginner's Tip**

Beginners very often aren't able to touch their hands to their feet without straining their back or neck. First, try to turn your toes under and elevate your heels. If this doesn't work, the next thing to do is to rest each hand on a block. Position the blocks just outside each heel, and stand them at their highest height (usually about 9 inches). If you're still having difficulty, get a chair. Kneel for the pose with your back to the chair, with your calves and feet below the seat and the front edge of the seat touching your buttocks. Then lean back and bring your hands to the sides of the seat or high up on the front chair legs.





# SOUND HEALING

MINDVALLEY JANUARY 10, 2019

## **Sound healing: The word is emotive.**

Its etymology comes from the Greek “Art of the Muses,” the goddesses who embodied and inspired art, literature, and knowledge of mankind. Music was never invented or discovered, but something innate in us all. It comes as no surprise then, that for centuries, sound healing has been used as therapy to cure many ailments. We use music for entertainment, expression, celebration, ceremony, leisure, and communication. Whether we are musically inclined or not, it is the one thing that truly connects humans from all cultures, creeds, and corners of the earth. We play music at our weddings to celebrate love, and at funerals to say goodbye. We listen when we are bored, and dance to it when we want to have fun. And we sing praises and worship our deities with it. But most importantly, we use music for healing.

## **A History Of Sound Healing**

Healing with sound dates back as far as ancient Greece. Apollo was the god of music and medicine. Aesculapius cured mental disorders with songs. The philosophers Plato and Aristotle claimed that music affected the soul and the emotions. Hippocrates played music for his patients, too. In Ancient Egypt, music therapy was a staple in temples. In biblical times, instruments were used to vanquish evil spirits from human souls. Native American culture uses song and dance to heal the sick. Instances of sound healing therapy are limitless. Fast forward a few centuries to the 1940s, when the United States military incorporated music into their programmes for the recuperation of army personnel during World War II. This is often described as the official dawn of music therapy. Today it is used in all aspects of medicine and spiritual growth. While it is still considered an alternative to modern medicine, scores of evidence suggest that it is effective – and necessary – to our emotional and psychological health. Yet, it remains misunderstood. Some people assume that those who partake in sound healing therapy are crackpots who seek magical solutions to medical problems. However, music therapy, or sound healing, has a basis in both neurology and psychology. What Is Sound Healing? Sound healing is the process in which a practitioner uses music – including the emotional, psychological, spiritual, physical, social, mental, and superficial – to improve the health of their patient. Sound healing therapy improves many facets of the patient’s life, including emotional and social development, cognitive and motor functioning, and psychological and psychiatric health. Healing with sound happens in a number of ways. Patients listen or sing along, improvise musical acts, meditate, chant, and play musical instruments. Some practitioners subject the patient to specifically crafted sounds to induce positive brainwaves.

## Can Sound Waves Heal You?

Almost everything we experience in the universe is simply our perception of waves. When sound waves reach our ears, they are converted into electrical signals that travel up the auditory nerve into the auditory cortex, the part of the brain that processes sound. Once sound waves reach our brains, they trigger responses in our bodies. This process alters our emotions, releases hormones, and triggers certain impulses. Although research on how music changes our brains is lacking, there is evidence to suggest that musicians have different brains than those who are not musically inclined. Research has shown that the brains of musicians are more symmetrical. And that the parts of the brain responsible for motor and cognitive functioning, coordination, and reasoning, are significantly larger. And thanks to an enlarged corpus callosum, the two hemispheres of the brain have better communication. In neurological studies, it has been proven that listening to music makes us more productive and creative. It can relieve stress and improve our moods. This is because listening to music floods our brains with dopamine. It also releases oxytocin, a natural painkiller, and hormone that allows us to bond with others. In fact, oxytocin is most commonly found in mothers during labor. Music also helps language development and improves communication. It's even been shown to increase our IQs, so it's safe to say that music makes us smarter. It improves our memory too, warding off brain disorders such as Alzheimer's. Music is powerful. It can change our brains, and so it changes our bodies.

## What Are The Benefits Of Sound Healing?

When listening to upbeat or cheery music, or when listening to deep, melancholy songs, our emotions flare and we can better process our feelings. The difference is that we only care to listen to sad songs when we are feeling sad because (and here's the kicker) we know it makes us feel better.

A 2006 study done by the Journal of Advanced Nursing discovered that those who listen to music feel less pain and experience less anxiety than those who don't.



Since sounds come at different frequencies and we too emit our own waves, healing with sound happens by matching frequencies to those that are conducive to healing and relaxation.

A study in the 1970s proposed that when one tone is played to one ear, and a different tone is played to the other, the two hemispheres of the brain connect and create a third (internal) tone called a binaural beat. Binaural beats synchronize the brain, providing clarity, alertness, and greater concentration. It's solid evidence that our brains and bodies respond to sound in both a cognitive and physical way. So, let's say you have a headache. A sound can be played that will override the pain brainwaves. Or, let's say you're in a bad mood after a poor night's sleep. Playing a relaxing song might lift your spirits and help you forget you're aggravated. Sounds and songs also elicit memories retrieval, and this can be used to help patients who are traumatized or depressed. There are a number of methods, instruments, and techniques for using sound therapy. But at its foundation is the premise of entrainment.

### Effects of sound healing

Entrainment is a method of synchronizing our brainwaves by producing a stable, solid frequency that our brains adjust to and then match.

Healing with sound can improve or cure many ailments including:

- Autism
- Depression
- Learning disabilities
- Anxiety disorder
- Stress/PTSD
- PainIt can also bring about:
- Clarity and balance
- Relaxation
- Improved memory and concentration
- Improved sleep
- A stronger immune system
- Improved creativity
- Heightened awareness, both of the self and the environment

# SOUND HEALING & ANGELIC CONNECTIONS

**FRI 3.20 • 7PM**  
**\$33 IN ADVANCE**  
**\$40 DAY OF**

Through the use of instruments and magical sounds, Billy & Tina will bring you on a journey to unlock your gifts that reside deep within your heart.

## Types of Sound Therapy

### Guided meditation

Guided meditation is a form of sound healing in which you meditate to voiced instruction, either in a session or class, or using a video or app. Meditation can involve chanting or repeating mantras or prayers.

### Neurologic music therapy

Music therapy can reduce stress and promote relaxation. Music therapy is administered by a credentialed provider who assesses the individual's needs. Treatment involves creating, listening, singing, or moving to music. It's used for physical rehab, pain management, and brain injuries.

### Bonny Method

Named after Helen L. Bonny, PhD, the Bonny Method of Guided Imagery and Music (GIM) uses classical music and imagery to help explore personal growth, consciousness, and transformation.

### Nordoff-Robbins

This sound healing method is delivered by skilled musicians who complete the Nordoff-Robbins 2-year master's program. They use music familiar to those being treated, create new music together, or work toward a performance.

### Tuning fork therapy

Tuning fork therapy uses calibrated metal tuning forks to apply specific vibrations to different parts of the body. This can help release tension and energy, and promote emotional balance. It supposedly works similarly to acupuncture, using sound frequencies for point stimulation instead of needles. There is some research suggesting that tuning fork therapy may help relieve muscle and bone pain.

### Brainwave entrainment

Also known as binaural beats, this method stimulates the brain into a specific state using pulsing sound to encourage your brain waves to align to the frequency of the beat. It's supposed to help induce enhanced focus, entranced state, relaxation, and sleep.

# IN STUDIO YOGA RETREAT

Just Breathe Yoga • 299 Raft Avenue • Sayville, NY 11782



## ENJOY A DAY OF YOGA BLISS

**SUNDAY 3.15**  
**12-6P • \$108**

---

led by Jude & Nicole

### Full Day Retreat Includes:

CBD Gentle Yoga

Yoga Nidra

Reiki Circle

Tarot Card Readings

Vegan (no)Bake and Take

Essential Oil Make and Take

Gourmet Lunch

**ONLY 1 SPOT LEFT**  
**PRE REGISTRATION ONLY**



EXPERIENCE



the ultimate  
adventure

200 HOUR YOGA TEACHER TRAINING  
STARTS MARCH 2, 2020

M & W 5:30 - 9:30 P

email: [jude@justbreatheyoga.com](mailto:jude@justbreatheyoga.com) for details

CURRICULUM  
INCLUDES

- 8 Limbs of Yoga
- Anatomy, Physiology, Kinesiology
- Asana Labs for 109 Poses
- Ayurveda
- Business Management
- Chanting and Mantras
- Contact Yoga
- Human Energy System
- Chakra System
- Injury Management
- Pranayama
- Meditation
- Prenatal Yoga
- Restorative Yoga
- Sanskrit
- Sequencing Around Injuries
- Trauma Training
- Yin Yoga
- Hot Yoga (Optional)
- Kids Yoga (Optional)
- SUP Yoga (Optional)

VACATION  
FOR FREE

DEEPEN YOUR  
PRACTICE

MAKE NEW  
FRIENDS

STRENGTHEN  
SELF LOVE

18 YOGA CLASSES  
INCLUDED WITH  
ENROLLMENT

NOW TAKING APPLICATIONS FOR SPRING

# STUDIO ETIQUETTE

## HOW EVERYONE CAN ENJOY THE PRACTICE

### **Give Yourself Time**

Try to arrive 10 minutes early so you have time to remove your shoes and put away your belongings. Enjoy getting settled on your yoga mat. If your class starts at 8pm and you arrive at 8pm the likelihood is that your teacher will have already started. Your arrival will disrupt the class environment (no matter how quietly you sneak in!)

### **Let Us Know Who You Are**

Please check in and say hi to us at the front desk before entering the yoga room. (even if you signed up online ahead of time.) We love to get to know everyone's name.

### **Remove Your Shoes**

Just Breathe Yoga is a barefoot environment. Please leave your shoes in the hallway. At no point are shoes allowed in the yoga rooms.

### **Bring What You Need**

Only mats, towels and water are needed in the studio space. Please leave all of your personal belongings in cubbies and benches outside of the room.

### **Honor Your Body**

You can rest at any point in any class. It's a fundamental part of yoga. Feel free to drink water whenever you need it (just not while you are in an active yoga pose). We ask that you remain in the room for the full duration of the class. Make sure you use the restroom and have plenty of water with you so you don't have to disrupt the practice. If there is a medical reason you need to leave, please let your yoga instructor know immediately.

### **Observe Silence and Disconnect**

Leave your cellphone and electronics outside of the room. We observe silence in the room before class starts. Please honor this space as a safe haven for peace and quiet. This may be the only time a person has during the week to self reflect noise free.

### **Be Scent Aware**

The yoga room can be unforgiving when it comes to scents. Make sure you are wiping down and cleaning your mat and washing your towels. Don't make a habit of leaving wet clothes in your car. At some point no matter how many times you wash an item, body scents may not come out. Nothing lasts forever so don't be shy about discarding belongings when the time is right.

### **Be Kind**

We all love our personal space, but sometimes the universe brings an abundance of energy into the room. Use this as fuel for your practice. If you see the room is getting full, do your best to help make room for the next person that shows up. It's a huge help to your teacher as well.



# RECIPE OF THE MONTH

## CREAMY VEGAN CAULIFLOWER MAC AND CHEESE

BY: ALLISON DAY JANUARY 9, 2017 | 8:41 AM



*Dairy-free and delicious, a “cheese” sauce made from cauliflower and nutritional yeast (aka “nooch”), hugs macaroni noodles for a classic comfort food made into a modern masterpiece. Enjoy this super-creamy vegan dish, right out of the pot or top with breadcrumbs and bake for a casserole-style of mac and cheese. Either way, it’s family-friendly comfort food with a twist!*

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour, 10 minutes

Serves: 6

### Ingredients:

1/2 head cauliflower, roughly chopped  
1/4 cup plus 2 tsp extra-virgin olive oil, divided  
1 tsp unseasoned rice vinegar  
1 tsp ground turmeric  
1 tsp dry mustard  
1/2 tsp salt  
Ground black pepper, to taste  
1/4 tsp granulated garlic (not garlic salt)  
Pinch, ground nutmeg  
1 cup unsweetened soymilk or other non-dairy milk  
3 cups dry macaroni noodles  
1/2 cup nutritional yeast  
3/4 cup panko breadcrumbs  
1 tsp Italian seasoning

### Directions:

1. Preheat oven to 350°F.
2. Bring a large pot of water to the boil; salt well. Cook macaroni according to package directions, drain and add back to pot.
3. Steam cauliflower until very tender. Add to a food processor or blender along with 1/4 cup oil, vinegar, turmeric, mustard, salt, pepper, garlic, nutmeg and milk. Purée until smooth and add to cooked noodles, mixing well to combine. Pour into a large casserole dish.
4. In a small bowl, combine panko, Italian seasoning, nutritional yeast and remaining 2 tsp oil. Top macaroni with breadcrumbs and bake for 30 to 40 minutes, until hot and crisp on top. Serve.

*Win*

**FREE**

**YOGA & EARN DISCOUNTS**



March	Thu	6:00A
April	Fri	8:00A
May	Various	May Challenge
June	Sat	4:00P
July	Sun	4:00P
August	Mon	8:00P
September	Tue	6:00P
October	Wed	8:00P
November	Thu	6:00A
December	Fri	9:30A

**JOIN US IN  
ANY OF THESE  
CLASSES AND  
BE ENTERED  
INTO A  
MONTHLY  
RAFFLE**

You must have an active package and no balance on your account in order to participate to win any prizes throughout the year.