

Body & Soul Newsletter



Body & Soul now offers reflexology treatments



Great gift for the holidays!

Introductory offer
1 hour reflexology treatment for \$35.00 (normally \$50.00)
Give your feet and body a well deserved mini vacation!

“At Evergreen Center for Healing Arts Clinic Will gave me the best reflexology treatment I have ever had!”
-Patty Hansen,
Professional Reflexologist and Massage Therapist

“Will has an amazing healing touch.”
-Toni Turnbull,
Reflexology Instructor

“Will put me right to sleep, I was snoring in minutes on the table. He has a wonderful touch.”
-Joyce Gress, LMP



The Importance of Reflexology and Massage

It is widely known that ongoing negative stress can cause havoc to a person's health. Herbert Benson MD began to study the phenomenon he calls the “relaxation response” and found that in addition to the fight or flight response (which is the physiological manifestation of stress), there is a diametrically opposite physiological response that relieves the effects of stress. Benson describes the relaxation response as “a natural and innate protective mechanism against over stress, which allows us to turn off harmful bodily effects and which brings on bodily changes that decrease heart rate, decrease the rate of breathing and bring the body back into what is a healthier balance.”

The relaxation response occurs when mental activity is slowed to a quiet, relaxed state. This is the state generally associated with the practices of meditation, yoga and tai chi. In this state, the electromagnetic waves of the brain slow to a frequency of 8-12 hertz, which is called the alpha wave state. The alpha wave frequency is also associated with parasympathetic nervous system dominance and hypnotic trance states. This is when the body can optimally heal itself and recover from the stresses of the day.

The “Monkey Mind” is the Buddhist term for the usual walking around kind of mental activity that occurs during most of our waking hours. Monkey mind is characterized as an endless stream of thoughts about anything and everything. Monkey mind produces a beta brain wave state above 12 hertz that prevents the relaxation response. Reflexology and massage are ways to stimulate the relaxation state and provide a healing environment for the body to heal itself from the ravages of stress

Adapted from “Dimensions of Massage” by Linda Means, PhD



Have a guilt free Thanksgiving! Come to Move & Groove
Thanksgiving Day at 10am



**Body & Soul Women's
Fitness Center**

**102 W Fourth Plain Blvd
Vancouver, WA 98660**

(360) 693-7059

Hours:

M-Th 10am to 8pm

Fri Key-tags only

Sat 9am to 1pm

Sun Key-tags only

**A place where the
whole person is
supported,
motivated and
encouraged**



Welcome to our new session of classes

1. Kickboxing with Toni will continue on Monday and Wednesdays at 6pm. This class is taught at different levels simultaneously so if you are a beginner or advanced you can take the class at your pace.
2. Move & Groove will now include a combination of Pilates floor work. This will extend Move & Groove to an hour long class. It will be taught Saturdays at 10am for our early birds, and Tuesday and Thursdays at 5:30pm.
3. Tai Chi is defined by the Chinese as the "Ultimate Supreme Force"; it is also described as "Stillness in Motion". This powerful meditative force is touted by the Mayo Clinic as one of the best ways to deal with stress. The Yang Family short form will be introduced by Will. For beginners Will teaches a Tai Chi I Wednesdays at 5:15pm. Those continuing their practice we offer a class Saturday at 11am.
4. Senior Workout is taught by Will on Tuesdays and Thursdays at 12:30pm. It focuses on breathing, stretching, range of motion and meditation. It is done in chairs or standing. There is no floor work. Will introduces Medical Qi Gong exercises.
5. Cheryl will be teaching both Hatha Yoga classes this session Tuesdays and Thursdays at 6:45pm.
6. Inner Moves is an aerobic dance workout to world music which combines easy-to-follow steps with moving freely. Mary's focus is body-mind integration, and moving in new ways to access the creative spirit within. Her teaching background includes bellydance, aerobic fitness, ecstatic dance, and movement for self-healing. Inner Moves is taught Monday nights at 7pm.
7. Pilates strengthens and stretches your muscles and develops your core strength. It helps improve strength, flexibility, posture and more. Pilates class is Wednesday nights at 7pm.

Class Schedule

November 2nd - December 23rd

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key-tag access only	10am Open	10am Open	10am Open	10am Open	Key- Tag access only	9am Open
		12:30pm Senior Workout (Will)		12:30pm Senior Workout (Will)		10am Move & Groove (Will)
						11:15am Tai Chi (Will)
						1pm Closed
	6pm Kickboxing (Toni)	5:30pm Move & Groove (Will)	5:15pm Tai Chi (Will)	5:30pm Move & Groove (Will)		Key-tag access for members after hours everyday
	7pm Inner Moves (Mary)	6:45pm Yoga (Cheryl)	6pm Kickboxing (Toni)	6:45pm Restorative Yoga (Cheryl)		
	8pm Closed	8pm Closed	7pm Pilates (Rachel)	8pm Closed		
			8pm Closed			