

# REDCRICKETHEALINGCENTER

October 2015 Newsletter

## FEATURES:

- \*Classes
- \*New Yoga
- \*Tuina & Thai Massage
- \*PT Exercise
- \*Fall Wellness with Pumpkin Chili



## Autumn's Preparation and Harvest Reflection and Slowing Down

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

Welcome to our fall newsletter! We hope that you have had a fun filled summer and are ready for a rich, fruitful fall.

Fall is a time of harvest. All of the tiny seeds that were planted in spring are now bearing fruit. We hope that your life is feeding you! If not, fall is a perfect time to change course.

What I see reflected in clinic and my own life is that our physical, emotional and

spiritual health is our creation. If we like the way my body, mind and spirit is behaving - great! If not, it's time to make new choices, because the life we're living creates the body we're currently experiencing.

Remember, there is ALWAYS room on the road of life for a u-turn. (in fact, sometimes we only know we're heading in the wrong direction by traveling the road a bit!) The

practitioners at Red Cricket care and are ready to help!

We are offering more classes this coming month. More yoga classes, how to make delicious, health enhancing chicken stock, body awareness through Neuro Fascial Processing and of course a kombucha classes. Come on in!

# UPCOMING CLASSES



## **\*Full Moon Chicken Soup**

with Carrie Nightshade, L.Ac., MSOM

*Tues, Oct. 27 6:00-8:00pm \$15*

Now that fall is dropping her fiery leaves it's time to adjust our self care. The winds are brisk, scarves are fluttering and the soup pots are coming back with good reason.

Please join me for an evening of chicken soup and tea. We will go over the basics of how to make a classic chicken soup and also the health benefits according to TCM.

In addition we will enjoy a simple herbal tea and discuss how to make your own blend and why these herbs will help you move into the cold months. I look forward to enjoying a cozy and educational evening with you. Includes your very own bowl of soup!

## **\*Learn to Brew Your Own Kombucha**

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

*Fri, Nov. 23 6:00-8:00pm \$10*

Let's face it buying kombucha can be really expensive at \$4-6 per bottle! Not only is it easy to make on your own, but it often tastes better than anything you can purchase from a store.

Kombucha is a tea-based beverage with naturally occurring organic acids, active enzymes, and amino acids that can help detoxify and energize your body. Made by fermenting tea, kombucha can provide that extra daily support to your health routine.

In this class you will learn about kombucha's numerous health benefits and uses, as well as how to grow and care for your very own scoby!



## **\*Neuro Fascial Processing: Body Wisdom**

with Bill Easter, PT, MPH

*Tues, Nov. 17 6:00-8:00pm Free*



Neurofascial Processing (NFP) is a self help method developed by Sharon Giammatteo PT, PhD, which involves putting your hands on your body in specific places and holding them there for a certain amount of time. The gentle touch or connections help us recall, reorganize, and release emotional energies that create pain, inhibit our growth, and block us from moving forward in our lives.

# Yoga Updates

## New Instructor, New Classes



### James Ford, RYT-200

James has been practicing yoga for 5 years, having a foundation in Yoga Nidra, Yin and Restorative styles, which progressed to incorporate asana combined with vinyasa, pranayama, meditation and mantra. He completed his 200 hr RYT yoga teacher training at the Himalayan Institute in Honesdale, PA.

James aims to create a safe space to explore yoga with open and accessible

classes for students who are diverse in gender, race, religion, age and ability. He teaches in the Himalayan tradition, rooted in dynamic and flowing sequences of asanas, a strong emphasis on diaphragmatic breathing, pranayama and systematic relaxation. Over the course of his classes students will cultivate a deeper connection with the breath and the body.

### Weekly Class Schedule

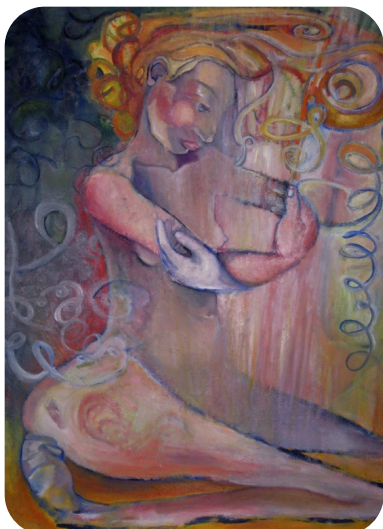
| Tuesday                                       | Thursday  |
|---|---|
| Yoga for Joint Health<br><i>Marnie Bounds</i> | Hatha Yoga<br><i>James Ford</i>                       |
| 9:30am-10:30am                                | 5:00pm-6:00pm   |
|   | Candlelight Restorative Yoga<br><i>Autumn Ziegler</i> |
|   | 6:30pm-7:30pm   |

Drop in \$15/class \*\*\* Everyone Welcome \*\*\* Mats & Props Provided

## Rachel Orman, CMT, NCBTMB TuiNa Massage Therapy

After finishing college with a degree in psychology and studio arts, I felt our higher selves could not be actualized through talk therapy and that the care of our body was integral to health. My first job after graduation, I worked as a VISTA volunteer with Somali, Ethiopian, and Hmong immigrants encouraging literacy as a link for families connection to exploring and adapting to America.

Earning an educational stipend through the program I was encouraged by my husband to pursue licensure in massage therapy. His core belief was that **our time was our greatest asset**. How we spent it, and who we spent it with, should be our choice. I worked, lived, and played with him for many years until he passed away from cancer. I feel that his support and love has quite a bit to do with my abilities as a healer.



**Please come  
and see me!**

rachelorman.weebly.com  
612-229-5150

Tuesday & Friday 10-6  
Wednesday 10-2  
Thursday 10-4

I went to the Aveda Institute and after graduating, and worked with Horst Rechelbacher at his company, Intelligent Nutrients. While raising a family I continued to study Ayurveda, complete several levels of Thai massage at the Yoga Center, and complete a certificate in Tuina massage from the American Academy of Acupuncture and Oriental Medicine. I studied how **the body influences the mind**, and through the meridians, the marma points, herbs, and exercise, **the body can balance itself to heal**. I am currently studying the Chinese language so that I can deepen my understanding of Traditional Chinese Medicine.

My deepest loves exist for my family, and with nature and art. I grow as a person and discover my connection to the Universe through being outdoors, and learning to communicate more fully through raising two healthy and unpredictable daughters. I also love art, and

create work as a painter, set designer, and muralist.

The massage I give incorporates all of these aspects and relies less heavily on muscle groups and illness, and centers more on accessing balance through the energetic pathways. I try to open and **strengthen the body-mind connection through stretching, pressing, rolling, vibration, and kneading** the skin, muscles, and limbs. It is often quite strong on pressure but leads to an awake, energized, and relaxed opening for the body to allow the mind's creative and abundant flow.

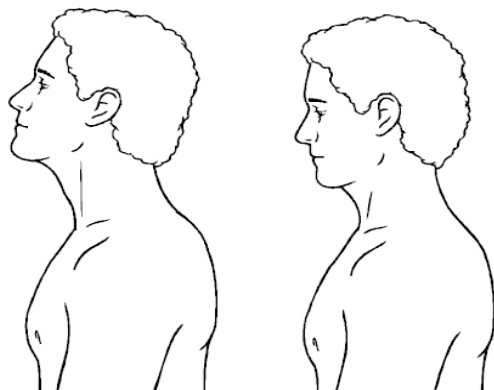
I enjoy working with **clients that want to improve their life**. I was drawn to The Red Cricket because I saw an opportunity to work with a group of healers that dedicated their life to helping others access this possibility. **And it is possible**. When we feel good, we treat others better, have more time, create more, pursue our passions, and give to the world.

# Neck Health for Our Digital World

By Bill Easter, PT, MPH

Forward Head Posture is one of the most common postural problems which lend itself to spine and musculoskeletal pain, headaches, tension in the temporomandibular joint as well as functional impairment (lung capacity, blood pressure, and compression at cranial base).

An exercise which is simple and one of the best exercises to help correct poor posture is the **CHIN TUCK**.



## INSTRUCTIONS:

1. Sit up straight in a chair, avoid leaning against the back of the chair. Sitting erect helps to strengthen the muscles that are needed for good posture.
2. Lift the top of your head to the ceiling. Be careful not to tip your head back. The chin should always be parallel to the floor.
3. Pull your head and chin straight back. A stretch will be felt in the back of your neck.
4. Relax the chin forward to a neutral position.
5. Repeat 6 times, 6 times per day. Stay within a pain free range when doing the exercise. This exercise can be used throughout the day.

Also check our *Blog* page on [www.redcricket.com](http://www.redcricket.com) for tips on wellness from all our amazing practitioners!

# FALL WELLNESS

Oct 2015 Newsletter

Photo & recipe  
courtesy of Wellness  
Mama

## Pumpkin Chili Recipe



### Pumpkin Chili

| Prep time | Cook time | Total time |
|-----------|-----------|------------|
| 15 mins   | 20 mins   | 35 mins    |

A hearty and delicious chili with a hint of pumpkin flavor (and all the added nutrients of delicious pumpkin!)

Author: Wellness Mama

Recipe type: Main

Serves: 4

#### Ingredients

- 1 pound Ground Beef (or bison, venison, etc)
- 2 onions
- 1 (16 ounce) can of BPA free diced tomatoes (drained)
- 1 (15/16 ounce) can or jar of tomato sauce
- 1 (15/16 ounce) can of pureed pumpkin or 2 cups of fresh roasted pumpkin puree
- 1 cup homemade beef broth or stock
- 1 tablespoon chili powder
- 2 teaspoons garlic powder
- 1 teaspoon himalayan salt
- 1 teaspoon black pepper
- ½ teaspoon cinnamon powder (optional)
- 1 avocado
- Cheese and sour cream to top
- Sliced green onions as garnish (optional)

#### Instructions

1. Brown beef in large stock pot.
2. When beef is almost completely cooked, add the onions and cook until soft.
3. Add the pureed pumpkin, diced tomatoes, tomato sauce, stock and spices.
4. Simmer for 10-15 minutes or until heated through and flavors are incorporated.
5. Top with sour cream, cheese or avocado slices if desired and enjoy!

Recipe by Wellness Mama at <http://wellnessmama.com/7154/pumpkin-chili/>

