

## Ongoing Classes



### Tai Chi

Thurs 6-7:10PM

[More Info/Reqister](#)

### Tai Chi/Qigong Fundamentals

Weds 6-7:10PM

[More Info/Reqister](#)

### Focus on Wu/Hao Style

Weds 6-7:10PM

[More Info/Reqister](#)



### Hatha Yoga

Tuesdays 6-7:15PM

Fridays 8-9:15AM

[More Info/Reqister](#)

### Gentle Yoga

Thursdays 4:30-5:45PM

[More Info/Reqister](#)



Such a beginning for 2018!!! It is the middle of the deepest cold in decades. Even so, we have experienced a small garden miracle - when we checked a few days ago, much of the produce in our cold frames and hoop houses seemed to be FROZEN!!! Amazingly, however, when we rechecked just yesterday almost all of the lettuces in the cold frames, and most of the greens in the hoop houses seemed alive, well and imminently edible. (see adjoining photo)

We've been busy over the holidays. We had a new carpet installed and, therefore, have endured a complete reorganization of our office. Take a peek inside - you simply will not believe it.

In the midst of all this, we have forged ahead in planning an exciting new slate of classes for spring. In addition to our regular Yoga, Tai Chi, and Fitness classes, WHS plans to offer **MELT Method**® with Sandy Brady, **Feldenkrais Method** with Debbie Gross, **Compassion Fatigue** by Rev. Patricia Cadle, **Dynamic Archery: Meditation and Balance Training** with John Foster, two unique classes on **Healing Sounds** by Rev. Stacy Grove and **Sound Healing** with Garth Robertson, and another special event of **Chanting** with Jon Seskevich, Danielle Koppel and friends. Details will be forthcoming, so stay tuned. Spring, and the planting of new seeds, is just around the corner!

~Stewart

## WELLNESS ARTICLES

### Trying the Feldenkrais Method for Chronic Pain

*The New York Times* - by Jane E. Brody

After two hour-long sessions focused first on body awareness and then on movement retraining at the Feldenkrais Institute of New York, I understood what it meant to experience an incredible lightness of being. Having, temporarily at least, released the muscle tension that aggravates my back and hip pain, I felt like I was walking on air.

I had long refrained from writing about this method of countering pain because I thought it was some sort of New Age gobbledygook with no scientific basis. Boy, was I wrong!

The Feldenkrais method is one of several increasingly popular movement techniques, similar to the Alexander technique, that attempt to better integrate the connections between mind and body. By becoming aware of how one's body interacts with its surroundings and learning how to behave in

### Senior Fitness

Tuesdays 11-11:55AM

Thursdays 11-11:55AM

[More Info/Register](#)

### Pilates/Strength Training

Tuesdays 10-10:55AM

[More Info/Register](#)

### Mat Pilates

Thursdays 12-12:55PM

[More Info/Register](#)

### Personal Training

([Partner Personal Training](#),

[Fitness Training](#),

[Rehab Training](#))

## WHS Quick Links



Help WHS get the word out!  
Please review us on Yelp  
and/or Google+.

## Instructors and Practitioners

Sandy Brady

Certified Instructor

Melanie Dean, M.Sc, CSCS

[Website](#)

Dr. Jay Dunbar

[Website](#)

Howard Jacobson, PhD

[Website](#)

Betsy Templeton

Certified Instructor

[Website](#)

Stewart Walker, LMBT

[Website](#)

less stressful ways, it becomes possible to relinquish habitual movement patterns that cause or contribute to chronic pain.

The method was developed by Moshe Feldenkrais, an Israeli physicist, mechanical engineer and expert in martial arts, after a knee injury threatened to leave him unable to walk. Relying on his expert knowledge of gravity and the mechanics of motion, he developed exercises to help teach the body easier, more efficient ways to move.

I went to the institute at the urging of Cathryn Jakobson Ramin, author of the recently published book *Crooked* that details the nature and results of virtually every current approach to treating back pain, a problem that has plagued me on and off (now mostly on) for decades. Having benefited from Feldenkrais lessons herself, Ms. Ramin had good reason to believe they would help me. ([read more](#))

## Fiber is Good for You. Now Scientists May Know Why.

*The New York Times* - by Carl Zimmer

A diet of fiber-rich foods, such as fruits and vegetables, reduces the risk of developing diabetes, heart disease and arthritis. Indeed, the evidence for fiber's benefits extends beyond any particular ailment: Eating more fiber seems to lower people's mortality rate, whatever the cause.

That's why experts are always saying how good dietary fiber is for us. But while the benefits are clear, it's not so clear why fiber is so great. "It's an easy question to ask and a hard one to really answer," said Fredrik Bäckhed, a biologist at the University of Gothenburg in Sweden.

He and other scientists are running experiments that are yielding some important new clues about fiber's role in human health. Their research indicates that fiber doesn't deliver many of its benefits directly to our bodies.

Instead, the fiber we eat feeds billions of bacteria in our guts. Keeping them happy means our intestines and immune systems remain in good working order.

In order to digest food, we need to bathe it in enzymes that break down its molecules. Those molecular fragments then pass through the gut wall and are absorbed in our intestines.

But our bodies make a limited range of enzymes, so that we cannot break down many of the tough compounds in plants. The term "dietary fiber" refers to those indigestible molecules.

But they are indigestible only to us. The gut is coated with a layer of mucus, atop which sits a carpet of hundreds of species of bacteria, part of the human microbiome. Some of these microbes carry the enzymes needed to break down various kinds of dietary fiber.

The ability of these bacteria to survive on fiber we can't digest ourselves has led many experts to wonder if the microbes are somehow involved in the benefits of the fruits-and-vegetables diet. Two detailed studies published recently in the journal "Cell Host and Microbe" provide compelling evidence that the answer is yes. ([read more](#))

# JANUARY 2018 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
1	2 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	3	4 <b>SNOW DAY</b>	5 <b>SNOW DAY</b> <hr/> 6
8	9 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	10  6-7:10PM Focus on Wu/Hao	11  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	12 8-9:15AM Yoga <hr/> 13
15	16 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	17 <b>SNOW DAY</b>	18 <b>SNOW DAY</b>	19 <b>SNOW DAY</b> <hr/> 20
22	23 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	24  6-7:10PM Focus on Wu/Hao	25  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	26 8-9:15AM Yoga <hr/> 27
29	30 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	31  6-7:10PM Focus on Wu/Hao		



## FEBRUARY 2018 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
			1  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	2 8-9:15AM Yoga  3
5	6  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	7  6-7:10PM Focus on Wu/Hao	8  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	9 8-9:15AM Yoga  10
12	13  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	14  6-7:10PM Focus on Wu/Hao	15  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	16 8-9:15AM Yoga  17
19	20  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	21  6-7:10PM Focus on Wu/Hao	22  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	23 8-9:15AM Yoga  24
26	27  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	28  6-7:10PM Focus on Wu/Hao		