

Complementary Health & Exercise

Spring 2012

Don't let stress stress you out!



The Quarterly Magazine bringing you
news and programs on complementary
methods of healthcare and exercise.



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Wednesday, April 18th 8:00 - 9:00pm

Sunday, May 6th 1:00 - 2:00pm



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630 393 7279

Complementary Health & Exercise

Spring 2012

Editor & publisher - John Robertson

630 229 4434 john@7StarsMA.com

www.7StarsMA.com



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T'ai Chi Sword

April 19th & June 7th

Thursdays - 3:00pm - 3:30pm

Iowa Community Centre,
338 N. Iowa Avenue, Villa Park, IL 60181
630 834 8970

(Previous Tai Chi experience is required)

The Wisdom of Confucius

"Do not use a bow and
arrow to kill a mosquito."

Editor's Notebook

Welcome to our stress reduction issue, I have been asked a lot about stress management techniques recently so decided to print some of those I find helpful but do not appear in our classes.

We have a number of classes that can teach stress reduction and stress management techniques. Many of our exercise classes, including Tai Chi have a great element of stress reduction to them.

Our 'Don't let stress stress you out', 'Mindfulness based stress reduction' and 'Meditation' classes all teach techniques to help relieve acute stress and to manage chronic stress.

'Don't let stress stress you out' is available as one of our 'Learning Lunches' series of classes open to companies and organizations for the benefit of their employees and members. Contact 630-229-4434 of John@LearningLunches.org to learn more.

Spring also sees our return to Wood Dale, we will be offering a weekly 'Tai Chi for Health' class every Thursday morning at 11:00am. We also start offering 'Tai Chi for Health' classes every Tuesday morning at Bensenville Park District; commencing April 10th with a free demonstration class. We hope to see you there!

The first of our 'Oriental Wisdom' classes is offered at Relax4Life in Barrington on May 5th. We will be teaching a one-day intensive on the '18 form', everyone attending will know and be able to do the complete form by the end of the day.

John Robertson

*"He lives most life whoever
breathes most air"*

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- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
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tune into your
intuition and tap the
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Sunday, May 6th - 9:00am - noon

Warrenville Park District - 630 393 7279
3 S. 260 Warren Ave, Warrenville, IL 60555

How Can 5 Good Minutes Give You 55 Better Ones?

Author unknown

Take a few minutes off each hour. But don't just sit there; get up, exercise, stretch, get your blood flowing!

A break isn't necessarily a rest period. Use it to switch gear, take a brisk walk, do exercises in your office or enjoy a nutritious snack.

What quick routine can you repeat to stimulate & recharge your energy throughout the day? Instead of another cup of coffee right now, how about a full stretch and some deep breaths?

When you only have a few minutes and need some help relaxing use one of these mini relaxation techniques.

Mini-relaxations can also help allay fear and reduce pain while you sit in the dentist's chair or lie on an examining table.

They're equally helpful in thwarting stress before an important meeting, while stuck in traffic, or when faced with people or situations that annoy you.

Here are a few quick relaxation techniques to try.

When you've got 1 minute

Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe.

Breathe in slowly. Pause for a count of three. Breathe out. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation.

When you've got 2 minutes

Count down slowly from 10 to zero.

With each number, take one complete breath, inhaling and exhaling.

For example, breathe in deeply saying "10" to yourself. Breathe out slowly. On your next breath, say

Continued on next page:

50 Secrets



of the world's



longest living people



Friday, June 15th 1:00-2:30pm

The Abbey Senior Center

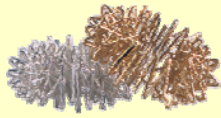
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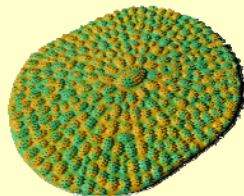
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Continued from previous page:

“nine,” and so on. If you feel lightheaded, count down more slowly to space your breaths further apart.

When you reach zero, you should feel more relaxed. If not, go through the exercise again.

When you've got 3 minutes

While sitting down, take a break from whatever you're doing and check your body for tension.

Relax your facial muscles and allow your jaw to fall open slightly. Let your shoulders drop. Let your arms fall to your sides. Allow your hands to loosen so that there are spaces between your fingers. Uncross your legs or ankles. Feel your thighs sink into your chair, letting your legs fall comfortably apart. Feel your shins and calves become heavier and your feet grow roots into the floor.

Now breathe in slowly and breathe out slowly.

Each time you breathe out, try to relax even more.

Remember to use these tips throughout your day; those few moments reducing stress can pay back time and again.

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Stressbusters

Taken from various sources on the web, books and magazine articles

There are simple things that we can do throughout our day to reduce stress, here are a number that I have found to be particularly useful. Sometimes the simplest things can be the best; if you want to reduce stress, breathe, laugh and walk! It may be as simple as that. Need more? Then our 'Don't let stress stress you out' seminar will teach you some techniques to counter both acute and chronic stress.

Reframe Your Thoughts

"Reframing simply means putting a different context around the situation," says Jay Winner, M.D., author of *Take the Stress Out of Your Life*. For example, Winner suggests thinking of time spent in a long line as a break from a busy day—a chance to relax your mind or meet someone new like the person standing next to you. A positive spin can counteract the stress-induced physiological changes that wreak havoc on your body.

Crave Complex Carbs

Complex carbohydrates boost serotonin levels and keep a heightened sense of calm and relaxation for a longer period of time. Target carbs include whole-grain foods and cereals—such as whole-grain breads, oats and brown rice—as well as legumes such as peas, beans and lentils.

Take 10

Brian Jump, multi-day tour sales manager for Arizona Outback Adventures, breaks the tension of his long days by doing 10 jumping jacks, push-ups or anything that gets the blood flowing through the body. "This helps to release endorphins, which are a natural stress reliever," he says.

Laugh Out Loud

According to a University of California, Irvine study, even the expectation of a laugh boosts stress-busting hormones and increases hormones that induce relaxation—an effect that can last for up to 24 hours. Read a comic strip, check out the joke of the day or make funny faces in the mirror until you bust out with a belly laugh.

Eat "Good Mood" Foods

Certain foods contain compounds that may help the body produce mood-boosting neurochemicals. Dr. Lark, who's also author of *Dr. Susan Lark's Hormone*

Revolution, says the following foods have been shown to produce a noticeable calming effect: turkey (high in tryptophan, taurine and B6); pumpkin seeds, spinach and black beans (all high in magnesium); papaya (high in vitamin C); and bananas (high in potassium).

Be in the Moment

Focus on what's right in front of you, using your senses to connect with the environment. Dr. Winner suggests, for example, taking 10 seconds to smell the aroma of the food you're eating and savor its taste. "Take a few steps and let go of thoughts, feeling the ground massaging your feet with each step," he adds.

Eat Berries

Blueberries, blackberries and other berries contain some of nature's most powerful antioxidants and are jam-packed with vitamin C, making them potent stress-busters. Stress causes the body to release free radicals—highly unstable oxygen molecules that can damage normal cells—and antioxidants help to neutralize those harmful molecules.

Pop a Vitamin C Pill

Researchers at the University of Alabama say that vitamin C reduces the levels of stress hormones in the blood, which may alleviate the body's response to stress. Studies suggest that 1,000 mg of vitamin C is most helpful.

Go Nuts

Next time you feel a bit cracked up, forgo the junk food and snack on some nuts instead. Nuts are typically high in tryptophan and magnesium, two key nutrients that support serotonin production. And almonds are especially high in stress-busting B vitamins, zinc, vitamin E and antioxidants.

Continued on page 13:

Tai Chi Chuan

"the secret to anti-aging" it's the
"miracle exercise" for people seeking
to avoid drugs, surgery, and expensive
doctor bills. Dr. Mehmet Oz on Oprah

In Elmhurst

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All students meet every
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Tuesday at 12:30pm
April 17th & June 5th

Beginner students meet every
Thursday at 12:30pm
April 19th & June 7th

Call: 630 833 5064

In Lombard

Sunset Knoll Recreation Centre
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Beginner students meet every
Monday at 5:00pm
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Continuing students meet every
Monday at 6:00pm
April 16th & June 4th

Call: 630 620 7322



In Roselle

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555 W. Bryn Mawr Avenue,
Roselle, IL 60172

Beginner students meet every
Tuesday at 9:00am
April 17th & June 5th

Continuing students meet every
Tuesday at 10:05am
April 17th & June 5th

Call: 630 894 4200

In Villa Park

Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181

Beginner students meet every
Tuesday at 2:00pm
April 17th & June 5th

Continuing students meet every
Thursday at 2:00pm
April 19th & June 7th

Call: 630 834 8970



ROSELLE PARK DISTRICT

9 Ways to Reduce Stress by Simplifying Your Style

By Brad Paul

The desire to reduce stress is a common goal for most people. We are so entrenched in our routines, habits, and ways of doing things we rarely stop and consider new ways of dealing with the stresses of daily living.

By simplifying your style, you are setting up how you are going to respond to stress creating events in advance. In other words, you are making a decision based on your desire to reduce stress in your life.

Your goal is to set up new ways of handling issues that bring about stress because of the negative emotions that they create. Here are 9 areas where you can simplify your style and in doing so reduce stress.

1. Stop Arguing

Arguing is a waste of time. No one ever wins. If you win an argument, the other person feels slighted and annoyed by you. If you lose, you feel this way about them.

Simplify your style into being a person who does not argue. You do this because you recognize the senselessness of arguing and your desire to reduce stress in your life.

2. Stop Giving Your Unsolicited Opinion

Closely related to arguing is the compulsion to give your opinion when you haven't been asked for it. People instantly become resistant and defensive when someone gives their unsolicited opinion.

There's a fine line between giving your opinion and offering a suggestion in a situation where some serious damage might occur. In these situations, I have found that asking carefully worded questions about the issue of concern works best.

Simplify your style into being a person who doesn't

give your opinion unless you're asked for it emphatically. You do this to improve your relationships and reduce stress in your body.

3. Stop Reacting When Others Speak Angrily

When people talk angrily about something, our tendency is to react to their anger by getting tight, defensive, and stressed. Unless the anger is directed at us, there is no logical reason to react this way.

You are not responsible for the other person's anger, and no one else is responsible for causing or getting rid of your anger. If someone insists on vocalizing their anger about something, don't allow yourself to be drawn into it.

Modify your style into being a person who does not react to another person's anger. You do this because you know that it will reduce stress in your body and protect your health.



4. Stop Requiring Perfection of Yourself & Others

Perfection is an impossible objective. In reality, the drive for perfection gets in the way of creativity.

Giving up the need for perfection is a clear-cut way to reduce stress. Simplify your style into being a person who doesn't require perfection by knowing that it's a fool's quest.

5. Stop Trying to Please Everyone

Trying to please everyone is insanity. If you consider all the variations of personalities and likes and dislikes of people, it should be obvious that trying to please everyone is impossible and a waste of time.

If you were to just focus on pleasing yourself, the other people around you would reap the benefits because you'd be more fun to be around. If you are constantly in a frenzy trying to please everyone around you, it's unlikely that you'll be in good spirits.

Modify your style into being a person who does not try to please everyone. You do this because you know it will lift the weight of the world off your shoulders and reduce stress in many areas of your social life.

6. Stop Trying to Make Everyone Like You

Do you like everyone you meet? No one does. Knowing this, why should you expect everyone to like you?

Many of us have the most trouble with this when it comes to family and friends. The hard truth is that sometimes your relationship with certain individuals will never be as close as you want or need. What's the answer? Find other people to achieve the closest you desire.

When we join a group that participates in an area that we identify with strongly we expect to have an easier time of getting along with the members. In many respects, you will, but personality differences will still be a factor. If you join an organization with broader objectives like a fitness club as opposed to a vegetarian group, you may find more people that you get along with well.

Simplify your style into being a person who does not try to make everyone like you, but rather a person who relies on just being yourself. You do this because you understand the impossibility of making everyone like you and to reduce stress in your social activities.

7. Stop Grieving About Past Mistakes

Grieving about mistakes you've made in the past is a clear waste of time. The only possible outcome is that you'll feel depressed in the present! And when you feel depressed, you greatly reduce your ability to take constructive action today that will improve your future.

If we hope to make the most of the present, we must be in the best possible state of mind. To do that we must keep our focus in the moment and on what we want to experience. When we think about the things we want, we bring about positive feelings that will energize us rather than depress us.

Adjust your style into being a person who doesn't grieve about mistakes in the past but rather rejoices in what you have today and what you intend to manifest in the future. You do this because you know that by not grieving about past mistakes you reduce stress and increase the likelihood of positive results in the future.

8. Stop Worrying About What Might Happen in the Future

By worrying about what might happen in the future, we actually create the conditions for manifesting it. Most things we worry about never come true. According to the Law of Attraction, it takes a lot more negative thoughts to bring about bad results than it does to manifest positive outcomes. This explains for me why most of what we worry about never comes true. Worry is a waste of time. It's also very damaging to your physical and mental health.

Simplify your style into being a person who doesn't worry about what might happen in the future, but rather a person who imagines living the future that they desire in the present. You do this because you know that according to the Law of Attraction, you bring about what you think about and it will reduce stress in your body and life.

9. Stop Researching & Analyzing So Much and Start Doing

Researching and analyzing things in order to make the best possible decision is a good practice if it leads to a timely decision to act! If the research and analysis goes too far and decisions are postponed, this is a stress-producing problem.

The person who does no research makes decisions blindly, so little courage is required. The person who researches and analyzes things to nth degree usually lacks the courage to make decisions. The person who does a predetermined amount of research and analysis, makes timely decisions based on the information at hand and their gut feelings, which requires considerable courage. The best practice then is to model your style after the people in the center of the continuum.

Modify your style into being a person who does a predetermined amount of research and analysis and then makes a timely decision based on the information gathered, gut feelings, and courage! You do this because you know that it will reduce stress and

Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

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In Lombard

Sunset Knoll Recreation Centre,
820 S. Finley Road,
Lombard, IL 60148

Wednesday at noon
April 18th & June 6th

Call: 630 620 7322

In Wood Dale

Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
April 19th & June 7th

Call: 630 595 9333

*Now at
 Bensenville
&
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In Elmhurst

The Abbey Senior Center
407 W. St. Charles Road ,
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Wednesday at 11:15am
April 18th & June 6th

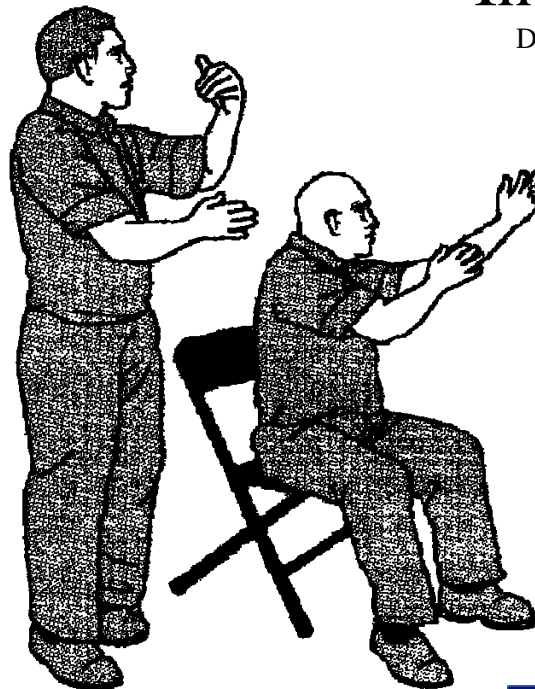
Call: 630 833 5064

In Bensenville

Deer Grove Leisure Center
1000 W. Wood Ave,
Bensenville, IL 60106

Thursday at 11:00am
April 17th & June 5th

Call: 630 620 7322



Tai Chi for Health is suitable for all ages and abilities.



Participants may choose to sit or stand during class as they need.



Continued from page 8:

Drink Tea

Black tea has been shown to have an effect on stress hormone levels in the body. Researchers in England have found that people who drink black tea de-stress more quickly than those drinking a fake tea substitute. Tea contains catechins, polyphenols, flavonoids and amino acids that affect your brain's neurotransmitters and ultimately reduce blood levels of the stress hormone cortisol.

Take a Whiff

Aromatherapy has calming effects that can tame the tension in no time. Proven stress-reducing aromas include lavender, lemon balm, chamomile and geranium. Carol Duncan, a registered aromatherapist and owner of Massage Central says to place a few drops of essential oils on cotton balls and place them a few inches from fans or heater vents or underneath your car seat. "Each time air passes over the cotton ball, the essential oils are reintroduced to the area," she explains.

Rub Your Ears

"According to Ayurveda, India's 5,000-year-old 'science of life,' there are marma points—like acupuncture points—in the ears that correspond to the various parts of the body," says Lissa Coffey, author/producer of the Dosha Yoga DVD. Simply rub the circumference of each ear—right hand on right ear and left hand on left ear—to instantly ease tension.

Stretch for Balance

A suggested move is to sit in a chair with your left foot on the floor. Put your right ankle on your left knee and lean forward with a stretch. Hold it as far as you can go, then bend forward a bit more. Repeat on the other side. This opens up your hips and balances that tensed up muscle feeling.

Put on the Pressure

"Self-administer acupressure," suggests Susan Lark MD, a leading authority on integrative medicine and women's health. Put your left finger at the base of your skull, then move it down the width of one finger, and then move it to the left the width of one finger. Position your right finger in the same place on the right side. Press both points for one to three minutes. According to Dr. Lark, a second stress-busting point is located four finger-widths below your kneecap and one finger-width to the outside of your shin. (You should feel a slight indentation.)

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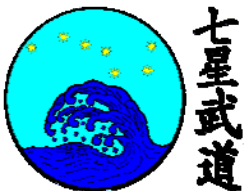
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www.7StarsMA.com/Metaphysicsclasses/Reiki.html



De-stressing in stressful times

Author unknown

Glance at the 10 leading causes of death in America, and you won't find the word "stress" anywhere. Yet many well-respected studies link stress to a variety of ailments, including heart disease, stroke, and cancer.

Depression and anxiety, which afflict millions of Americans, can be caused or exacerbated by stress. Stress also triggers flare-ups of asthma, rheumatoid arthritis, and gastrointestinal problems, such as irritable bowel syndrome.

Sometimes just thinking about embarking on a program of stress control can be stressful. Rather than freeze in your tracks, start small. Pick just one stumbling block or source of stress in your life, and see if these suggestions work for you.

Often angry or irritated? Consider the weight of cognitive distortions. Are you magnifying a problem or leaping to negative conclusions without checking to see if they have any foundation in fact? Take the time to stop, breathe, reflect, and choose.

Unsure of your ability to do something? Don't try to go it alone. If the problem is work, talk to a co-worker or supportive boss. Write down other ways that you might get the answers or skills you need. Turn to tapes, books, or classes, for example, if you need a little tutoring.

Overextended? Clear the deck of at least one time-consuming household task. Consider what is truly essential and important to you and what might take a backseat right now.

Feeling unbearably tense? Try massage, a hot bath, mini-relaxations, progressive muscle relaxation, or a mindful walk. Practically any exercise - a brisk walk, a quick run, a sprint up and down the stairs - will help, too. Done regularly, exercise wards off tension, as do relaxation response techniques.

Upset by conflicts with others? State your needs or distress directly, avoiding "you always" or "you never" zingers. Say, "I feel ____ when you ____", "I would really appreciate it if you could ____", "I need some help setting priorities. What needs to be done first and what should I tackle later?" If conflicts are a significant source of distress for you, consider taking a class on assertiveness training.

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Don't let stress stress you out



Sunset Knoll Recreation Center

Lombard Park District
820 S. Finley Road.
Lombard, IL 60148

630 620 7322

Tuesday, April 24th
6:00pm - 8:00pm



Clauss Recreation Center

555 W. Bryn Mawr Ave,
Roselle, IL 60172

630 894 4200

Wednesday, June 13th
6:30pm - 8:30pm

Learn simple,
effective ways
to reduce both
chronic and
acute stress.

Stress: Know the Signs

~ We all go through stressful times

Taken from Mental Health America

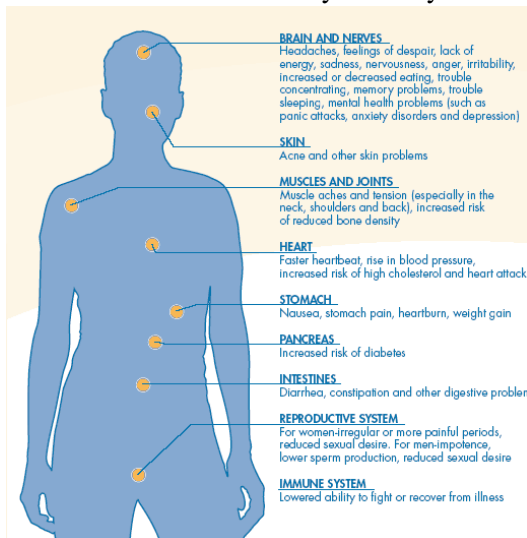
In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or stress that lasts for a long time can take its toll on your body.

If you're feeling overwhelmed by stress, you're not alone. In fact a 2007 survey of Americans found that one-third of people are living with extreme stress. Get connected to how you're feeling and learn about the effects of stress on your whole body.

- Are you experiencing the signs of stress?
- Feeling angry, irritable or easily frustrated
 - Feeling overwhelmed
 - Change in eating habits
 - Problems concentrating
 - Feeling nervous or anxious
 - Trouble sleeping
 - Problems with memory
 - Feeling burned out from work
 - Feeling that you can't overcome difficulties in your life
 - Having trouble functioning in your job or personal life

If you're having any of these symptoms, it's important that you take care of yourself. There are healthy steps you can take to stay well when you're stressed, like connecting to people close to you, getting enough sleep or being physically active.

If you feel overwhelmed, unable to cope and feel that your stress is affecting how you function every day, it could be something more, like depression or anxiety. Don't let it go unchecked. Contact your health care provider. Stress can be toxic to your body!



Sunset Knoll Recreation Center
820 S. Finley Road,
Lombard, IL 60148

To register call: 630 620 7322
Saturdays 10:30 - 11:30am
February 25th for 6 weeks

Cobblestone Walking



Aging can be seen as beginning with the feet; where reflex points correspond to organs, muscles, and glands.

Modern mats are used to apply acupressure from the bodies own weight stimulating the whole body.

Cobblestone walking has been shown to help reduce blood pressure, improve balance & increase physical function; you will begin to strengthen and heal your body from within, boost energy and improve sleep.



3 S 260 Warren Ave,
Warrenville,
IL 60555

630 393 7279

April 19th & June 7th
8:00 - 9:00pm

Holistic Ceremonies Created just for you

Weddings, vow renewals, blessings, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

Naming ceremonies & blessings

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

House clearings & blessings

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

Rites Of Passage

There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

All our ceremonies are individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

Contact Reverend John

630 229 4434

John@HolisticCeremonies.com

www.HolisticCeremonies.com



Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

World Tai Chi Day

Saturday, April 28th ~ 9:00am - 11:00am

Theosophical Society in Wheaton



Tai Chi Spring Gathering

Saturday, April 28th ~ 1:00pm - 4:00pm

Creekside Park / Lightheart Center in Winfield

Tai Chi Qigong Shibashi

May 5th ~ 9:00am - 2:30pm

Relax4Life in Barrington



Relay for Life

June TBA ~ 4:00pm - 6:00am

TBA in Lombard



Chinatown Trip

Tuesday, July 17th ~ 9:00am - 2:30pm

Chicago Chinatown

TheosoFEST

September 8th ~ 10:00am - 5:00pm

The Theosophical Society in Wheaton

Tai Chi Chuan Fall Vacation

September 9th ~ September 23rd

No Tai Chi Chuan classes, Tai Chi for Health OK

Holistic Health Fair

Sunday, October TBA ~ 10:00am - 5:00pm

Soup to Nuts in Geneva

Annual Student Dinner

Tuesday, November 20th ~ 2:00 - 4:00pm

Jack's Silverado Grill in Elmhurst



The Cultures of Tea

Wednesday, March 13th 2013 ~ 2:00pm - 6:00pm

The Tea House in Naperville

Watch out for flyers for all these events,
and check our website for updates!



An Introduction to Chinese Health Balls

Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's. They can help reduce stress, aid relaxation and help prolong life.

Free Health Balls for all participants

Tuesday, April 17th 6:00-7:00pm

Lombard Park District, Sunset Knoll Recreation Centre,
820 S. Finley Avenue, Lombard, IL 60148
~ To register call 630 620 7322

Wednesday, April 18th 6:30-7:30pm

Warrenville Park District ~ To register call 630 393 7279
3 S. 260 Warren Avenue, Warrenville, IL 60555

Wednesday, June 6th 6:00-7:00pm

Lombard Park District, Sunset Knoll Recreation Centre,
820 S. Finley Avenue, Lombard, IL 60148
~ To register call 630 620 7322

Balance your body, mind and spirit through the use of Chinese Health Balls!



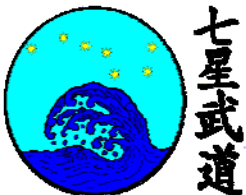
Walking the Labyrinth

A Journey to the Centre of the Self

Labyrinths can provide a unique way to gain renewed vitality and meaning; you get the impression of going on a long journey with many twists and turns, getting closer then further away before finally reaching your destination.



While walking the sacred geometry of the labyrinth, the combination of movement and introspection can be used as a form of guided meditation, allowing you to gain peace and engage in mystery for personal and spiritual



Held at Marianjoy, 26W171 Roosevelt Road in Wheaton

Call 630-229-4434 or register online at:
www.7StarsMA.com/MetaphysicsClasses/TheLabyrinth.html

This class is held partly outdoors, please dress appropriately for the weather.

Experience relief from the stressors of daily life
using this mindful technique.

