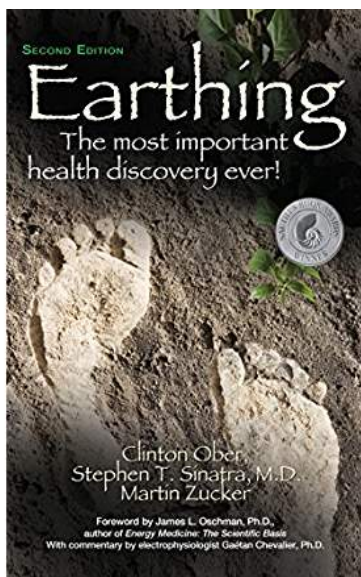


Vinyasa Vita

Yoga Newsletter

Earthing - The Simple Secret to Health

With over 3,000 receptors in our feet, it's a wonder we haven't figured it out sooner. As living beings, we were meant to have direct contact with the earth daily. It turns out, that connecting yourself to the earth is the equivalent of plugging your cell phone into a charger. It is completely necessary to live a healthy life. Ironically, our culture works directly against this idea. We spend most of our time in buildings well off the ground. We wear rubber soled shoes and we drive in cars. You can literally go days and months without your bare feet touching the earth and we are missing out as a result.



In the book **Earthing**, by Clinton Ober, Stephen T Sinatra M.D. and Martin Zucker, we learn that coming in contact with the earth restores our natural electrical status and brings the benefit of the earth's natural healing ability to our bodies. From reducing inflammation and pain, to increasing the number of negative ions we come in contact with, to fueling us with energy, it appears that sinking your

toes into the sand, walking through the soft grass and even setting foot on gravel or concrete will supply you with ample benefits to your health.

As you connect to the many negatively charged free electrons flowing from the Earth's surface, your body quickly equalizes to the same electric energy level. What does this do for you? Results are different from person to person, but in many cases it improves sleep, increases energy, lowers stress and calms the nervous system, relieves tension and headaches, balances hormones, dramatically speeds healing, and that's just the beginning. Sound familiar?

A regular yoga practice can tout many of the same benefits and you can double dip by practicing yoga outside without a mat if you can (most mats are made of rubber or plastic and will prevent the Earth's energy from flowing through you). Imagine how great you'd feel! Give it a try and see if you notice a difference.



	Monday	Tuesday	Wednesday
9:30 - 10:30 a.m.			Gentle Morning Flow - All levels Martial Arts Room
11:00 - 12:00 p.m.		Vinyasa Yoga - All Levels Martial Arts Room	
7:30 - 8:30 p.m.	Intermediate Vinyasa Martial Arts Room	Beginning Yoga/Yoga Foundations Dance Room	Intermediate Vinyasa Martial Arts Room

	Thursday	Friday	Saturday
9:00 - 10:00 a.m.			Morning Flow All Levels Martial Arts Room
9:30 - 10:30 a.m.	Intermediate Vinyasa Martial Arts Room	Gentle Morning Flow All Levels Martial Arts Room	
7:30 - 8:30 p.m.	Restorative Yoga Bring a pillow Dance Room		