



hyp-yoga®

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Hyp-Yoga Spring 2010 Newsletter

Simplifying in Spring - Your Detox Plan at Home

It's Springtime! Right now in our regular (non-weight loss) Hyp-Yoga classes we are going through the Spring "Detox" Program. This program is not a weird cleansing diet, but rather a total mind/body/soul rejuvenation for the spring when the changing energy of the earth cultivates a fertile ground for change in our lives.

Even if you are not in a Hyp-Yoga class right now, you can participate at home by evaluating ways to simplify your life and maybe shed some of the heaviness of winter. In the program we go week by week with small steps to a total cleanse, and the first step to getting us on the right path is to start cleaning your living spaces!

Start cleaning out the car, your house and your workspaces. As we recycle or let go of what is unnecessary, we start appreciating what we have. The cleaning process works as a ritual to set the stage for a deeper journey in the detoxing process. Make a point of organizing so that staying clutter free is easier in the future.

In the next few weeks start looking for more ways to detox your life. Maybe continue your Spring Detox by looking at the foods that you eat. In the winter our bodies need extra energy to keep us warm and healthy; spring is the time to shed the extra weight and to clean out the whole body.

Your body has a very sophisticated cleansing system and elimination process that is already in place – all we need to do is make it easier for this system to do its best to keep us healthy. We can do this by including more vegetables, fruits and foods of a lighter fair that will lighten us and not weigh us down. Also foods that help with elimination such as fibrous foods and plenty of water. Make a list of all the foods that are seasonal for spring and foods that will contribute to cleansing and lightening your body. Use this as your grocery list for springtime.

Exercise is especially important now for shedding all the build up of winter and starting you fresh for spring. Make a list of cardiovascular activities you enjoy and commit to working out at least three times this week – remembering to breath deep and feeling great as your body sweats and breathes out built-up toxins.

Once you are beginning to feel more refreshed physically, you can start to turn inward and look at cleansing both mentally and spiritually. Contact your local Hyp-Yoga Instructor to get involved in a Spring Detox Class today!

With Kindest Regards,

Carly, Kim and Becky
Hyp-Yoga Founders
www.hyp-yoga.com

Spring Deal!

Living in the Present Moment Audio CD Class 60% off!!!
Only \$5.99 + S&H

All we have is this moment. Take the time this spring to learn to slow down and truly experience the beauty of your life to the fullest. All Hyp-Yoga Audio Classes have 10 minutes of yoga (Picture guides are included in the insert) and 10 minutes of hypnosis. The perfect class for a quick relaxation or a calm invigoration!

<http://www.hyp-yoga.com/specials.html>