

THE ENERGIZER

A newsletter for clients and fans of GymRoots

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Focus—Autumn

*If you look around, complacency is the great disease of your autumn years.—
Nick Cave*

Let's keep working hard together to prevent that.

Events and Happenings



Saturday, October 5—DSI Buddy Walk

9:00am-1:00pm Celebration Plaza in White River State Park

9:30-9:50am GymRoots Show Team performs

10:30am Walk with our GymLove team or show your support by donating here

<https://downsyndromeindiana.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=5778>

Thursday, October 10—Energy for Happy(er) Holidays

6:30-8:30pm Join me at the studio for a lecture and conversation about how to use Pranic Healing to set yourself up for a less taxing holiday season. Learn how to keep Halloween, Thanksgiving, and Christmas in their respective places so you can be at peace and enjoy ALL of your celebrations!

<https://www.meetup.com/Fishers-Meditation-Group/events/265215250/>

Friday, November 1—Carmel Spectrum Players Cabaret

Come see our GymRoots Show Team as we support our friends on the autism spectrum. Show info and tickets to the Cabaret show can be found here:

<https://www.carmelspectrumplayers.org/>

Friday, November 22—NIU Gymnastics Intrasquad

The MAC Champions make their season debut in Dekalb at 6:00pm CST. Road trip anyone?

Sat. & Sun., November 23 & 24—Pranic Healing Level 1 Class

Join Dr. Chris Ngo for two full days of healing education. Dive in and experience for yourself or come and learn how to help a loved one. Registration information is found here:

<https://pranichealing.com/event/details/1485>

Seasons Change



Summer ends, and Autumn comes, and he who would have it otherwise would have high tide always and a full moon every night.—Hal Borland

First, let me congratulate everyone on an amazing summer of growth and an incredible display of LOVING your SELF in September. Maybe more of you could share your successes on our Facebook page for others to be inspired?

As Fall arrived on the 23rd of September, we were reminded that the only thing constant in the world is CHANGE. And with that change can come panic if we are not aware and accepting and adaptable to it.

What kinds of changes happen for us as physical beings in the Fall? Allergens shift and trigger new reactions. Kids go back to school and share germs which can set off illnesses. We begin “back-breaking” yardwork of leaf collecting and such. Days get shorter so we spend less time outside walking and being in nature. All of these things will have an effect on our bodies and require us to pay a different kind of attention—we may need to shift our exercises and stretches to accommodate the changes.

And along with changing demand on the physical body come different challenges for our mental and emotional selves. We have pressure to organize and plan for family gatherings at the holidays. Our jobs are in full swing after the summer vacation season. We are aware that nature is slowing down and it reminds us that we are all aging. For many of us there is trauma attached to one or more of these aspects.

A lot of people resist transition and therefore never allow themselves to enjoy who they are. Embrace the change, no matter what it is; once you do, you can learn about the new world you're in and take advantage of it.—Nikki Giovanni

Are you ready to embrace change better? To be the calm in the eye of the storm? To weather life's inevitable struggles and challenges with less suffering? Are you ready to get to that place you see yourself in one year from now with fewer detours?

This will be our intention for the month of October. Accepting change requires a strong base of support and a lot of practice moving with that strength. Come see how our classes reflect that in movement and let's get Holiday Strong together!

Have a big project or life goal ahead? Want some energetic support to make it happen? Set up a phone call and let's have a conversation!

Email me at: paula@gymrootsinc.com

Featured Exercise—Pelvic Stability and Hip Circles



A stable pelvis is the root of all movement. A strong pelvis allows our hips to function properly and sets up our spine for stability and proper flexibility. A lot of hip, knee, and back pain can be relieved by simply getting our pelvis in working order. And less pain means more freedom and energy to keep moving through our seasonal changes!

Let's experiment...

1. Stand with your feet apart and knees relaxed but not bent.
2. Circle your hips about 10 times to the right then to the left.
3. Notice the range of motion you have without going into pain. Notice the ease or dis-ease you experience with the movement. Notice how your brain talks to you about the movement (is it saying this is hard or this is confusing?)
4. Now, sit in a chair with your spine straight and not resting on the back. Feel yourself sitting on top of your sitz bones and not sagging into your buttocks. Lift your Right leg up and push down on your knee with the Left hand. Simultaneously push into the floor with your Left foot. Make sure your pelvis hasn't shifted from the starting position. Hold for 30 seconds then repeat on the other side.
5. Now, recheck your hip circles. Has anything about the movement changed? Are your hips more free? Does it somehow seem easier? If so, then practice the seated pelvic stability exercise a few times daily for a week and see what happens!

Studio Support



Thank you for continuing to help us be successful as a business...

1. Have a nagging physical, mental, or emotional ailment that you would like to work on? Contact us for a private Pranic Healing session and see how it might work for you.
2. Bring a friend to class and let them experience the energy of our movement community! New clients in need of more complex healing need to schedule an Initial Consultation Series and should contact us via email.
3. Shop the custom BBGR Store! All of the shirts will be printed to order. We have size samples for you and order forms to fill out. All other items are available for purchase with either cash or check made out to GymRoots.

It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in the Autumn.—BC Forbes

How is your harvest looking?

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