

REDCRICKETHEALING CENTER

Spring 2015

Featured this month:

- Shiatsu Bodywork
- Yoga Offered
- Community Acupuncture
- Spring Recipe



Spring Has Suddenly Sprung A call to move our bodies again

By Joi Thomas, L.Ac., Dipl.O.M.

Welcome to our Spring newsletter! Spring is a time of change which is highly anticipated here in Minnesota - a time where the quiet plans of winter can be materialized into action. We are surrounded by the movement of nature up (sprouts) and out (leaves/flowers) and our bodies urge us to do the same.

We have had a very eventful fall and winter as

we moved and expanded. Our new location is five times the size of our original location, we offer five different services and have seven talented and experienced practitioners ready to improve your health and life.

Come and visit us and see our new space during our **Open House** (see flyer at end of newsletter) on

Saturday, March 21st
from **1:00pm-3:00pm**
where there will be:

- *Refreshments & h'ordeuvres*
- *Activities for kids*
- *Live music*
- *All of our amazing practitioners!*

In the meantime, enjoy our newsletter. We hope it supports you on your journey to a healthier, happier you!

Susie Carlson Shiatsu and Massage Therapist

For the past decade, Susie Carlson has dedicated herself to studying the body. Various paths have led her through dance, butoh, alexander technique, yoga and qi gong practices. This eventually led her to receive her Shiatsu and Massage certification from CenterPoint School in Minneapolis. In Spring of 2010, she opened her own practice, Sea of Qi Bodywork. Currently, Susie has partnered up with Red Cricket to offer her services in our new location. She was kind enough to take some time from her busy schedule as a new mom to discuss her practice.

Whats the difference between Shiatsu Massage and other types of Massage?

Shiatsu is a Japanese style of therapeutic massage. It uses the same assessment, theories and meridians as acupuncture with the goal of stimulating Qi. This focus on the vital energy of the body allows Shiatsu to be used for more than the soft tissue pain relief, although it is very good for that. Shiatsu can address menstrual pain, PMS, fatigue,



digestive discomfort and disorders and perhaps most importantly emotional stagnation. When Qi is moving freely in abundance, bodies can harmonize and thrive.

What is your favorite thing about your job?

The relationships! It is a true honor to be asked to help people through bodywork. It is a sacred space, where people are truly listened to and respected. I am so lucky to go to a job that I love, that is healing for me as well.

What drew you to working at Red Cricket Healing Center?

When I met Joi, I was really impressed. She is very passionate about what she does and when she mentioned she was opening a healing center, I knew that I was interested. I really wanted to be a part of something larger and more collaborative. I'm happy to have found Red Cricket!

www.SeaofQiBodywork.com

Susie@SeaofQiBodywork.com

612-940-6407

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Sunday 11:30am-4pm

Monday 1pm-7pm

Wednesday 5pm-8pm

***by appointment**

What makes your work different from others in the area?

I often hear that my style of bodywork feels very therapeutic and healing, that actually “does something”. I think what people mean is that my work is more medical than the massage you find at a spa. Also though, it contains the rhythm and relaxation that I believe is very important as a part of the healing session. So I hope that people can come in and feel as confident in the atmosphere and calming presence as they can in the technical expertise they are receiving.

Chinese Medicine Meets Yoga Yin and Restorative Healing

Marnie's classes emphasize the art of slowing down, being present (on and off the mat), and learning to flow with the currents of life. Her "slow and flow" philosophy translates as balance; both in the classes she teaches as well as guiding her students and clients to restoring balance in their health and well being. She specializes in the slow forms of yoga such as restorative, yin, yoga nidra, meditation, pranayama, and gentle yoga, and enjoys teaching the flow styles of hatha, vinyasa, and therapeutic movement. She has trained and certified as a yoga teacher (200 hr RYT), yoga therapist (230 hr RYT), restorative yoga teacher (Relax and Renew), Street Yoga trained, and has a Masters degree in Traditional Chinese Medicine. She enjoys working with all ages, abilities, and backgrounds and finds special joy in guiding each individual on their own personal journey.

In addition to teaching group classes, Marnie works privately as a yoga therapist. She uses her diverse training to empower her clients in stress releasing techniques, therapeutic movement, breath work, energy medicine, pain relief, strength, balance, range of motion, meditation and mindfulness methods. She is also blessed to work as a volunteer for people with trauma, PTSD, and those in health crisis.

Marnie Bounds

Certified yoga teacher
(200hr RYT) and yoga
therapist (230hr RYT)



GENTLE YOGA CLASSES

***Session 1: April 6-May 17, 2015**
Tuesdays 9:30am-10:30am

***Session 2: May 18-June 28, 2015**
Tuesdays 9:30am-10:30am

This class uses many different yoga techniques to bring the body, breath and mind all into balance. Each class will have elements of breath work, awareness, gentle strength building, balance postures, loosening exercises, range of motion and relaxation. This class is particularly good for easing the effects of arthritis or general stiffness. Some yoga experience is helpful.

Cost is \$90 for each 6 week session.

WORKSHOPS

***Yoga for Healing Upper Back & Neck Pain**
April 18th 10:00am - 12:00pm \$40

Do you deal with ongoing upper back and neck pain? Does the pain get worse with stress? In this workshop we will address what is the cause of all this pain, both physically & emotionally, and techniques to eliminate the pain and facilitate healing. This workshop will focus on the mind-body connection as well as give specific breathing techniques, movements, stretches and other practical tools to release the pain and move more freely.

***The Relaxation Response**
June 6th 10:00am - 12:00pm \$40

Have you noticed feeling stressed more often than you would like? Do you feel, fatigued, get sick easily, or never really feel well rested? Stress is often the main cause of disease and illness as it is the #1 factor for breaking down the immune system. This workshop introduces the body's natural defense to stress, The Relaxed Response, and how we can use it to heal ourselves. You will leave with practical information and techniques to deal with **stress** in everyday situations and heal your body of the adverse affects of stress.

To Register:

Call 612-824-0037

Or email: redcricketjoi@rocketmail.com

**Classes & Workshops must have a
minimum of 3 participants*



Community Acupuncture

with Carrie Nightshade, L.Ac., Dipl.O.M.

Tuesdays 2pm - 5:30pm

Thursdays 10am - 3pm

Walk Ins Welcome

Online Booking at www.redcricket.com

Sliding scale \$15-\$35



Community Acupuncture

Sustainability and Accessibility

What is Community Acupuncture?

Community acupuncture means the treatment of multiple patients at once in a cozy, quiet room with one of our zero-gravity recliners. By offering treatments in a group setting, we are able to provide it on a sliding scale - making it more affordable for you to get the healthcare you deserve!

What should I expect?

Simply walk in or book an appointment online. Upon your first visit, you should expect to arrive a few minutes early to fill out new patient paperwork. Carrie will then do a confidential assessment before beginning treatment. You do not need to undress but just need to roll up your sleeves to the elbows and pants to the knees. You may stay as long as you want - the average is about 45-60 minutes.

Carrie Nightshade, L.Ac., MSOM

Carrie is the sole provider of community acupuncture at the clinic. She is a local acupuncturist that is licensed both nationally and in the state of Minnesota. She has been practicing acupuncture for over 4 years.

In addition to her great passion for community style acupuncture and its' ability to bring the benefits of Chinese medicine to one and all, she also loves her children, riding her bike and greatly appreciates the wonderful life that the Twin Cities offers.

SPRINGWELLNESS



Photo courtesy of Bon Appetit

Spring Recipe! Chicken Tagine with Fennel & Olives

By Epicurious

INGREDIENTS

- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon cayenne pepper
- 6 skinless boneless chicken thighs (1 1/2 pounds)
- 2 tablespoons olive oil, divided
- 2 medium fennel bulbs, stalks trimmed, bulbs halved vertically, then cut crosswise into 1/2-inch slices
- 2 cups low-salt chicken broth

- 1/2 cup pitted brine-cured green olives, quartered lengthwise
- 1 cup coarsely chopped fresh cilantro

PREPARATION

Mix cumin, paprika, salt, and cayenne in small bowl. Cut chicken crosswise into thirds. Toss in large bowl with spices.

Heat 1 tablespoon oil in large skillet over medium-high heat. Add chicken; brown 2 minutes per side. Transfer to plate.

Add 1 tablespoon oil and fennel to same skillet. Sauté until golden in spots, 5 minutes. Return chicken and juices to skillet. Add broth and lemon juice. Bring to simmer, scraping up browned bits. Cover, reduce heat to low, and cook until chicken is cooked through, 15 minutes. Add olives. Simmer until sauce thickens, 5 minutes. Stir in cilantro. Season with salt and pepper.

SAVETHEDATE!

Please help us share this event & invite your friends!
<https://www.facebook.com/events/422696501220008/>



OPEN HOUSE



red cricket
healing center

acupuncture
yoga
bodywork
wellness

SAT MARCH 21ST, 2015
1PM-3PM

224 W Franklin Ave Minneapolis
www.RedCricket.com