

September 2013

Speaking of...Mindful Wellness

Yoga and Massage...

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Essential Oil of the Month

Clary Sage....

Enhances one's ability to dream and is very calming and stress relieving.

Recent medical data indicates it naturally raises estrogen and

Dear Jacky,

In this issue you'll learn the many benefits of combining yoga with massage. Like you do with massage, yoga gives you a way to "let go" of those things that may be holding you back. Read all about how yoga and massage are "Sisters in Wellness."

I'll also introduce you to a brand new therapy I've added - Cold Stone Therapy. I'm always excited to add healing treatments to your sessions to help keep you on the road to wellness. More details can be found by visiting my website

www.MindfulWellnessMassageandBodywork.com.

Having a problem or need a release to feel better? Please ask me during a session or send me a note via e-mail or Facebook. I may be able to provide a simple solution using essential oils, Body Brushing or using Guided Imagery.

Jacky

Yoga and Massage: Sisters in Wellness

Like massage, yoga is a rounded program that provides support to the wellness of the whole human being. Yoga and massage provide many similar benefits, and when practiced together can give a boost to your physical body, the mind/nervous system, and emotional wellness.

The Physical Body

The most practiced style of yoga is hatha yoga. Hatha is a word that means willful, and can be broken into two component words: "ha" meaning "sun" and "tha" meaning "moon." In essence, yoga practice is purposefully design to unite the active masculine warming with the receptive

progesterone levels.

How to use Clary Sage Essential Oil

- For acne (yes, even adult acne), mix 10 drops of oil in small spray bottle and mist your face several times a day.
- Diffuse 2-3 drops to keep that calming "Ahhh" feeling in your room and lower anxiety like you feel after a relaxing yoga session.
- Hormonal imbalance; try using a hot compress over the abdomen. Use two drops each of bergamot, lavender and clary sage. Can also use this combination in your [Castor Oil pack](#) to help relieve menstrual cramps.
- Feeling exhausted? Place a drop of clary sage on a cotton ball and inhale. The aromatherapy benefits help calm your mind.
- [Click to read more...](#)



feminine cooling of the systems of the body-a practice of balance.

Muscles: Balancing Strength and Flexibility

Massage actively works with the musculature of the body, releasing tight muscles and breaking up adhesions.

Regular massage allows for greater freedom of movement

and comfort within the body. Yoga compliments the muscular aims of massage by building strength (sun) and flexibility (moon) through a physical asana (posture) practice.

Strength and flexibility are two dimensions of a healthy muscle and balance is important. Too much strength and a muscle becomes taut like a stretched rubber band and susceptible to injury. Yoga strengthens the body and, like massage, balances that strength with flexibility. A muscle that is regularly strengthened and lengthened has the capacity to move the body fluidly, hold it in proper alignment, and stimulate the development of a strong skeletal system. A body with strength and flexibility accessible within the same range of motion is a body that can do amazing things-from simply feeling good to performing amazing Cirque du Soleil feats.

On the surface, massage and yoga are understood by the general public... [Click to finish reading this very informative article about yoga benefits.](#)

Renee A Groenemann, MA, PC-CR, CHt, eRYT
513-289-6759

*Owner of **Your Spirit(ed) Life**: yoga, yoga therapeutics (including PRYT mentioned in article), voluntary simplicity, life coaching & hypnotherapy*

*Owner of **Renee A Groenemann Holistic Counseling Services**: MindBody-based trauma and grief psychotherapy*

*Co-founder **Inner Eye Life Coaching™**: art and yoga therapeutics-based life coaching*

*Former Owner and Co-founder **Grace Tree Yoga & Growth Studio***

"Renee supports people in their desire to lead a meaningful life by using counseling and life coaching

Service of the Month



Cold Stone Therapy Treatment

Cold stones are excellent because they promote circulation and act as a powerful decongestant for the body. By promoting circulation, a cold stone treatment can ease inflamed tissues, decrease muscle spasms, and can reduce swelling or fluid build-up (for example, as manifested in dark circles under the eyes). Unlike with the use of ice, cold stone treatments will not severely desensitize the skin. The overall effect of a treatment is the reduction of tension with a simultaneous feeling of invigoration.

Other clients who will benefit from this treatment include those who want a rejuvenation massage.

Using both techniques in one routine can be very beneficial. Switching between cold and hot applications causes blood vessels to alternately dilate and constrict, leading to increased movement of fluids within the body, increased removal of toxins and enhanced

techniques combined with yoga therapeutics and philosophy. As a licensed counselor, she specializes in trauma, grief recovery, and peak performance using research-based mind-body therapeutic techniques like EMDR, hypnotherapy, and mindfulness.

You can reach Renee at 513-289-6759 or at flowtherapy@zoomtown.com. You can also like Renee's Facebook pages.

Yoga, counseling, and intentional living: [Renee A Groenemann](#)

Yoga and creativity-based life coaching: [Inner Eye Life Coaching](#)"

Easy....

You can completely avoid having to pay the Ohio Sales Tax on your massage sessions by simply submitting a prescription from your doctor to me. (You probably noticed that it just went up by a 1/4 percent.)

All the Rx needs to say is "Massage as needed," the doctor then signs and dates it, and it's good for an entire year.

It's THAT easy!

Anxiety Relief Blend

Great to use with your Room Diffuser.

This wonderful blend helps clear that anxious feeling...

To the water of your diffuser combine...

- 2 Drops [Frankincense Essential Oil](#)
- 2 Drops [Marjoram Essential Oil](#)
- 2 Drops [Orange Essential Oil](#)
- 3 Drops [Clary Sage Essential Oil](#)
- 3 Drops [Geranium Essential Oil](#)

Purify your Yoga Mat

Oh... this is great to clean and disinfect your yoga mat or create a wonderful room spray. Use aromatherapy to enhance your yoga experience.

- 6 Drops of [Tea Tree Essential Oil](#)
- 4 Drops of [Lavender Essential Oil](#)
- 10 - 12 Drops of [Orange Essential Oil](#)
- 4 ounce [Spray Bottle](#) filled with water

Spritz this lovely spray in the air to create a clean, motivational atmosphere. Or, spray on your yoga mat before and after your session.

healing. However, this type of treatment is not recommended for people with circulatory problems because they may be too sensitive to the sudden, increased circulation.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, BCTMB, HTCP, GIT, CCA
Mindful Wellness Massage & Bodywork, LLC

Contact Us

513-382-3132

Jacky Groenewegen
Licensed Massage Therapist, Healing Touch Certified Practitioner
Guided Imagery Therapist
Certified Clinical Aromatherapist
Board Certified in Therapeutic Massage & Bodywork
[e-mail Jacky](#)

513-497-0689
Jennifer Concannon
Marketing and Customer Relations Manager
[e-mail Jen](#)

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