

HEALTHY HAPPENINGS

What Would It Take For You To Heal?

You might have been attracted to reading this article from its title. Maybe you are facing a health problem that has grabbed your attention because of the pain, the diagnosis, the severity, the ramifications it has for your lifestyle, or some other reason. So take a deep breath – pause – focus on your body....

When you ask yourself “What would it take for me to heal,” listen to the uncensored, intuitive answer that pops

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The Soul
Always Know
What To Do To
Heal Itself.
The Challenge Is To
Silence The Mind.

-Caroline Myss

up quickly into your consciousness. Breathe.... Just let that wise, inner voice in you speak freely without thinking and analyzing....the voice that knows who you are in the deepest part of yourself and what it takes for you to return to a healthy, balanced place where body, mind, and spirit feel strong and alive.

Modern western medicine has taught us that healing consists of going to the doctor’s office, reporting to the physician a list of symptoms we are experiencing, then receiving a series of tests to confirm a diagnosis, and medication (with uncomfortable side effects) to address the symptoms. (And a fine approach it is to always seek the consultation and answers to your health concerns with your doctor.) Though, is that what it means to heal? Does that model account for ALL the aspects of a person’s health problems? What if there was more to the story about healing?

The body is a magnificent, amazing organism, full of thoughts, feelings, experiences, and our spiritual, inner world as well as the literal structures of bones, muscles, and organs. These parts all communicate with each other at the cellular level and via our nervous system. So, to heal

– not just treat symptoms – shouldn’t we be asking what’s going on in the rest of our life? Can we reach for deeper, more comprehensive healing by attempting to understand in what context those physical symptoms live?

So, how do you put the SELF care back in health care? When did you stop listening to your body and that quiet inner guiding voice? When did you start to shut down your emotions – as if they weren’t important guidance for you? When did you start giving up on the things that matter most to you? Do you get too scared to answer these questions? How did you become too intimidated to live fully? If you were to speak from your heart, what would you say?

WOW – BIG questions – BIG answers! Now what? Healing begins when you start addressing the questions posed in this article. My healing practice is not just counseling and lifestyle coaching and not just bodywork. It is an integrated approach to working with what I call the “body-self.” My work helps you calm the agitated “chatter” of your nervous system to help you listen to the deep wisdom of your body-self. We help you access YOUR

◆◆◆
People start to
heal the moment
they feel heard

-Cheryl Richardson

inner healer to guide us through the complexities of your physical and emotional symptoms. I help you learn how your experiences, thoughts, and feelings connect with your physical symptoms so they don’t crystallize in your body where they cause problems of pain and illness.

If this resonates with your inner, intuitive, wise voice, come to my talk of the same title at Moonflower Coop on Monday, October 30th at 6 PM. It’s FREE!

OR call me at 937-284-2190. I would be happy to talk with you, answer your questions, and help you decide if this work is right for you.



Christina Myers
INTEGRATED HEALTH & WELLNESS

Where the mind, body
and spirit meet to heal.

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gentle bodywork | wellness education
lifestyle coaching | workshops & classes

Moab Yoga Classes

- Monday**
10:00-11:30AM Gentle Yoga with Star
Noon-1PM Power Yoga with Arne
5:30-6:45PM Yoga Basics with Lily
7:15-8:30PM Yin/Restorative with Alex
- Tuesday**
9:00-10:30AM Gentle Yoga with Star
12:00-1:00PM Hatha Yoga with Lily
5:30-7:00PM Yoga with Porscha
- Wednesday**
9:00-10:15AM All Levels Yoga with Meagan
NOON-1:00PM Strong Vinyasa with Michelle
4:00-5:00PM Exploratory Tai Chi with Drew
5:30-6:45PM All Levels Yoga with Kristi
7:15-8:30PM Restorative Yoga for Healing with Jill
- Thursday**
9:00-10:30AM Yoga with Porscha
12:00-1:00PM Lunch Flow with Chelsea
5:30-6:45PM All Levels Yoga with Chelsey
- Friday**
10-11AM All Levels Pilates with Jenny
3:30-4:45PM All Levels Yoga with Dylan
5:30-6:45PM All Levels Yoga with Dylan
- Saturday**
8:30-9:45AM All Levels Yoga with Arne
10:15-11:30AM Vinyasa Flow with Alex
- Sunday**
9:00-10:15AM All Levels Yoga with Kristi

More Health Opportunities

Posture Fitness Class- every Monday at 11:30am through December 11th with certified wellness professional Jessica Kisiel. Jessica is certified by the Postural Restoration Institute and Egoscue University. Learn more by signing up for her newsletter at thepfathlete.com/subscribe. See article pg 17B

Kundalini Yoga & Gong Meditation- every Monday & Wednesday 5:30pm, Saturday 10am at the Red Moon Lodge, 2950 Old City Park Road.

Kundalini Yoga & Gong Meditation- every Tuesday & Thursday 5:30pm, at the Moab Arts & Recreation Center, 111 E. 100 North. Teacher: Gregory Lee Hood and Music Sound Therapist Annette Kearn, PhD. For info: 713-817-7859

Sheng Zhen Healing Gong – every Tuesday with certified teacher Lisa De Rees from 1:00-1:45pm. QiGong is a moving & non-moving meditation class for self-healing. Class by donation, at the Grand Center Vitality Room, 182 N. 500 West. For info: 435-260-9678

All Levels Sheng Zhen Gong – every Thursday with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation.

Oct 9 - Walk-In Flu Shot Clinic, Moab Regional Hospital, Family Medicine - No appointments needed! Come in any time between 9am & 4pm to get a flu shot. A quick & easy way to protect yourself & your loved ones this flu season. See article pg 16B

Oct 10-12 - Diabetes Education, Moab Regional Hospital - a three night education event with each evening teaching information on different aspects of diabetes. Night one: Medical. Learn what happens in the body when someone has diabetes. Night two: Learn how to manage medications that are common for patients with diabetes. Night three: Learn about healthy eating habits & behavior changes to help manage diabetes. 6-7:30pm. To RSVP for any or all three nights, call (435) 719-5580 or email vista@mrhmoab.org. See article pg 16B

Moab Farmers Market

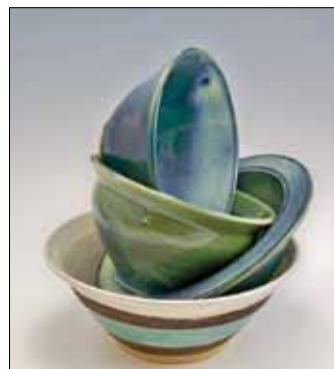
Autumn is the time of abundance for fresh produce and storage crops to fill your larder for the coming of winter. Luckily, Moab has farmers that bring their produce to the Moab Farmers’ Market every Friday from 4-7 PM. A great way to unwind from a busy week, come on down to Swanny Park located on 100 West and 400 North. You can purchase seasonal produce, get dinner from locally owned food trucks and eateries and see an assortment of arts produced from artists in the community. Live music is brought to you each week by Moab Gear Trader and the MARC and will be sure to entertain and start your weekend off right. A relaxing venue, supporting your local farmers, ranchers, artists and chefs, keeping your dollars flowing in our local community are all incentives. The Farmers’ Market is able to offer Double Up Food Bucks for those that qualify for a SNAP card. A person can obtain up to \$10, double up chips

to go toward the purchase of fresh produce. Another fun option for those of you that have a lot of extra produce in your garden is the ‘community table’ where you can set up and sell your home grown crops. Inquiries can be made to Shiree Duncan at 435-881-9060 or shireeduncan@gmail.com. The Market runs until the last Friday of October, this being the last month of the Market until next year. Enjoy the cool fall air, locally produced wares and enjoyable music. Spread the word and come down with your family and friends. See you there!



Moab’s First Soup Bowl Fundraiser

Looking for something that will warm your heart and tummy all at the same time? Gather with us to feast on delicious soups, breads and desserts at the MARC November 4th at 5:30. Proceeds from this event will support the Youth Garden Project’s Children Camp Scholarship Fund.



powerful educational outdoor camps at the Youth Garden Project.

For a ticket price of \$20 (Adults & Teens 16+) and

\$10 (children 5-15) attendees will get to chose a bowl from a wide variety created and donated by local potters AND enjoy a delicious dinner of soup, bread and desserts.

Participants will also have the opportunity to bid on incredible ceramic art pieces and larger “bread”

bowls at the Silent Auction. This is a wonderful opportunity to support our local children who want to attend the Community Youth Garden camps and to take home a handmade bowl as a reminder!

Tickets will be available October 16th



at Desert Sun Ceramics, The Youth Garden Project, Gallery Moab, Canyonlands Copy Center, and at the door. Call Barb Gregoire at Desert Sun Ceramics, 970-819-7938, for more information

