



# CompassPoints

## Wellness News

“This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.” -The Dalai Lama



### **Yoga, Yoga Therapy and Ayurveda** — by Marilyn Calver

With so many yoga offerings available it is hard to know what it all means and where to start — one size does not fit all. Finding the right class, style or teacher is important to ensure you reap the most benefits.

**Yoga, Yoga Therapy and Ayurveda** are rich sciences of self-exploration and self-development incorporating a broad range of practices and techniques that are adaptable to individual needs, and work for both women and men of all ages. Anyone can "do" yoga. The practices include physical movement, breath work, relaxation exercises and meditation to help unlock pain, tension, stress and anxiety.

**Yoga** can be an effective method to reduce stress and anxiety. Chronic stress can lead to a variety of health problems. Other health benefits of practicing yoga include lower blood pressure, improved balance, increased energy, greater range of motion and flexibility, and relief from back pain.

For specific injuries, health conditions and serious range of motion issues we use the gentle, systematic healing practices of **Yoga Therapy** to develop an individualized treatment plan. Our instructors are trained and experienced in working with the effects of many life-changing conditions such as MS, cancer, arthritis, back and disc problems, and post-surgery recovery.

**Ayurveda**, also known as "knowledge of life" is a natural, holistic system for living and self-healing in harmony with the principles of nature. It offers us tools to take ownership of our health through self-care routines, diet and lifestyle recommendations and individualized yoga practices.

**The Compass Center Yoga Program** offers a wide range of small group classes for all abilities and ages along with private consultations and workshops. We invite you to try a regular class for free.

*Marilyn Calver is an experienced yoga and meditation teacher, Ayurvedic Yoga Specialist and the Yoga Program Director at the Compass Center.*

[marilyn@marilyncalveryoga.com](mailto:marilyn@marilyncalveryoga.com) 651-307-2776

2013

December

**Wellness Week Events Dec 7th through Dec 14 ( pp 4 - 5)**

## Harmonizing with Nature by Lisa Schlingerman

It is essential to harmonize our lives with the world around us.

Here is a simple way for you to connect with nature.

It is a matter of:

- \* Keeping quiet and listening
- \* Avoiding distractions.
- \* Allowing the body to settle down.
- \* Breathing gently.

If you are standing place your feet shoulder width apart and straighten your back and relax. If you are sitting, sit at the front of the chair so your keep your back is straight.

Just quiet down, close your eyes and feel grateful for who you are.

This is all that is needed.

Stay in this position for 5-10 minutes in the beginning. With regular practice you may feel like doing this for a longer time. You may also feel different sensations like your feet sinking into the ground or feeling vibrations in the fingers.

At the end of your practice – call it meditation or Qigong - be sure to make a gesture of closing. Put your hands over your navel and breathe slowly. It is important to bring closure so you can fully return to your everyday life relaxed and in harmony with nature.

*Love the earth and sun and the animals,  
despise riches, give alms to everyone that asks,  
stand up for the stupid and crazy,...  
& dismiss whatever insults your own soul.*

**Walt Whitman**

*Lisa Schlingerman offers*

**Qigong & 5 Element Tai Chi on  
Wednesday 5-6 at the Compass  
Center**

[www.taichilisa.com](http://www.taichilisa.com) 651-443-5498

### T'ai Chi Classes

Allan Lavalier (651) 351-0539  
**T'ai Chi Ch'uan - 24 and 37 form**

Theresa May (612) 345-1537  
**T'ai Chi Chih**

Lisa Schlingerman (651) 433-5498  
**Five Element T'ai Chi**

**Check the calendar at  
Compasshealing.com  
or call for class times**

**Compass Points Wellness News**  
is published by the practitioners of  
The Compass Center for Healing  
116 East Chestnut, Stillwater MN  
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Noel

The individual authors take great care in checking the accuracy of the information that appears here. However, the Compass Center for Healing practitioners assume no liability (including liability to third parties) with respect to the accuracy, relevance and completeness of the information and opinions published in



## Shiatsu Asian bodywork by Theresa May

### What is Shiatsu?

It translates as “finger pressure”. A practitioner may also apply pressure with his or her: *palms, elbows, knees and feet*. *Very light or very deep pressure* can be applied depending on your condition and needs. Shiatsu and other forms of Asian bodywork therapies also encompass many other techniques such as: *kneading, grasping, tapping, cupping, rolling, soothing, rocking, rotating and stretching of the joints and limbs, and passive correcting*. Shiatsu is usually done through clothing due to some of the techniques are more effective with comfortable loose fitting clothes but it can be done on skin with powder or oils.

### What medical conditions can it benefit?

It can help improve many conditions such as; chronic pain, fatigue, asthma, auto immune disorders, weakened immune system, colds, flus, heart burn digestive and elimination issues, IBS, degenerative diseases, sleep insomnia, mental dullness, curb sugar cravings, etc. Call and ask Theresa if your condition can be helped through shiatsu or other possible therapies.

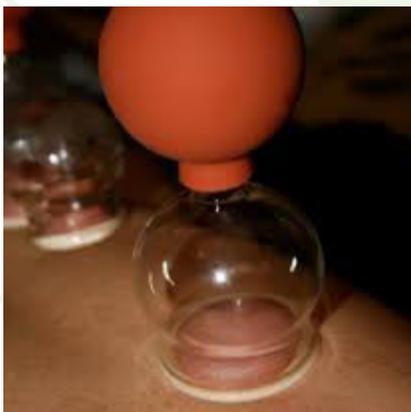
### What are the benefits of a Shiatsu treatment?

*It moves the lethargic or stagnant, subdues the excessive and nourishes the depleted*. A skilled practitioner will do a **TCM Assessment** on you to look for subtle imbalances and based on the wisdom of Traditional Chinese Medicine will create a treatment plan that will address those imbalances. The TCM Assessment process looks for very subtle imbalances that otherwise go undetected by modern medicine, especially if it has not shown up as a disease yet.

### Who can benefit from this form of massage or bodywork?

Asian bodywork is for everyone who needs to address imbalance **from acute to chronic medical conditions** or for those of you who just need to undo the stress of everyday and need self care time for rejuvenating and maintaining great health....that covers just about everyone!

*Shiatsu restores the body's own ability to renew itself, harmonizing the internal forces “chi” or “qi” that support healthy functioning organs, circulation and soft tissue.*



## Cupping & Medical Qigong

**Cupping** is an Asian healing modality that utilizes suction to pull toxins out of the body, and dissolve scar tissue. The photo on the Left illustrates the combined therapies of **Cupping** and **Qigong** energy healing.

*Theresa May is a practitioner of numerous ABT therapies including Namikoshi, Zen shiatsu, Anma shiatsu, Tuina, Jin Shin Do, Ampuku, Foot Reflexology, Sooji Hand Therapy, Guasha, Cupping and Moxi-bustion. Learn more about her natural non-invasive healing therapies at [www.heavenonearthhealing.com](http://www.heavenonearthhealing.com)*

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## Please Join Us For Our Holiday Wellness Week December 7-14

Call practitioners directly to schedule mini sessions and treatments.

All talks take place at Compass Center for Healing in the Conference Room located in the lower level, unless noted differently. If you can, please call the listed practitioner ahead of time to reserve space and to ask any questions. Most mini sessions will take place in the practitioner's office space, so please ask where to find them.

**Saturday, Dec. 7** To kick off wellness week, Little Parrot Art Gallery will be hosting a Holiday Open House today and Sunday. Stop in for refreshments, warm hospitality and gift -giving ideas. Everyone is welcome!

10:00 AM Reflexology Talk (Bodywork for feet, hands or ears). Mini Sessions 11:00 AM to 6:00 PM. Sally Noel, 651-308-4457

11:00 AM Myofascial & Sports Massage Talk. Mini Sessions 10:00 AM to 2:00 PM. Mary Beth Burgstahler, 909-273-4768

11:00 AM 3 Ways to Bliss Meditation "tai chi, qigong, and mindfulness practices" (yoga room) Theresa May, 612-345-1537

12:00 PM Shiatsu Bodywork Talk. Mini Sessions 12:30 to 5:00, Theresa May, 612-345-1537

12: 30 PM T'ai Chi Demonstration - 37 Form Cheng Man Ch'ing style and 24 form T'ai Chi Ch'uan Beijing Style. (yoga room)

Just show up, walk-ins welcomed! Allan Lavalier and Dave Peterson

1:00 PM Lomi Lomi Hawaiian Massage Talk, Lori McNally, 651-210-6961

2:00 PM Energy Healing Talk - What your body is telling you. Mini Sessions from 2:30 to 5 PM (yoga room), Kim Thomas, 651-399-5066

**Sunday, Dec. 8** Second Day of Little Parrot Art Gallery Holiday Open House. Stop in for refreshments, warm hospitality and gift giving ideas.

12:00 PM Reflexology Talk (Bodywork for feet, hands or ears). Mini Sessions 1:00 to 6:00 PM, Sally Noel, 651-308-4457

1:00 PM Past Life Regressions Talk, Theresa May, 612-345-1537

2:00 PM Home Spa with Essential Oils Talk. Irene Pregl & Natalie Berglund, 715-497-3792 (Irene)

3:00 PM Hands on Mini Experiments with Essential Oils. Irene Pregl & Natalie Berglund, 715-497-3792 (Irene)

### Monday, Dec. 9

10:00 AM Stress Management Biofeedback & Body Testing Talk, Mini Sessions from 9 AM to 2 PM, Irene Pregl, 715-497-3792

12-12:30 PM Yoga & Yoga Therapy Talk, Where do you start? One size does not fit all. (yoga room) Marilyn Calver, 651-307-2776

6:00 PM Myofascial & Sports Massage Talk, Mini Sessions from 4:00 to 8:00 PM, Mary Beth Burgstahler, 909-273-4768

6:00-6:30 PM Therapeutic Yoga for the Shoulders Mini Workshop, (yoga room) Julie Bennett, 651-439-0926

### Tuesday, Dec. 10

11:00-11:30 AM Therapeutic Yoga for the Hips Mini Workshop, (yoga room) Julie Bennett, 651-439-0926

3:00 PM Myofascial & Sports Massage Talk, Mini Sessions from 3:00-8:00 PM, Mary Beth Burgstahler, 909-273-4768

5:00 PM Home Spa with Essential Oils Talk. Irene Pregl & Natalie Berglund, 715-497-3792 (Irene)

6:00 PM Energy Medicine—Reiki & Qigong Talk, Theresa May, 612-345-1537

7:00 PM Reducing Stress with Hypnosis & Transformational Life Coaching Talks, Theresa May, 612-345-1537

7:30-8:45 PM Lecture on Sugar Sins: Stimulating the Mind and Taste Buds without Sugar. (Yoga Space) The discussion will explore the causes for the ever-increasing sugar consumption in the US and around the globe, help consumers identify and eliminate sugar from their diets and suggest healthier sweet alternatives. Dr. Ilya Gorodisher is a research scientist and his wife, Susanna, is a personal trainer and weight loss coach. Together they have explored the research that proves sugars toxic reaction to the body and major role in the diabetes and obesity epidemic. Cookies and chocolates made without sugar will be provided!

Contact Susanna Gorodisher 651-307-7184.

### **Wednesday, Dec. 11**

12:00 PM "Healthy Through the Holidays" Talk, Jennifer Brathol, Holistic Nutrition & Wellness Coach, Certified Personal Trainer, 715-307-3772 [www.nourishuwell.org](http://www.nourishuwell.org)

3:00 PM "Healthy Through the Holidays" Talk, Jennifer Brathol, Holistic Nutrition & Wellness Coach, Certified Personal Trainer, 715-307-3772 [www.nourishuwell.org](http://www.nourishuwell.org)

5:00 PM Stay Healthy! Use simple techniques with pure essential oils to skip the cold and flu season.

Natalie Overbye, 715-497-2693, [mindandbodybalance.you@gmail.com](mailto:mindandbodybalance.you@gmail.com)

6:00 PM Energy Medicine - Distant Healing & Intuition Talk. Mini Sessions 6:30 to 9:00. Theresa May, 612-345-1537

6:00 PM Energy Healing Talk - What your body is telling you. Mini Sessions from 4:00 to 6:00 PM (yoga room),

Kim Thomas, 651-399-5066

7:00 PM Reflexology Talk (Bodywork for feet, hands or ears). Mini Sessions on Thursday 6:30-9:30 PM, Sally Noel, 651-308-4457

### **Thursday, Dec. 12**

4:00 PM Emotional wellness: reduce stress and balance your life with pure essential oils.

Natalie Overbye, 715-497-2693, [mindandbodybalance.you@gmail.com](mailto:mindandbodybalance.you@gmail.com)

4:45-5:30 PM 5-Element TaiJi Class, Lisa Schlingerman, 651-433-5498, [www.taichilisa.com](http://www.taichilisa.com)

5:00 PM Using Stones for Healing Talk. Mini Sessions 9 AM to 2 PM, Irene Pregl, 715-497-3792

6:00-6:30 PM Yoga & Yoga Therapy Talk, Where do you start? One size does not fit all. (yoga room) Marilyn Calver, 651-307-2776

6:30 PM Reflexology, Mini Sessions and Appointments 6:30 to 9:30 PM, Sally Noel, 651-308-4457

6:30-9:00 PM Astrology Class, How To Use Astrology in Your Everyday Life (\$25),  
To sign up email [tod@drescherarchitecture](mailto:tod@drescherarchitecture) Tod Drescher

### **Friday, Dec. 13**

12:00 PM Lomi Lomi Hawaiian Massage Talk, Lori McNally, 651-210-6961

1:00 PM Feeling stuck? Release old habits and restore mental energy using pure essential oils.

Natalie Overbye, 715-497-2693,  
[mindandbodybalance.you@gmail.com](mailto:mindandbodybalance.you@gmail.com)

5:00 PM Reflexology Talk (Bodywork for feet, hands or ears). Mini Sessions 6:00 to 9:00 PM,  
Sally Noel, 651-308-4457

6:00 PM Energy Medicine - Distant Healing & Intuition Talk. Theresa May, 612-345-1537

7:00 PM 3 Ways to Bliss Meditation "tai chi, qigong, and mindfulness practices" (yoga room)  
Theresa May, 612-345-1537

**Saturday, Dec. 14** Kirtan Bolo 7 pm - Yoga Space



## **The Little Parrot Art Sanctuary**

**Fine art, sculpture, singing bowls,  
pottery, jewelry, crystals, books,  
fibers, hand-crafted items, and  
more**



**Put yourself in a peaceful space!**

***littleparrot.com (651) 472-5800***

## Yoga Class Schedule and Descriptions

### **Gentle Flow— All levels. 60-75 mins. Wednesdays, 9:30-10:30am.**

Steadily build and maintain strength, flexibility and balance.  
Combines flowing movements and longer holds.

### **Intermediate — Level 2. 75 mins. Mondays and Thursdays, 9:30-10:45am.**

Continue to explore and build your practice. May include sun salutations, standing and seated postures, backbends and inversion work.

### **Mixed Levels 1-3. 60 mins. Tuesdays, 7:30-8:30am.**

Steadily build strength and flexibility, one pose at a time.

### **Vinyasa Levels 2/3. 75 mins. Tuesdays, 5:30-6:45pm and Saturdays, 8:30-9:45am.**

Poses are linked in a more vigorous, flowing style. Includes variety of standing and seated postures, backbends, some arm balance work and inversions.

### **Gentle/Somatics Beginners + All Levels. 75 mins. Wednesdays, 6:30-7:45pm.**

Slow paced, gentle movement and sensory-motor training. Targets injury and movement problems, enhances energy and flexibility.

### **Restorative Beginners + All levels. 60-75 mins. Last Tuesday of the month, 5:30-6:45pm.**

Longer held, fully supported poses allow for deep release of tension and stiffness. Quiets the mind and calms the nervous system.

### **Breath is Moving — Children Ages 5-10.**

#### **Call for next session dates.**

Engaging activities designed to identify, explore and navigate stress and anxiety. Fun, interactive class, incorporates original music, yoga and mindfulness meditation. All abilities welcome. Adults may drop off or join student.

**All classes may include breath work (pranayama), guided relaxation and meditation. Hatha yoga encompasses a wide range of techniques and practices that can be tailored to the individual of any age or experience. Our experienced instructors will offer modifications and props as needed.**

**Private instruction, semi-private and therapy available by appointment.**

### **Special Workshops**

**Yoga and Reiki — *Call for times***

**Pre-Natal Yoga — *Call for times***

**Marilyn Calver, Yoga Program director**

**(651) 307-2776 or**

**Marilyn@marilyncalveryoga.com**

**Your First Class is *Free***

10 class punch card \$120, 20 classes \$200

Cards are good for any regular classes, and remain valid for 3 months. Drop ins \$15.

**For updates and current information on classes**

**Visit [compasshealing.com/calendar](http://compasshealing.com/calendar)  
and Compass Center for Healing on Facebook**

"How to Use Astrology in Everyday Life"  
by Tod Drescher

My next astrology class will explore how you can use astrology in your everyday life. We will look at how travel planning, business dealings, getting along with the boss or workmates, growing better relationships, home life, further education, sports, health...can all be enhanced by seeing how you are aligning with the celestial weather that surrounds us all. We will have fun taking a look at some charts of famous people to assist in our learning. All in a quest of better understanding how to flow as human beings here on Planet Earth.



*Tod Drescher, an architect and astrologer, teaches astrology classes at The Compass Center for Healing and does personal chart readings. He can be reached at:*

*(651) 433 5600 or  
[tod@drescherarchitecture.com](mailto:tod@drescherarchitecture.com)*

**Thoughts on Wellness** by Dave Peterson

An interesting thing about healing is that it happens naturally to the body when it is given time and rest. The clever ways humans have of assisting this process is, in the end, just assistance. According to Dr. Joel Fuhrman, MD when we limit our food intake for a period of time, the body reverts from the growth process to the repair mode. A balance between growth, rest and restorative healing is in the nature of our being.

Finding this balance is a struggle we all face. Each of us has different tools and innate abilities with which to do this. And along with our individual abilities are the roadblocks and sensitivities each of us carries from our past — our environment and genetics.

If stress denies us rest, we cannot heal. If the intake is out of balance — too acid, too base, too much or too little of anything — we also retard our healing ability.

It is amazing to me that the tiny needles of a skilled Acupuncturist can help balance the body's processes. Massage, Yoga, Ayurveda, and T'ai Chi are other ancient systems which are known to assist in restoring balance and reducing stress.

Personally directed healing is often at odds with our present culture and aspects of medicine which rely on technology and pills to restore health. While pills have their place, it seems to me we must ultimately rely on ourselves to seek and find that balance which is a happy and healthy life.

What behaviors and foods do we indulge in which might assist or prevent our body from finding its natural state of balance? What things might we inadvertently be doing to ourselves that prevent innate healing? Wellness Week beginning Dec 7th is a great time to find answers to these questions.

One of many not-to-miss events is the December 10th talk by Dr. Ilya Gorodisher, a research scientist, and his wife Susanna, a trainer and weight loss coach who have a life-transforming understanding of the role of sugar in our culture. See you there!

# The Compass Center for Healing

[www.compasshealing.com](http://www.compasshealing.com)

- **Mary Beth Burgstahler: Therapeutic Swedish Massage**  
phone (909) 273-4768 [marybethmistretta@yahoo.com](mailto:marybethmistretta@yahoo.com)
- **Marilyn Calver: Hatha Yoga Instructor, Program Director**  
phone (651) 307-2776 [marilyn@marilyncalveryoga.com](mailto:marilyn@marilyncalveryoga.com)
- **Lori Catlow, NCBTMB, Myofascial Release, Craniosacral, Healing Touch** phone (651) 238-2389 [loricatlow@gmail.com](mailto:loricatlow@gmail.com)
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## Compass Center Resident Practitioner Directory

