



***strength \* spirit \* solace***

## **Newsletter**

July 2005

I want to take this time to personally thank my family, friends, teachers, mentors, colleagues, nutrition clients and yoga students for all your support and encouragement as I continue to pursue my education and training in yoga and nutrition. I have felt your warm wishes guiding my way on, and I am so grateful for all of the kindness that has helped me to get this far. The past couple of years have been quite transformative for me, beginning with my first yoga teacher training and enrolling at the Nutrition Therapy Institute (NTI). Because I will always consider myself to be *first* a student and second a teacher in both of these areas, I embrace the fact that the journey ahead will be both challenging and rewarding.

I will be participating in a Yoga Teacher Training and Intensive at the Samadhi Center for Yoga in Denver this September through December and I am deeply looking forward to the new knowledge and self-growth that will take place. I am blessed to have this opportunity to take my practice, as well as my teaching, to the next level. I am so excited to share what I will be learning with my wonderful yoga students. Also, I will take part in a “Personal Relationship with Food” three-day retreat through NTI in October – another transformative part of my nutrition education which will no doubt help me to better counsel my clients on their own food-relationship issues.

To my yoga students, I would like to say: I am so proud of and amazed by each of you – I am eternally grateful for our time together both on and off the mats. Thank you! And, to my nutrition clients: your graciousness and willingness to grow with me is inspiration beyond what can be learned in any classroom. Thank you!

Keep up the great work and let your light shine on!

Namasté,

*Sara*

## **My Denver Studio Schedule**

This summer, my studio schedule is abbreviated to just the following class! I plan to get outside more and play tennis, ride my bike, hike, camp, fish, raft...Oh, and of course, in August I will be getting married. ☺

- **Thursdays, 5:30 – 7:00 pm:** Vinyasa Yoga at Golden Yoga ([www.breatheyogacolorado.com](http://www.breatheyogacolorado.com) for more info)
- Private lessons are available! Email [yoga@saradelaney.com](mailto:yoga@saradelaney.com) for more information!

## **Meditation**

*When you have an opportunity to serve something larger than your individual self, you are like a petal on a flower, offering your particular brand of beauty and charisma in the service of a centralizing force. This centralizing force might be a person with a higher vision, a community with a common goal, or a spiritual path. Contemplate the ways in which you are a petal on a flower in your life. Who or what is at the center? What core values are you serving? Consider also any situations in which you are the center of the flower, offering the nourishing seeds of an idea or quality that others are willing to gather around and perpetuate. It takes confidence and vision to be the nucleus. It also takes humility to empower the "petals" around you helping to feed your vision and enabling it to grow beyond you.*

## **Poses You Can Do at Home**

### **Salabhasana (Locust Pose)**

Locust Pose is an effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper backbends.



### **Benefits**

- Strengthens the muscles of the spine, buttocks, and backs of the arms and legs
- Stretches the shoulders, chest, belly, and thighs
- Improves posture
- Stimulates abdominal organs
- Helps relieve stress

## **Contraindications/Cautions**

- Headache
- Serious back injury
- Students with neck injuries should keep their head in a neutral position by looking down at the floor; they might also support the forehead on a thickly folded blanket.

## **Step by Step**

1. For this pose you might want to pad the floor below your pelvis and ribs with a folded blanket. Lie on your belly with your arms along the sides of your torso, palms up, forehead resting on the floor. Turn your big toes toward each other to inwardly rotate your thighs, and firm your buttocks so your coccyx presses toward your pubis.
2. Exhale and lift your head, upper torso, arms, and legs away from the floor. You'll be resting on your lower ribs, belly, and front pelvis. Firm your buttocks and reach strongly through your legs, first through the heels to lengthen the back legs, then through the bases of the big toes. Keep the big toes turned toward each other.
3. Raise your arms parallel to the floor and stretch back actively through your fingertips. Imagine there's a weight pressing down on the backs of the upper arms, and push up toward the ceiling against this resistance. Press your scapulas firmly into your back.
4. Gaze forward or slightly upward, being careful not to jut your chin forward and crunch the back of your neck. Keep the base of the skull lifted and the back of the neck long.
5. Stay for 30 seconds to 1 minute, then release with an exhalation. Take a few breaths and repeat 1 or 2 times more if you like.

## **Anatomical Focus**

- Buttocks
- Hamstrings and calves
- Lower back
- Lungs
- Upper back
- Upper arms
- Neck

## **Therapeutic Applications**

- Fatigue
- Constipation
- Indigestion
- Lower-back pain

## **Beginners Tip**

Beginners sometimes have difficulty sustaining the lift of the torso and legs in this pose. Begin the pose with your hands resting on the floor, a little bit back from the shoulders, closer to your waist. Inhale and gently push your hands against the floor to help lift the

upper torso. Then keep the hands in place as you do the pose, or after a few breaths, once you've established the lift of the chest, swing them back into the position described above in step 3. As for the legs, you can do the pose with the legs lifted alternately off the floor. For example, if you want to hold the pose for a total of 1 minute, first lift the right leg off the floor for 30 seconds, then the left leg for 30 seconds.

### **Deepen the Pose**

Advanced students can challenge themselves a bit more with a variation of Salabhasana. Instead of stretching the legs straight back from the pelvis, bend the knees and position the shins perpendicular to the floor. Then, as you lift the upper torso, head and arms, lift the knees as far away from the floor as possible.

*\* Poses You Can Do at Home are from Yoga Journal.*

### **Nutrition – Traveling Tips**

Here are some helpful tips for healthful eating when you are traveling for business or going on vacation this summer.

1. Bring your own food with you in your carry-on, so you don't have to rely on fast food outlets when at the airport. (Good travel snacks that fit nicely in plastic baggies include: dried fruit, unsalted trail mix, whole wheat crackers, and granola bars.) Or, pack a sandwich and wrap it in aluminum foil so it stays fresh for several hours.
2. You can request special meals for the plane ride, just call the airlines about a week prior to departure to put in your order for vegetarian, non-dairy, kosher, etc.
3. Keep well-hydrated on the plane. Humidity on airplanes is around 10-15% so the moisture is literally drained from you. Drink spring water, or herbal tea, whenever they are offered to you to avoid dehydration. Taking a water bottle with you on the plane is the best way to ensure complete hydration!
4. Long hours of traveling on an airplane can upset your digestive system because of sitting in one position for too long. To minimize constipation, drink plenty of water and eat fiber-rich foods like whole wheat crackers while on the plane. It also helps to get up at least once during the flight to stretch your legs and get the circulation moving through your body.
5. When you arrive at your destination (if you have the means for cooking), do a grocery store run for essential ingredients to make some healthy meals while you are there, as well as to stock up on healthy snack foods for during the day. Having these ingredients on hand ensures you will eat healthy at least a few times while you are there. (Examples: whole wheat pasta/brown rice, fresh fruits/veggies/salad greens, and lean meat/poultry/fish.)
6. Avoid caffeinated and alcoholic beverages, as they are very dehydrating to your system. Dehydration is detrimental to your metabolism and affects your overall health status. Save alcohol for special occasions or when you are celebrating something special with family and friends. Replace caffeinated coffees and teas with decaffeinated coffee or herbal teas whenever possible.

7. Exercise! Get out for a walk, rent a bicycle, or take a class at a local gym, yoga studio or YMCA! Many health clubs offer day passes for visitors, and many hotels provide workout facilities. Call the local chamber of commerce for a list of gyms and parks/trails in the area before you go, so you can plan for your trip to include a few breaks for exercise and activity.
8. Many tourist venues do not supply nutritious foods; they tend to be high-fat/low-nutritional density foods, such as deep-fried meat products, salty chips and sugary sweets. Take snacks with you when you know you are going to be out for the day in order to avoid snacking on junk foods at the venue. Also, take your water bottle with you wherever you go so you avoid buying sodas and high-sugar beverages when you feel thirsty.
9. When eating at restaurants, don't hesitate to ask the people serving you to describe what is in the meals on their menu. Also don't be afraid to ask for extra veggies or a side salad instead of French fries, or substitute brown rice for white rice or pasta. It is best to hold off on ordering heavy cream or cheese sauces with your meal. Also try to avoid food that is high in fat or deep-fried. Always pass on ordering dessert, unless it is a special occasion, like a birthday, in which case it is always best to celebrate and eat cake with your loved one, instead of worrying about proper food intake!
10. Traveling from a warm climate to the cold may entice you to eat more than is required, and choose higher fat foods because they are warming and comforting. Pack clothing appropriate for the local temperature where you will be going and dress accordingly to insulate your body if necessary. Having a coat or sweater on hand will help you stay warm on the outside instead of ordering that hot and cheesy Mexican dish which warms you up from the inside (and loads you up with fat and calories for the whole day!).
11. Most importantly, enjoy your travels...it is best if you can find ways to relax while you are on vacation, and not worry too much about meeting your nutritional goals all of the time. You should know that regardless of whatever steps you might take back in a short period of time while traveling, you can always get back on track when you return.

## **Your Questions Answered!**

Do you have a question? Email it to me at [sara@saradelaney.com](mailto:sara@saradelaney.com).

**Q:** I am going to have a baby in two months and I am following a pretty healthy pre-natal diet regimen that was suggested by my doctor. But, what do I need to know about after the baby is born?

**A:**

Giving birth and being a new mother is one of the most exciting *and* the most exhausting experience for most women. Immediately following the trauma and pain of delivery, the new responsibility of taking care of the baby leaves little time for the mother to rest and recover. During this time, the woman's body is going through enormous changes. It is the time when the body is most weak and can easily get sick.

Good diet and nutrition is needed most to help the body recover and cope with the many new changes. The body is like a sponge at this time and absorbs whatever nutrients it can get.

There could be many complications after giving birth if the new mother is not taking care of herself. Post partum hemorrhage, post partum depression and fatigue are just a few common problems. Going on diet too soon to lose weight could increase the chance of having complications and weaken the body constitution, which could result in serious health problems in later years.

A new mother should try to follow a strict nutritional diet – consisting of mostly organic dairy products, fruits, vegetables, lean meat, poultry and fish and plenty of whole grains – within the first month after giving birth. This is especially important if the mother is breastfeeding. Cold drinks and cold foods should be restricted because they weaken the digestive system and may cause stomach pain. It is important that the mother not catch a cold or get sick during this time because the immune system is the weakest. The following is a very nutritious recipe that be eaten by new mothers for up to six weeks after delivery.

### **Black Wood-ear and Chicken Soup**

Therapeutic Effects:

Tonify blood and benefit stomach, clear blockage and promote normal flow of discharge, relieve pain in abdomen.

Ingredients:

- 1 cup of black wood-ear mushrooms
- ¼ cup rice wine
- 1 chicken breast
- 2 T fresh ginger root chopped
- 5 cups spring water

Cooking instructions:

1. Soak wood-ear mushrooms in warm water for 30 minutes or until soft, rinse and cut into thin strips.
2. Wash chicken breast, remove skin and fat and cut into bite-sized pieces.
3. Put chicken in boiling water for 5 minutes to poach, then remove and drain off water.
4. Put all ingredients in a pot with adequate water (about 5 cups) and cook for 30 minutes.
5. Add rice wine after 30 minutes of cooking and simmer, until the soup reduces to about 3 cups.
6. Season with a pinch of cayenne or tamari to serve. Eat all ingredients with soup.

### **Contemplate...**

Today, Americans place the health of the environment among their top concerns. And for good reason: It's a bipartisan issue, a global issue, a human issue. In fact, if you drink water, eat food and breathe air, it's very much a "you" issue. But whether you went green years ago or you're just beginning to develop your eco-conscience, you should know that the world around you is changing. Consider these numbers:

- Natural personal-care-product sales in the United States reached \$4.1 billion in 2002.
- Investment managers of socially responsible funds controlled \$2.16 trillion in 2003.
- Consumer sales of organic food reached \$7.9 billion in 2003.
- The hemp industry is expected to grow to \$1 billion by the end of 2005.



**Sara Delaney**  
Certified Yoga Instructor  
Nutrition Therapist In-Training  
720.810.7027  
[sara@saradelaney.com](mailto:sara@saradelaney.com)

*"When you come to the edge of all that you know, you must believe one of two things:  
There will be earth upon which to stand, or you will be given wings to fly."*