



Heart Body Soul Massage & Day Spa

By Debbie Grey- 716.479.8298

3435 Harlem Road, Buffalo, NY 14225 (2/10th of a mile north of the Kensington Expressway)
716.479.8298 e-mail: debbiegrey@aol.com
Visit us online @ www.debbiegrey.com

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A LIFE OF "ZEN" IN 2010

Yoga has positions that act upon the various joints of the body including those joints that are rarely exercised. It increases flexibility. The well-researched yoga positions exercise the different tendons and ligaments of the body.

Surprisingly, it has been found that the body which may have been quite rigid starts experiencing a remarkable flexibility in even those parts which have not been consciously worked upon. It is here that the remarkable research behind yoga positions proves its worth. Seemingly unrelated "non-strenuous" yoga positions act upon certain parts of the body in an inter-related manner. When done together, they work in harmony to create a situation where flexibility is attained relatively easily.

Yoga is perhaps the only form of activity which massages all the internal glands and organs of the body in a thorough manner, including those—such as the prostate—that hardly get externally stimulated during our entire lifetime. Yoga acts in a wholesome manner on the various body parts. This stimulation and massage of the organs in turn benefits us by keeping away disease and providing a forewarning at the first possible instance of a likely onset of disease or disorder.

By gently stretching muscles and joints as well as massage the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in the flushing out of toxins from every nook and cranny as well as providing nourishment up to the last point. This leads to benefits such as delayed aging, energy and remarkable zest for life.



But these enormous physical benefits are just a "side effect" of this powerful practice. What yoga does is harmonize the mind with the body and this results in real quantum benefits. It is now an open secret that the will of the mind has enabled people to achieve extraordinary physical feats, which proves

beyond doubt the mind and body connection.

Yoga through meditation works remarkably to achieve this harmony and helps the mind work in sync with the body. How often do we find that we are unable to perform our activities properly and in a satisfying manner because the confusions and conflicts in our mind weigh down heavily upon us?

Moreover, stress which in reality is the #1 killer affecting all parts of our physical, endocrinal and emotional systems can be corrected through the wonderful yoga practice of meditation.

In fact yoga equals meditation, because both work together in achieving the common goal of unity of mind, body and spirit – a state of eternal bliss.

The meditative practices through yoga help in achieving an emotional balance through detachment. What it means is that meditation creates conditions, where you are not affected by the happenings around you. This in turn creates a remarkable calmness and a positive outlook, which also has tremendous benefits on the physical health of the body. - *Namaste*

A CHOCOLATE AFFAIR TO REMEMBER

There is nothing better for pure indulgence than chocolate. 96.1 WJYE Radio is bringing you an Affair to Remember. It is called the "Chocolate Affair". It will be held Thursday, January 28th from 6—9 P.M. at Harry's Harbor Place Grill. Harry's is located at 2192 Niagara Street in Buffalo. Indulge your senses with chocolate treats, samples and so much more. Heart Body Soul Massage & Day Spa will also be there offering chocolate scented hand massages and

specials packages for Valentine's Day.



There will also be a special musical performance by Dan Hill. The cost is only \$20 advance sale through WJYE's website and a portion of the proceeds will be going toward

Autistic Services. Stop by and see us and help support a really worthy cause.



**Thursday, January 28th from 6-9p.m.
Harry's Harbor**

WHAT'S NEW AT HBS IN 2010



I am very pleased to announce that I have

some great additions to the staff at Heart Body Soul Massage & Day Spa. I want to welcome Susan, Jennifer, and Mike who are all massage therapists now working out of the Harlem Road office. Next is Jane who is a massage therapist,

personal trainer and a life coach. Finally, I want to introduce all of you to Karen who is our facial specialist with an amazing touch. You can schedule an appointment with any of them by simply calling our office 479.8298.

 ★ *The content of this newsletter is not intended to replace professional medical advice.* ★
 ★ *If you have any medical questions, please consult your physician.* ★
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