

# Winter 2008

## CREATIVE WELLNESS NEWSLETTER

### *Giving Promotes Good Health*

Everyone knows the importance of drinking plenty of water, eating whole foods, and exercising regularly. Current research also shows that doing good for others is as much a vital component of our health. Although we give because we want to help others, giving is an action with echoing effects that reverberate deeply in our lives and impact our health. Giving provides both immediate and long-term results, and it is something we are all capable of doing. Giving doesn't require material wealth, only compassion, and it is abundant in its supply. As the body, mind and spirit each play their part in helping to keep a person whole, giving connects us with others, it helps to reduce our stress, and it nourishes our healing.

Reaching out to someone and giving something even seemingly insignificant is good for the person receiving. Mother Teresa said, "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing." Each one of us has received some gift at some point from someone, if only the gift of life. Giving connects us with others, and helping others reinforces our shared humanity. It empowers us when we have something to give, or some ability to share with someone in need. Just sharing our thoughts or feelings can be a powerful tool for boosting our health.

A major impediment to attaining good health is stress, but giving can help to minimize this. Giving provides the person giving with a sense of fulfillment and joy known as "helper's calm" or high. Allan Luks, previously the executive director of the Institute for the Advancement of Health, likens this feeling to the satisfaction felt after a vigorous workout. Luks states that, "In many cases, this 'helper's calm' was linked to relief from stress-related disorders such as headaches, voice loss, and even pain accompanying lupus and multiple sclerosis." According to the Random Acts of Kindness Foundation, "Stress-related health problems improve after performing kind acts. Helping reverses feelings of depression, supplies social contact, and decreases feelings of hostility and isolation that cause stress, overeating, ulcers, etc." Giving to someone else also allows us to concentrate on something other than ourselves. This in itself can be therapeutic by helping us to forget our anxieties, if only for a brief moment.

A person's health is greatly influenced by their emotional state. A person's life experiences, their environment and hereditary factors all play some part. It is not surprising, then, that healing, too, can be enhanced when a person has a positive and courageous spirit. In "Cancer as a Turning Point", the work of clinical psychologist Dr. Lawrence LeShan supports this belief. He found that many of his patients who had begun volunteerism found a renewed sense of love and self, and while this did not heal them, it did support the healing process. In the preface to his book, Dr. LeShan writes, "What we have learned is that the immune system is

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*Continued...Giving Promotes Good Health*

strongly affected by feelings, and that taking certain kinds of psychological action can affect the immune system positively." He is quick to point out that while we aren't responsible for becoming ill, we must be responsible for nurturing our healing, and one way to do so is by sincerely expressing concern for and helping others.

The ways to give are immeasurable and so are its benefits. As individuals we can give, as communities we can give, and even as companies we can give. We all have the capacity to give of ourselves, if even just a smile or a kind word. Some of us have skills we can share, others have material means to give. According to the Institute of Noetic Sciences, "Health emerges from hope, optimism, laughter, connectedness, support, commitment, self-worth, a sense of control, and perhaps something more: the perception that life has meaning and that each of us has some unique role that cannot be played by anyone else." We each have the capacity to touch others in a significant way, and when we do so, we are doing something good for our health, as well.

# Winter 2008 Creative Wellness

## CLASS SCHEDULE

*Detailed descriptions can be found on our website at [www.creativewellness.net](http://www.creativewellness.net)*

### Classes for Better Health

#### **Meditation for Stress Management, Better Health and Higher Awareness**

**Instructor: Lorne Dekun**

Meditation is the science of reaching our highest potential. Whether your life goals are for physical, mental, emotional, or spiritual success, meditation is a great first step to start you on your way. This step-by-step course is perfect for beginners or as a powerful boost for on-going meditators. Learn simple, effective ways to calm and clear your mind and recharge yourself with energy.

**Saturday 2/14 & 2/21** 11:00am-1:00pm  
**2 sessions \$40.00** 5560-15

#### **Infant Massage**

**Instructor: Irene Savoyat**

For parents of infants aged newborn through 12 months. Touch is vital for emotional and physical well-being. Massaging your child enhances the bond and communication between you and your infant. Bring your infant and a baby blanket.

**Saturday 1/10** 11:00am-12:30pm  
**1 session \$30/1 adult; \$35/2 adults** 5415-12

#### **Partner Massage**

**Instructor: Adriana Liwsky**

This class will help partners learn stress relief and alleviate everyday tightness through massage techniques. Please bring a bathing suit.

**Saturday 2/14** 2:00pm-5:00pm  
**1 session \$80.00/couple** 5430-13

#### **Write Your Way into the New Year**

**Instructor: Holly Makimaa**

Take a pause before diving into another year to reflect on where your journey has taken you this year. Through writing, see what you have learned.

Share where you have been. Guided visualization and writing exercises will help workshop participants go inward to discover what needs, desires, and hopes they have for the New Year. Begin writing a new chapter I your life. Start by tuning into who you truly are.

During the workshop, there will be periods of journaling/creative writing, exploratory art, optional sharing, guided mediations and plenty of fun.

Wear comfortable clothing and bring a journal, a pillow for your chair and a snack (if you wish).

**Saturday 1/3** 1:00pm-4:30pm  
**1 session \$45.00** 5060-5

#### **Yoga for Better Sleep**

**Instructor: Clare Collins R.N., Ph.D**

Do you toss and turn at night? Find it difficult to fall asleep or stay asleep? Try Yoga! In this five session series, learn a four part approach to sleep problems using Yoga postures, breathing techniques, relaxation and meditation. Suitable for both beginning and experienced Yoga students. Handouts included. Wear comfortable clothing and bring a mat, blanket and pillow.

**Wednesdays 1/21, 1/28, 2/4, 2/18, 2/25** 7:00pm-8:30pm  
**5 sessions \$60.00** 5912-2

**FREE Introductory Session on January 12, 7:30-8:30 PM!!!**

## Exercise & Move Your Way to Well-Being

### NIA\*

#### Instructors: Winalee Zeeb and Kelly Gibson

Looking for a fusion fitness program that effectively enhances your vitality and well-being? Experience the pleasurable sensation of NIA, mindful, simple movements blending martial arts, dance and healing arts. EveryBody is welcome as NIA teaches you how to be your own conscious personal trainer.

**Tuesday 1/6-4/28** Kelly 6:45pm-7:45pm

**Wednesday 1/7-4/29** Winalee 5:45pm-6:45pm

**Thursday 1/8-4/30** Kelly 6:45pm-7:45pm

**Friday 1/9-4/24** Kelly 12:00pm-1:00pm

**Saturday 1/10-4/25** Winalee 9:30am-10:30am

Purchase 8 classes for \$64.00.

For your convenience, attend the times of your choice!

\*Drop-ins \$10.00

### NIA Jams

#### Instructor: Winalee Zeeb

Dance and celebrate the joy of movement. No experience necessary...just come and dance!

**Saturdays 1/31, 2/28, 3/28, 4/25** 7:00pm-8:30pm

**FREE**

### Pilates Mat Classes with Magic Circle\*

#### Instructor: Andrea C. Branoff

A classical approach to the work of Joseph H Pilates. We follow the format of the Power Pilates Method, based out of New York City. When done consistently, the flow of Pilates Matwork will make your body look and feel years younger and inches longer. The Magic Circle is an excellent tool for developing a tight, strong abdomen and great glutes as part of your Pilates workout.

In addition, we will use small hand weights to enhance your workout. You do not need to bring your own mat, as we provide everything you need!

**Tues. | Thurs. 1/6-4/30** 5:45pm-6:30pm

Purchase 8 classes for \$64.00.

For your convenience, attend the times of your choice!

Private Matwork sessions are available upon request.

\*Drop-ins \$10.00

## Relax - We've Got Many Ways To Bring You To Better Health

Acupuncture & Chinese Medicine  
Aromatherapy  
Ashiatsu Oriental Bar Therapy®  
Ayurvedic Medicine  
Chiropractic Medicine  
Craniosacral Therapy  
Esoteric Healing  
Holistic Health Education  
Hot Stone Massage  
Lymphatic Drainage  
Massage: Clinical & Relaxation  
Muscle Release Technique  
Myofascial Release  
Naturopathic Health Services  
Neuromuscular Therapy  
Rolfing® Structural Integration

Nutritional Counseling  
On-Site Massage  
Polarity Therapy  
Pregnancy Massage  
Reflexology  
Reiki  
Sports Massage  
Therapeutic Touch  
Trager® Bodywork  
Trigger Point Therapy



### Beginning Classical Yang Tai Chi

#### Instructor: Tim Bernath-Plaisted

Participants will learn the 1st of 3 sections of this ancient Chinese art. The slow and gentle meditative movements of this Long Form of Yang-style Tai Chi will help relieve tension, increase balance, and improve health. It also has self-defense applications and is an excellent exercise for people of all ages.

**Sunday 1/18-3/22**  
10 sessions \$70.00

3:00pm-4:00pm  
6011-23

### Intermediate Tai Chi

#### Instructor: Tim Bernath-Plaisted

Students will continue to learn the Long Form at their own speed with more individualized instruction. Push Hands and Sword Form applications will also be explored for those who are interested.

**Sunday 1/18-3/22**  
10 sessions \$70.00

4:00pm-5:00pm  
6010-24

## Creative Wellness Class Registration

Please duplicate form for add'l classes. Thank you.

### Class Registration Information:

Due to the popularity of the classes, we recommend registering at least five days before the class begins. Full payment is due at the time of registration. Make checks payable to Creative Wellness or use VISA or MasterCard.

### Complete form and return to:

Creative Wellness  
2025 Abbot Rd., Ste. 200  
East Lansing, MI 48823

Register by E-mail: health@creativewellness.net

Register by Fax/Phone: 517.351.9242 / 517.351.9240

A \$10 non-refundable registration fee is included in the price of all classes. There are no refunds after the 2nd class has been held.

Full Name.....

Address.....

Daytime Phone..... Home Phone.....

Name of Class..... Class #.....

Instructor..... Date.....

Time..... Cost.....

Cash  Check  Visa  M/C  Total Amount.....

CC#..... Exp Date.....

Signature.....

**Morning Yoga, Kripalu Style\***  
**Instructor: Jo Martinie**

Begin your day with a gentle yoga class and discover its multiple benefits. Stretch, focus and realign the body and mind. All students, both new and experienced will be encouraged to move at their own pace. Please bring a mat or blanket and a small pillow. Limit food intake two hours prior to class.

**Tues. | Thurs. 1/13-4/23**

(skips 3/10 and 3/12) 9:30am-10:30am

*Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!*  
**\*Drop-ins \$10.00**

**Yoga Play\***  
**Instructor: Winalee Zeeb**

Seeking tools to calm, center and energize yourself? Explore the transformational and educational tools of Kripalu Yoga. Enjoy the healing sensation of gentle posture flows as well as the benefits of meditation and relaxation. All are welcome. No previous experience necessary.

**Monday 1/5-4/27 5:45pm-6:45pm**

*Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!*  
**\*Drop-ins \$10.00**

*We're  
 Going Green*



**With your help we are currently sending more copies of our newsletter via email than ever before!!**

If we don't have your email address, please let us know the next time you are in, or send us an email at:

health@creativewellness.net



*The Ultimate In Easy Gift Giving*

Have a list of gifts to buy that is 2 pages long?  
 Gift certificates are an easy one-stop shop. No gift wrapping required. Give your family, friends and co-workers a gift that you will feel good about giving. Gift certificates are available online at:

[www.creativewellness.net](http://www.creativewellness.net).

*Gift Certificates*

Holiday Gifts

Mother's Day \* Father's Day

Birthdays \* Graduations

Anniversaries \* Weddings

Baby Showers \* Special Thanks & more!

AVAILABLE ONLINE

**Hours of Service**  
 Monday through Friday  
 8:30am – 9:30pm  
 Saturday and Sunday  
 9:00am – 5:00pm

2025 Abbot Road  
 Suite 200  
 East Lansing, MI 48823

**517.351.9240**

Massage | Chiropractic | Acupuncture



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