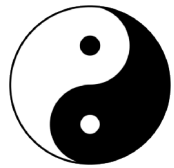


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Volume 11, number 1

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There, the sun isn't coming up until nearly 8:40 AM, and it's all but gone by 3:30 in the afternoon. And during January and February, the thermometer rarely makes it above freezing.

Continued on page 16

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- 8 Walking 30 Minutes A Day
- 13 STRESS: Good or Bad?
- 15 Grounding Practice

Full class schedules and more!

Health Benefits of Tai Chi & Qigong

I want to tell you a little about myself before I launch into some of the possible health benefits of Tai Chi and Qigong.

I am a physician. I attended Dartmouth Medical School. I trained as a pediatrician at Duke and then trained as a psychiatrist at Mass General Hospital.

Continued on page 4

FEATURES

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The Wisdom of Confucious

**"Study the past if you would
define the future."**

Editor's Notebook

Welcome to a new year! For many time seems to be moving faster and faster, which can be unpleasant. There is only one real answer to this feeling, and that is to do less and to do it slower. As you slow down the quantity and intensity of activity time too will seem to slow down. Spend more time on quiescent activities such as meditation, T'ai Chi, Qigong and yoga. Read and drink tea. Look at your schedule and see what you can cut out, what do you really want or need to do? Still make time for some cardio exercise; for walking, running, Zumba, karate or whatever brings you pleasure.

The new year is always a good time to become motivated to start new activities or to restatt ones that have lapsed. Start the new year, rather than with resolutions, with a to do or challenge list. Make a list of things you want to do, want to see, want to try. Putting a more positive spin on the idea will make it easier to accomplish and less stressful.

The new year is also time for new sessions to start. Due to a demand for evening classes we have moved our Lombard class back one hour to 6:00pm, and have added a class at Warrenville Park District on a Tuesday at 6:00pm.

A new addition to our schedule is a class at Relax4Life in Barrington on Energy Protection. Primarily aimed at body workers, massage therapists, occupational therapists and social workers it is suitable for anyone that comes into contact with other people. Understand why some people make you feel drained or stressed, and learn how to combat that.

This years Chinatown Trip is Tuesday April 18th through Wood Dale Park District, is already in their brochure and selling fast!

John Robertson

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

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Be guided to a higher quality of life
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The Health Benefits of Tai Chi and Qigong

Dr. Denise Nagel - Psychiatrist, Distinguished Fellow of the American Psychiatric Association
Continued from page 1:

I was happily seeing patients and raising my then 13-year-old twins when I was diagnosed with a unique autoimmune disease in 2005 and smoldering multiple myeloma in 2008 and my life got turned upside down.

I have lived now for 10 years with an autoimmune disease that defies diagnosis and a blood marker for multiple myeloma that required repeated bone marrow biopsies.

Mercifully, Enbrel has kept me out of pain and the multiple myeloma markers have been stable and have actually decreased. The doctors removed the diagnosis of smoldering myeloma and now have returned to calling it monoclonal gamopathy of unknown significance (MGUS).

I have learned some things through this journey that I never learned in medical school. I learned to trust my instincts and listen to what my body was telling me. I began to apply my scientific mind to pursuing the discovery of what helps me, and I have tried to pay exquisite attention to the feedback I get from my adventures.

I shifted from giving lip service to the concept of mind-body to a really trying to understand what it means in theory and in practice. This is how I came to study Qigong and Tai Chi and why I now teach these ancient healing techniques.

Let me be very clear. It is not a choice between Eastern and Western medicine for me, only medicine that works. I am grateful for the relief that Enbrel provides.

I meet with my rheumatologist and my hematologist and listen to their counsel. I have been able to significantly reduce the dose of the medication from 50 mg to 12.5 mg, and my doctors tell me at every visit... keep doing what you are doing.

I do Qigong or Tai Chi every day. I think of it as medicine, too. Can I say for sure that it has worked for me?

Not with a double blind study, but I do believe that my investigations have led me to a plan which has helped me and maybe could help you, too.

At my last visit my rheumatologist told me that the Tai Chi and Qigong have probably helped my bone density stabilize at osteopenia. Let me tell you some of what I have learned through my experience.

Calming the mind and calming the body allows healing. Strengthening the muscles through simple postures and movements prevents falls. Moving with flow and gentle weight bearing helps balance and can positively impact bone density.

Achieving a relaxed state of the mind reduces stress. These are some of the simple premises that underlie the health benefits of Qigong and Tai Chi.

My teacher, Dr. Ming Wu, introduces tai chi walking during the first beginning tai chi class because he believes it is much simpler to learn and done properly achieves all of the benefits of a much more complicated tai chi form.

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention to open blockages in the body based on the same meridian system used in acupuncture.

The movements are fairly easy to learn and allow access to everyone. To begin to benefit from Qigong you do not have to be fit, you don't have to be flexible; you don't even have to be able to stand up.

The exercises can be modified for almost anyone with patience that wants to learn.

Sometimes Qigong and Tai Chi are called a moving meditation in which the mind and body are led to a state of balance and equilibrium also known as homeostasis. A Harvard medical publication said it should also be called *ōmoving medication.ō*

The advantages of improving strength, flexibility and balance are pretty obvious but the advantages of peace that comes from the moving flowing meditative aspect of Qigong and Tai Chi are equally important.

When the body is in a state of balance all the systems work better.

Much of the tendency to this internal balance is happening all of the time totally out of our awareness.

With very little conscious input from us, our bodies are working to keep us in a state of homeostasis, that is, everything just so.

The fight-flight reaction vs. the relaxation response is an example of the body tending toward homeostasis.

But in our stressed out world many of us are living in a continuous state of stress without even being aware of it.

Without practice the relaxation response doesn't always occur. Qigong and Tai Chi can help us return to homeostasis and the relaxation response.

In addition to our tendency to stress there is a second profound tendency to move less as we develop physical limitations. Often the two occur together but either alone can lead to a downward spiral.

The health benefits from Qigong and Tai Chi comes about both by supporting the body's natural tendency to return to balance and equilibrium and also gently yet profoundly creating strength, flexibility and balance in the muscles and joints through gentle flowing movements.

This is the winning combination: body and mind. The physical and mental practice continuously supports the return to balance.

This is an exercise that requires no equipment. It can be done anywhere, inside or outside. It has a track record of thousands of years and shares much in common with yoga but many find it less difficult and you don't have to get on the floor!



Qigong

The inner health of the body is just as important as the outer health; through this mind-body practice you can improve your health & longevity, boost your immune system and reduce stress. The exercises are effective and easy to learn. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

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Tai chi: A gentle way to fight stress

Tai chi helps reduce stress and anxiety.

And it also helps increase flexibility
and balance.

By Mayo Clinic Staff

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

What is tai chi?

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai chi has many different styles. Each style may subtly emphasize various tai chi principles and methods. There are variations within each style. Some styles may focus on health maintenance, while others focus on the martial arts aspect of tai chi.

Tai chi is different from yoga, another type of meditative movement. Yoga includes various physical postures and breathing techniques, along with meditation.

Who can do tai chi?

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

You may also find tai chi appealing because it's inexpensive and requires no special equipment. You can do tai chi anywhere, including indoors or outside. And you can do tai chi alone or in a group class. Although tai chi is generally safe, women who are pregnant or people with joint problems, back pain, fractures, severe osteoporosis or a hernia should consult their health care provider before trying tai chi. Modification or avoidance of certain postures may be recommended.



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Call 630 229 4434 or register online at:
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7 Incredible Results You'll Get From Walking 30 Minutes A Day

By MEGHAN RABBITT

Taking a walk a day is kind of like that proverbial apple: There's a good chance it'll keep the doctor away. From helping you lose weight and de-stress to lowering your blood pressure and reducing your risk of many chronic diseases—going for regular walks is one of the best and easiest things you can do for your health, says Melina B. Jampolis, MD, author of the new book *The Doctor on Demand Diet*. (Try one of these 3 new walking workouts that blast fat and help you lose weight.) "Walking is the No.

1 exercise I recommend to most of my patients because it is very easy to do, requires nothing but a pair of tennis shoes, and has tremendous mental and physical benefits," she says. Here's what you can expect when you start walking for just 30 minutes every day, most days of the week.

1. Your mood will improve.

You know how sometimes it takes a glass of wine or a square (or three) of dark chocolate to blunt the edge of a rough day? Well, going for a walk is a zero-calorie strategy with the same benefits, says Jampolis. "Research shows that regular walking actually modifies your nervous system so much that you'll experience a decrease in anger and hostility," she says.

What's more, when you make your walks social— you stride with, say, your partner, a neighbor, or a good friend— that interaction helps you feel connected, says Jampolis, which boosts mood. Finally, walking outdoors exposes you to natural sunlight, which can help stave off Seasonal Affective Disorder (SAD)— making it a potential antidote for the winter blues, says Jampolis. (Burn calories and build muscle— all while boosting your mood— with our 21-Day Walk a Little, Lose a Lot Challenge!)

2. Your creative juices will start flowing.

Whether you're feeling stuck at work or you've been searching for a solution to a tricky problem, research shows it's a good idea to get moving: According to a 2014 study in the *Journal of Experimental Psychology, Learning, Memory, and Cognition*, going for a walk can spark creativity. "Researchers administered creative-thinking tests to subjects while seated and

while walking and found that the walkers thought more creatively than the sitters," says Jampolis.

3. Your jeans will get a little looser.

This one may seem obvious, but it's certainly a happy benefit for those who start walking regularly, says Jampolis. "As you continue to walk, you may notice your pants begin to fit more loosely around your mid-section, even if the number on the scale isn't moving much," she says. "That's because regular walking can help improve your body's response to insulin, which can help reduce belly fat." Ariel Iasevoli, a personal trainer at Crunch gyms in New York City, adds that walking every day is one of the most effective low-impact ways to mobilize fat and positively alter body composition. "Daily walking increases metabolism by burning extra calories and by preventing muscle loss, which is particularly important as we get older," says Iasevoli. The best part? You don't have to slog it out on a treadmill at the gym to see these benefits. "One of my clients reduced her body fat by 2% in just one month by walking home from work each day, which was just under a mile," she says.

MORE: 9 Proven Ways To Lose Stubborn Belly Fat

4. You'll slash your risk of chronic disease.

The statistics are impressive: The American Diabetes Association says walking lowers your blood sugar levels and your overall risk for diabetes. Researchers at the University of Boulder Colorado and the University of Tennessee found that regular walking lowered blood pressure by as much as 11 points and may reduce the risk of stroke by 20% to 40%. One of the most cited studies on walking and health, published in the *New England Journal of Medicine* in 2002, found that those who walked enough to meet physical activity guidelines (30 or more minutes of moderate activity on 5 or more days per week) had a 30% lower risk of cardiovascular disease, compared with those who did not walk regularly. "The physical benefits of walking are well documented," says Scott Danberg, director of fitness

Continued on page 14:

Tai Chi Chuan

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Call: 630 620 7322



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Roselle, IL 60172

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Thursday 9:00-10:30am

classes start:
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Iowa Community Centre
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Tuesday 2:00-3:00pm

Continuing students meet every

classes start:
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January 3rd & February 28th

Call: 630 834 8970



The 10 Lies We Tell Ourselves

THE MIND UNLEASHED
on 27 March, 2014 at 07:22

“The worst lies are the lies we tell ourselves. We live in denial of what we do, even what we think. We do this because we’re afraid. We fear we will not find love, and when we find it, we fear we’ll lose it. We fear that if we don’t have love we will be unhappy.”

Richard Bach

Most of us don’t like liars. In fact, we often feel offended, even angry, when another person lies to us. But the truth is, we lie to ourselves every day. We engage in negative self talk and thought patterns that inhibit our personal growth and limit our ability to live a full and grounded life.

We deserve to live life fully, to experience all of the joy and mystery that life has to offer. The first step towards this way of being is awareness. If we can become aware of the ways in which we are lying to ourselves, we can begin to filter our thoughts in a productive way.

Here I have listed 10 lies that we need to stop telling ourselves in order to push past our own limitations and begin to enjoy the totality of living for which we are destined.

1. MY PAST WILL ALWAYS HAUNT ME.

Correction- your past can haunt you if you let it. But no, you’re not doomed to spend the rest of your life

desperately seeking love from anyone who will show it to you because of a parent who never did. The very thing you’re doing at this moment – self-reflection, questioning old thought patterns – is a great step in the direction of change.

Next time, before you indulge a groundless belief or fear, ask yourself, “What is the source of my information?” If the answer is- as it usually is- “I thought it up,” then you should dismiss the idea. Remember, when you hold onto your history, you do so at the expense of your destiny.

2. SUCCESS IS THE OPPOSITE OF FAILURE.

There are no failures, just results. Even if things don’t unfold the way you expected, don’t give up. Learn what you can and keep moving. The one who continues to advance in this way, one step at a time, is the one who ultimately wins in the end. The battle is always won long before the final victory. It’s a mindset. Success is a process that consists of small steps, decisions, and actions that gradually build upon each

other.

3. IF ONLY I HAD (FILL IN BLANK), I WOULD BE HAPPY.

There are two ways of being rich in happiness: One is to have all you want, the other is to be satisfied with all you have. I'd give you a hint: both ways are the same. If you accept and appreciate things now, you'll find more happiness.

Happiness comes when you stop complaining about the troubles you have and start offering thanks for all the troubles you don't have. So next time you catch yourself thinking about all the things you want that you haven't gotten, think instead about all the things you don't want that you haven't gotten. And be grateful.

4. A CRISIS IS A BAD THING.

As John F Kennedy once said, "The Chinese symbol for the word 'crisis' is written using two strokes of a pen. One stroke stands for danger, and the other for opportunity. In a crisis, beware of the danger, but also recognize the opportunity." Life always balances itself out. Every challenge, problem, and difficulty that arises is simply another opportunity for you to learn and grow.

5. I'M TOO OLD FOR THAT.

You are never too old to go after what you want. Nelson Mandela was 76 when he became president. Leonardo Da Vinci was 51 years old when he painted the Mona Lisa. Dr. Seuss was 54 when he wrote The Cat in the Hat. Colonel Sanders was 61 when he started the KFC Franchise. There are countless other examples. Everyone is on their own timeline. And you are never too old or too young to fulfill your calling.

6. THAT PERSON (FILL IN THE BLANK) HAS IT SO MUCH EASIER THAN ME.

So many people believe this. But it's simply not true. The truth is, you have no idea what that person's life is about! Everyone is exploring and struggling in their own way. Nobody was handed a manual or an instruction guide for life - everyone is trying to figure it out just the same way you are. I once heard someone say if we all threw our problems into a pile in the middle of a room and were forced to choose one, we would scramble to retrieve our own.

7. IT IS BETTER TO GIVE THAN TO RECEIVE.

It's a nice thought and useful if you're a particularly self-centered individual but I don't think it's true. Maybe we can replace that lie with, "It's better to give AND receive." Because neither is "better" than

the other. They are in balance. It's simple math, for every giver there must be a receiver. And to take it one step further, giving is psychologically easier than receiving because there's no sense of self worth needed to give. You can give the best parts of yourself away because you don't feel worthy of having them. But to be willing to receive means you feel worthy of accepting gifts from others.

8. I CAN DO IT TOMORROW.

Maybe one of the most frequent lies we tell ourselves. But we all know it's not true! The trouble is, you always think you have more time than you do. But one day you will wake up and there won't be any more time to work on the things you've always wanted to do.

No one knows what the future holds and what good does it do to live in the "one of these days" mindset? The life you have is today and the time to live it is now. Besides, if we all waited until we were ready, we would never get anything done!

9. HAPPINESS IS THE FOUNDATION OF MY WELL-BEING.

We tell ourselves over and over again, "I need to be happy." We question ourselves, "Why aren't you happy?!" But the truth is, emotions are emotions. Sad, angry, lonely, scared, they are not bad things! Instead of telling ourselves we need to stay happy, we ought to be letting ourselves feel however we do at any given moment. This kind of permission to feel as we feel - not continuous happiness - is the foundation of your well-being.

10. IT'S WRONG TO BE SELF-CENTERED.

Sometimes being selfish is healthy. We could all learn to say, "no" every now and then. And stop apologizing all the time. It's your life! Your emotions! Your choices! So choose what's best for you. And stop caring what other people think about your decisions. If/when it comes down to choosing between someone else or something else and yourself, always choose yourself.

ABOUT THE AUTHOR

This article was written by Whitney Anthony. Whitney, who loves singing, writing, and performing is the author of the Vehicle of Wisdom blog. Although she has graduated from school, Whitney considers herself a life long student. She believes that as we learn, we teach - at our best we are all teachers. To learn more about Whitney visit her Facebook Page and website www.vehicleofwisdom.wordpress.com.

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Call: 630 595 9333

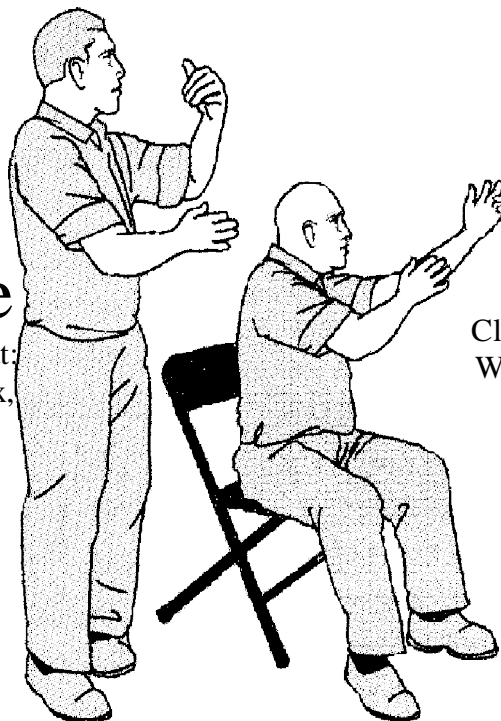
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classes start:
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STRESS: Good or Bad?



By Renee Ryan

Have you ever been in an extraordinarily stressful situation? Had an irritating person in your life? These may be your chance to create a pearl.

When my brother-in-law was out of work he was in the backyard and heard the wind chimes blowing in the breeze. He began to play his guitar with them and composed a beautiful music cd called "Summer Rain."

When my friend Janice lost her job, she was upset at first, but then used that energy to eventually work for a company where she coaches people who have just lost their jobs. She helps them to identify their strengths and strategize for their job interview. Her goal with each coaching session is to help each person feel better about themselves.

Great athletes learn to harness the stress of competition to their advantage. In fact they enjoy competing with an excellent opponent, because it raises the bar and helps them to improve their performance. Other people will fold under stress. What's the difference?

We have been programmed in recent years to anesthetize ourselves to any stress or discomfort. Every other commercial is a drug commercial. Now there are drugs to help the other drug work. Certainly, some people need medication because of certain illness, and pain; but should drugs and alcohol be the remedy to handle every day stress?

Let's face it; our first entry into life is stressful. First we get too big to remain in our mother's womb. We kick. Then going through the birth canal we are squeezed and compressed. We emerge red faced, and let out a healthy cry. It is this very journey that enables our organs to function and survive.

Orthopedic doctors encourage weight-bearing exercise that stresses our bones to prevent osteoporosis.

Learning how to use an i-phone, stressful in itself, doing crossword puzzles, jigsaw puzzles or answering the questions on Jeopardy all help us to remain mentally sharp. The negative news we see without taking action can be bad stress. Contacting our congressman or organizing a food drive can transform that stress. Tai Chi teaches us to hold and acknowledge the opposites in ourselves and life. The yin and the yang. Strength and weakness. Courage and fear. Hot and cold. Receptivity and action. "Good stress" and "bad stress."

The oyster uses a bit of sand to create a pearl. Stress can be the sand to create your beautiful pearl.



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Renee Ryan, Tai Chi Teacher & Qigong Master

Call today 630-920-3332 for more info or to sign-up for group/Intake Interview. Insurance accepted.



Falls?

They don't have to happen to you

Learn the risk factors, causes & consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling.

January 4th ~ 12:30pm



The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126
630 993 8193



Say goodbye to antacids

Do you suffer from heartburn, acid reflux, indigestion, GERD or other digestive issues?

Would you prefer to deal with the cause rather than masking the symptoms with medication?

Learn exercises that have the potential to deal with problems at the root cause & to eliminate them; imagine eating your meals without the threat of harmful discomfort hanging over you.

February 8th ~ 6:00-9:00pm



Clauss Recreation Center
555 W. Bryn Mawr Ave, Roselle, IL 60172
630 894 4200

Continued from page 8:

at Pritikin Longevity Center + Spa in Miami. With impressive results like these, there's a good chance you'll get a pat on the back from your doc at your next checkup.

5. You'll keep your legs looking great.

As we age, our risk of unsightly varicose veins increases - it's just not fair. However, walking is a proven way to prevent those unsightly lines from developing, says Luis Navarro, MD, founder and director of The Vein Treatment Center in New York City. "The venous system includes a circulatory section known as 'the second heart,' which is formed by muscles, veins, and valves located in our calf and foot," he explains. "This system works to push blood back up to the heart and lungs - and walking strengthens this secondary circulatory system by strengthening and preserving leg muscle, which boosts healthy blood flow." If you already suffer from varicose veins, walking daily can help ease related swelling and restlessness in your legs, says Navarro. "Also, if you are genetically predisposed to have varicose and/or spider veins, walking daily can help delay the onset."

6. You'll start to get more "regular."

If you currently praise coffee for keeping your digestive system going strong, get ready to start thanking your morning walk instead. That's because a regular walking routine can greatly improve gastric mobility, says Tara Alaichamy, DPT, a physical therapist at Cancer Treatment Centers of America. "One of the very first things an abdominal surgery patient is required to do is to walk because it utilizes core and abdominal muscles, encouraging movement in our GI system," she says. (Check out these 7 things your poop says about your health.)

7. Your other goals will start to seem more reachable.

When you become a regular walker, you will have established a regular routine - and when you have a routine, you are more likely to continue with the activity and take on new healthy behaviors. "I firmly believe that walking regularly can help you to accomplish other goals you set your mind to," says Kim Evans, a personal trainer and daily walker.

Try This Simple Grounding Practice That You Can Do Anywhere

Tap into your own personal source of safety and security - two elements that are essential for any kind of success - with this everyday technique.

by HILARIA BALDWIN - 12/1/16

Like perspective and breathing, grounding can be practiced anywhere, at any moment in your life. You may be rolling around on the carpet with your toddler, walking down the street, standing in line, driving your car, in a meeting with a huge client, negotiating a raise with your boss, or in a difficult conversation with your partner.

Whatever the circumstance, it is guaranteed that a good part of your body will be in contact with the surface that is holding it up, which means you can practice grounding.

Try it now. Wherever you are this very moment - on the subway, in bed, leaning on a counter or against a wall - is the perfect place to practice grounding. Feel your body wherever it is making contact with the surface that's holding it up. If you're in bed, feel the bed holding you firmly and completely. You are safe and held. If you are sitting, notice your sit bones as they rest against the chair or your seat on the train, bus, or car. Feel your foundation strong and stable. If you are standing, sense your feet in your socks and your socks in your shoes and feel those shoes upon the ground. Imagine the depth of the earth that is supporting you. Like a tall oak tree, your roots go deep and your branches go high. You are strong, stable, capable, and wise.

When we ground, we become deeply at home in ourselves. We start to believe that we actually belong here and that what we have to offer is legitimate and wonderful, because we feel supported. A regular grounding practice - you can ground all day if you want to! - helps you feel calm and safe, and from there, you can connect to the part of yourself that is clear and wise, the part that would give commonsense advice to an anxious friend.

50 Secrets
Of the world's
longest living
people

January 11th ~ 6:00pm

Bloomington Park District
630 529 3650

Don't let stress stress you out!

Stress could be called the plague of the 21st century; it is said to be responsible for around 85% of Doctors visits.

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

January 18th ~ 6-9:00pm

Bloomington Park District
630 529 3650

6 Ways To Embrace Hygge, The Danish Secret To Staying Happy During Winter

Instead of dreading the cold, dark winter months, you can learn to embrace the season.

by MARYGRACE TAYLOR 12/1/16

Danish people know full well that winter is a long, hard slog. But instead of letting it get them down or just going into hibernation mode for five months they have something called hygge (pronounced hoo-guh).

If you were to try to translate it, hygge would be more of a feeling than a word. It's sort of a full-on embrace of all things toasty, cozy, and restorative. Like that warm wave that washes over you when you ease into a hot bubble bath.

Or that feeling that everything is right in the world when you hang out with your favorite people by the fireplace with mugs of hot cider (or bourbon). Or the simple joy of petting a sleepy kitten while it purrs. It's all hygge.

Hygge, during the short, dark days and long nights, is akin to wintering. To slowing down, allowing the year to fold in on itself, and tending to ourselves and to each other, says Louisa Thomsen Brits, author of *The Book of Hygge: The Danish Art of Living Well*. It leads to a sense of a rich inner life that radiates out through bleak days.

No, you might not be able to avoid waking up when it's still dark or spending 20 minutes scraping ice off of your car.

But when you bring hygge into your life, you'll come to see that winter is much more than an endless string of those soul-crushing moments. In fact, it's actually pretty darn great. Here's how to give it a try.



Slow Down

The secret to hygge lies in paying attention to the rhythm of our daily lives, says Thomsen Brits. That's tough to do when your number one focus is checking items off your to-do list. Instead of running from one thing to the next, pause to think about what really makes you feel comfortable and relaxed and how you can work more of those things into your life. Give yourself permission to skip the gym this morning and have breakfast at the table with your family. Curl up with a book or magazine at night instead of replying to emails. You get the idea.

Create A Circle Of Warmth

You can and should counter all that cold and darkness with warmth from candles, a string of twinkling lights, or a roaring fire. But keeping your spirits up in the winter is also about doing stuff that warms your soul. Pile everyone onto the couch for a family movie night, read books by flashlight in a blanket fort

with your kids, or invite friends over for a simple pot of chili or spaghetti instead of meeting at a restaurant. Hygge is about connection, Thomsen Brits says. It happens whenever we gather in a wholehearted, inclusive way.

Soothe Your Senses

Those harsh winds and biting temperatures are physically uncomfortable, and walking around in a world that's covered in shades of gray is downright depressing. So find little ways to compensate for all that sensory unpleasantness: Wear a luxuriously soft sweater, decorate the kitchen table with a bright bowl of oranges or lemons, or play some old, cozy jazz music while you cook dinner instead of having the TV on in the background. It makes a difference.

Embrace The Small Stuff

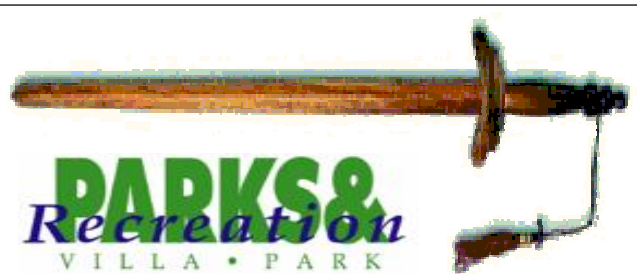
Everyone has their favorite rituals like slowly brewing your morning coffee, listening to a podcast during your commute, or putting on those worn-in wool slippers when you get home from work. These rituals are small, but comforting and they'll help you feel grounded and cared for, says Thomsen Brits. So during the winter, make it even more of a point not to skip them. (Try this simple grounding practice you can try absolutely anywhere. See page 15)

Celebrate The Season

It's (sort of) easy to love winter during the holidays. But once the cheery decorations come down, things can get bleak. But only if you let them. With hygge, we don't fight winter, we take advantage of it, Thomsen Brits says. Instead of seeing January, February, and March as dismal months to get through, change your perspective: Winter can be awful, or it can be a restorative opportunity to slow down and savor the ultra-cozy stuff that feels out of place the rest of the year.

Know That It Won't Last Forever

Part of adopting an optimistic and even welcoming attitude toward winter is remembering that it will, eventually, end. (Yes, the Polar Vortex sucks. But it's not actually the end of the world.) Six months from now, when you're enshrouded in hot steam the second you walk out the door, you might actually think back to that crazy snowstorm and think, It was kind of nice wasn't it?



T'ai Chi Sword

Classes start:

January 3rd & February 28th
Tuesday - 3:30-4:00pm

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

630 834 8970

(Previous Tai Chi experience is required)

CNM CARE

Dr Michelle Ennsmann, DC,ND
Chiropractic & Naturopathic Physician
Health Talks


January 25th 7:00pm
Thyroid Health and Hormones

February 22nd 7:00pm
Cardiovascular health

March 22nd 7:00pm
Weight loss

April 26th 7:00pm
Allergies

0S165 Church Street, Winfield, IL 60190
(630) 216-5916 www.cnmcare.com



CNM CARE

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DrEnnsmann@gmail.com

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Michelle Ennsmann, DC, ND
Chiropractic & Naturopathic Physician

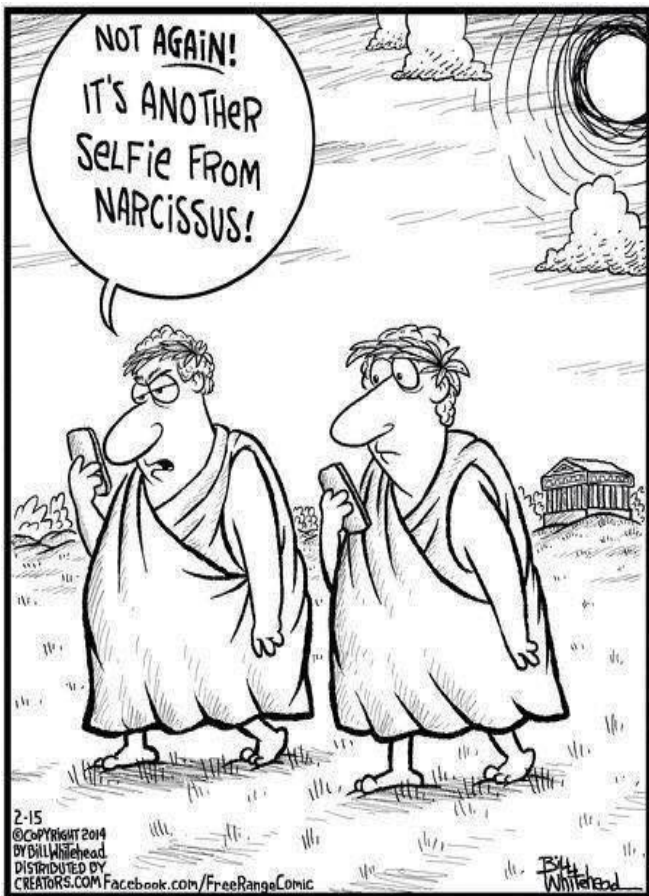


CNM CARE

Cassandra Ennsmann, LMT
Licensed Massage Therapist

(630) 216-5916
0s165 Church Street
Winfield, IL 60190

www.cnmcare.com CmEnnsmann@gmail.com



Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

Chinese New Year celebration

Friday, January 27th ~ noon - 2:00pm
Hibachi Grill in Bloomingdale, IL

Ki Gong Clinic

Saturday, February 18th ~ 1:00pm - 5:00pm
Coronado Tidelands Park, San Diego, CA

Chinatwown Trip

Tuesday, April 18th ~ 10:00am - 3:30pm
Leaving from Wood Dale Park District, IL

World Tai Chi Day

Saturday, April 29th ~ 9:00-11:00am
The Theosophical Society in Wheaton, IL



The Spring Gathering

Saturday, April 29th ~ 1:00 - 4:00pm
The Lighthouse Center in Winfield, IL



Qigong in the Park

Sunday, May 7 - 28th ~ 10:00am - 11:30am
Sunset Knoll Park, Lombard, IL

Quiet Reflection & Meditation retreat

Saturday, July 22nd ~ 9:00am - 5:00pm
Relax4Life in Barrington, IL

TheosoFEST

Saturday, September 9th ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton, IL

World Ki Gong Club Annual Clinic

September 22-24th
Wolf Ridge Education Center, MN

Annual Student Dinner

Wednesday, December 6th ~ 2:00-4:00pm
Jack's Silverado Grill in Elmhurst, IL



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

Class calendar

January

- 4 Falls: they don't have to happen to you
- The Abbey, Elmhurst, IL
- 4 Discover the Secrets of Chinese Health Balls
- Wood Dale Park District, Wood Dale, IL
- 11 50 Secrets of the World's Longest Living People
- Bloomingdale Park District, Bloomingdale, IL
- 18 Don't let stress stress you out
- Bloomingdale Park District, Bloomingdale, IL
- 29 Energy Protection
- Relax 4 Life, Barrington, IL

February

- 5 Reiki Student class
- The Lighthouse Center, Winfield, IL
- 8 Say goodbye to antacids
- Roselle Park District, Wood Dale, IL
- 18 Ki Gong clinic
- Coronado Tideland Park, San Diego, CA

March

- 4 Tai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 4 Qigong workshop
- Natural Healing Centers, Tinley Park, IL
- 5 Reiki Practitioner Class
- The Lighthouse Center, Winfield, IL
- 12 Tai Chi Qigong Shibashi
- Relax 4 Life, Barrington, IL
- 18 Healing Sounds & Chinese Health Balls
- Relax 4 Life, Barrington, IL

April

- 1 Tai Chi Qigong Shibashi class
- Natural Healing Centers, Tinley Park, IL
- 1 Qigong workshop
- Natural Healing Centers, Tinley Park, IL
- 5 Don't let stress stress you out
- Bloomingdale Park District, Bloomingdale, IL
- 9 Reiki Master Class
- The Lighthouse Center, Winfield, IL
- 12 50 Secrets of the World's Longest Living People
- Bloomingdale Park District, Bloomingdale, IL
- 18 Chinatown Trip
- Wood Dale Park District, Wood Dale, IL

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@7StarsMA.com



Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style Tai Chi Chuan and adds Qigong exercise.

It places emphasis on synchronizing the eighteen movements with proper breathing techniques.

It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities.



This is an ideal class for beginners.

**Sunday,
March 12th**
9:00am - 2:30pm

Six Healing Sounds & Chinese Health Balls

It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.

Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

Discover the Secrets of Chinese Health Balls: why they can be so beneficial to your mind & body.

Reduce your risk of arthritis, rheumatism, dementia and more.



**Sunday,
March 19th**
9:00am - 5:00pm

CEUs available for counselors, social workers, massage & occupational therapists

Retreat participants are also welcome to return after dinner and attend at no additional charge our Crystal Bowl Sound Meditation that evening from 8:00pm-9:30pm



Relax4Life

26402 Edgemoor Lane, Barrington, IL 60010
To register call 847 842 1752 www.relax4life.com

