HEALTHY LIVING
HEALTHY PLANET

feel good
live simply
laugh more

natural
awakenings
FREE

For centuries, yoga has been the prescription for stepping out of the momentum of mediocrity and into the energy that animates a meaningful and joyful life. Ashtanga Yoga strengthens and purifies the brain-body rendering the mind calm and efficient.

The intention of Formless Yoga Studio is to hold a space for students to awaken and nurture the wisdom and compassion that comes alive in the practice of yoga. Stephanie Squibb, teacher and dedicated student holds her RYT (certification to teach) with the Temple of Kriya Yoga in Chicago.

Formless Yoga is honored to be a part of the Grand Rapids Zen Center (www.grzen.org) with the Venerable Deokwun Russell Pitts.

For information visit www.formlessyogastudio.com or call 616-898-1110. 426 Fulton St. in Grand Rapids. See ad page 17.

A Ten-Year Celebration

GREAT LAKES
BIONEERS
TRaverse CITY

The weekend of October 14-16 marks the 10th year the Neahatawanta Center and SEEDS have co-hosted the Great Lakes Bioneers Conference. It has been a decade of celebrating the local harvest and enjoying the company of our neighbors. Ten years ago, the national Bioneers started its satellite program inviting locations like Traverse City to have direct access to their keynote speakers.

We invite you to experience this event that will recharge your batteries and connect you to fascinating people and ideas. At the conference, you’ll have the opportunity to learn from local experts in energy efficiency, the Farm Bill and migrant issues. Plug into the live speakers in CA like civil rights leader, Gloria Steinem, and mycologist, Paul Stamets. Join with 1,000 others who believe in collaboration more than competition and who believe in creating solutions that work in concert with the natural world.

The Great Lakes Bioneers will showcase social and scientific innovation. This is a conference for locavores and bike riders as well as elected officials. A conference created by our local community for our common interests.

Consider this a call to action and an invitation to a weekend that many participants say is one of the best weekends they have all year.

For more information and to register online, visit gbconference.org. See ad page 11.

The Barefoot Cure for Side Effects of Stress

By now you’ve all enjoyed walking barefoot through the fresh green grass or along a lakeshore this summer. Studies show that there are more benefits in “earthing” than just putting you in a good mood.

Recently embraced by medical professionals, “earthing” is based on the Earth’s electrical field connection to our body’s circadian rhythms. The electrical energy goes up and down according to the earth’s position to the sun and seems to follow the rise and fall of hormones, which regulate our sleep, stress, metabolism and other internal symptoms. Today many people are out of sync with this rhythm because they are disconnected to the earth. We, along with our pets have become indoor creatures, rarely venturing out barefoot and living in buildings full of unhealthy electrical magnetic frequencies (EMFs). Plus our shoes have a rubber bottom that acts as a barrier to the earth’s free energy. According to Earthing co-author Stephen T. Sinatra, MD, an assistant clinical professor at Connecticut School of Medicine, “once in the blood, these negative ions neutralize the positively charged free radicals that cause inflammation and people start to feel better”.

Evidence is growing and studies show a decrease in symptoms of pain related disorders like arthritis, migraines, MS & Fibromyalgia. People simply sleep better and feel more energized! Runners and athletes find increased stamina. Elderly people who have suffered with pain for years are noticing a reduction in pain after only a night or two.

For more information on how you can start “earthing” please contact Clara Vanderzouwen at 616-698-6148. See ad on page 9.