



Bat-Zion Suskind-Sacks

The art of living well

Newsletter



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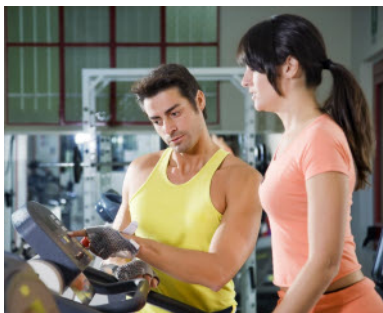
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"Joy is the very flower of health" Anonymous

Benefits of Hiring a Personal Trainer

The achievement of your fitness goals while preventing injury during exercise is a very important principle in the fitness world. This is where hiring a personal fitness trainer is a step in the right direction. Good trainers can:



- Assess your individual abilities and needs
- Help you set realistic goals and provide you guidance with reaching them.
- Ensure that you are exercising safely while using the right technique.
- Provide instant feedback on how to adjust your posture, motion, and exertion to get maximum results
- Regularly track your progress and amend your plan if necessary
- Provide accountability
- Provide motivation and support
- Keep you up to date with new and safe exercise techniques
- Make workouts fun

Here are a few tips to keep in mind when choosing a personal trainer:

- Certification: a trainer should be certified through a reputable fitness organization
- Experience: make sure the trainer has several years of experience in the area that matches your goals
- Specifics: If you have a specific medical problem, injury or condition (such as high blood pressure, arthritis etc.) make sure your trainer has education in these areas
- Focus: A good trainer will give you his/her undivided attention during your session



Open Your Heart to Anusara Yoga

by Maya Malachi-Rosenberg

Anusara (a-nu-sar-a), means "flowing with Grace," "going with the flow". Anusara is a heart oriented, inspiring and yet very precise yoga. Grounded by the Universal Principles of Alignment for both inner and outer body, it is a unique, therapeutic and a powerful style of Hatha yoga. Anusara Yoga is today one of the most popular and fastest growing yoga styles in the world. Classes are now found throughout the world and its significant popularity is mainly a result of its "uplifting" philosophy, energy that moves by a "celebration of the heart," that looks for the good in all beings. Students are thus honored for their unique differences, talents - and limitations. Classes are fun and playful, and are led by the unique language used at Anusara classes, which uses imagery and very clear visualizations of how our body should be lined ("loops", "spirals" etc). Thus, Anusara practitioners can often practice on their own in a much safer manner, after having learnt the Anusara Principles, which come to help achieve safety into any pose.



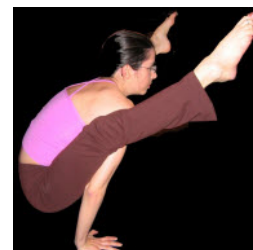
The Founder of Anusara Yoga, John Friend, is one of the most charismatic and highly respected yoga teachers in the world. Blending an uplifting Tantric yoga philosophy with an entertaining sense of humor and a profound knowledge of the human body, John's teaching style guides every student to live every moment fully from the heart. Students often comment in amazement that they can perform their yoga poses under John's teaching with a level of inner power they have never experienced before. John studied mainly under B.K.S. Iyengar, but also other renowned teachers.

Open Your Heart to Anusara Yoga (continued)

Anusara teachers encourage students to move with grace. No one in an Anusara class is "not flexible" or "weak". Modified poses can be adjusted to any limitation: pregnancies, injuries. Everyone is supported by the "kula" (community), a very strong element in Anusara and a major difference between Anusara and other types of yoga. I recall a certain firefighter in New York City practicing with John Friend after the horrific September 11th attacks and I specifically remember how John helped him "open his heart" again, although he lost much of his lung capacity. This brave firefighter was able once again to open up, both physically and emotionally and breathe again.

On the spiritual level, Anusara Yoga is moved by the spiritual principles of Anusara Yoga philosophy, such as celebrating beauty in all its diversity, truthfulness, and honoring the creative freedom of the Divine in all beings.

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Chocolate - The Magic Powder



That delicious Valentine's Day chocolate that you munched through last month - if it is the right kind - may be beneficial for your health.

Until recently, chocolate was on the forbidden foods list for people with high levels of cholesterol because of its high levels of fat and sugar. However, researchers at the University of L'Aquila in Italy, found that eating a small amount, about 6 gr. (one square) of dark chocolate significantly improves blood pressure.

Raw cocoa, the source of chocolate, contains flavonoids. Flavonoids act as antioxidants and protect the body from free radicals which can cause damage that leads to heart disease. Catechin and epicatechins, both flavonoids, which have recently been found to be abundant in cocoa help relax blood pressure, improve circulation as well as boost the immune system, according to recent studies. Chocolate is also a good source of copper and magnesium, which helps to regulate heartbeat and blood pressure.



Additionally, other studies showed that catechin and epicatechins, the active ingredients in cocoa, can also improve skin quality, thicken it, reduce loss of fluids, improve blood supply to the skin as well as enhance it. These two antioxidants can also improve protection from UV rays and significantly reduce skin redness.

Apart from protecting your heart and skin, chocolate also:

- tastes good
- stimulates endorphin production, which gives a feeling of pleasure
- contains serotonin, which acts as an anti-depressant
- contains theobromine, caffeine and other substances which are stimulants



But despite the benefits of dark chocolate, Dr Claudio Ferri, lead researcher of the Italian study, warns that people should be careful about chocolate consumption.

"Dark chocolate contains antioxidants, but also a lot of fat and calories," he warns. "People who want to add some chocolate to their diet need to subtract an equivalent amount of calories by cutting back on other foods to avoid weight gain."

Just as with anything else, moderation seems to be the magic word when it comes to the magic powder.

In our next issue Tammy Mindell-Ambrose will tell us about Autogenic Therapy, we will include a motivational column by Ron White, and we will discuss emotional eating.

Until then,

Yours in Health, Success and Joy

Batzi

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To find out more about how our team can help you achieve your goals, please ring us on: 07981-538114 (mobile) or: (020) 8202-6430 (land line) or email me at: batzi@artoflivingwell.net