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Staying Healthy in a Changing Economy

Dear Yoga Community:

Stress is creeping; it damages the body's organs just as alcohol and cigarettes do. Cumulative stress is a well-documented cause of depression, suicide, heart disease, stroke, predisposition to infection, and certain kinds of cancer. The body builds up the vessel-constricting heart thumping hormones noradrenalin, adrenalin and the steroid cortisol. The problems cascade from there throughout the body.

The best advice is the simplest and most important. We need to take care of ourselves: eat healthy, sleep, and practice meditation and yoga. These mindful practices elicit a relaxation response and are a proven method to help combat the effects of stress.

Additionally, the practice of yoga and meditation offers us a retreat where we can meet new friends, laugh, create, inspire and motivate. It is where we learn our greatest support system isn't our financial institutions but our human institutions. Nothing can remove the human bond of Self, family and community that supports and propels us to achieving our life goals.

In the spirit of our yoga community, we offer you a beautiful local retreat to de-stress your mind and body and replenish your soul.

Namaste,
Michael Ruccolo III