

SASTUN CENTER NEWSLETTER

SUMMER-FALL 2008

We hope your summer has been enjoyable, and that you are ready for some NEW CLASSES and educational programs this fall! We have a lot going on – come join us!!

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“LOVING YOUR NOSE – YOUR BODY’S FILTER”

Special lecture and demonstration by Hana Solomon MD, developer of the *Nasopure*TM nasal irrigation system.

Thursday, September 11, 2008

12:00-1:00 pm

Sastun Center classroom

FREE!!!

Come and hear some very important information about preventing sinus infections, ear infections and maintaining upper respiratory system health. Dr. Hana is an engaging and most knowledgeable physician who wants to see people decrease the use of antibiotics and prescription drugs for respiratory problems. Come and learn about your body’s filter and keeping it clean and healthy!!

Call Nora at (913)345-0060 to reserve a spot!!

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Free FirstLine TherapyTM Introductory Sessions

Have you heard about FirstLine TherapyTM? It is a lifestyle/nutritional program to improve energy, blood sugar, cholesterol, weight and blood pressure WITHOUT drugs.

Has Dr. Murray, Barbara Bridges or Dr. Young recommended that it might be a good program for you? Are you looking for more information about FirstLine TherapyTM (FLT)?

Do you still have questions about the program?

We have a solution to your dilemma.... Dr. Celtina Reinert will be offering **FREE** FLT introductory sessions that explain:

What is FLT?

How can FLT benefit you?

What does the program include?

What can I expect while in the program?

What costs are associated with FLT?

These free introductory sessions will be held in the Sastun classroom and repeated monthly (call 913-345-0060 to reserve a spot):

Wednesday, September 10 (and second Wednesday of each month) 10:30-11:30 am

Monday, October 27 (and 4th Monday of each month) 6:30-7:30 pm

Mindfulness-Based Stress Reduction

**You are invited to join us for a free introductory session on
Saturday September 13th, 10:00 – 11:30 am at the Sastun Center Classroom**

Mindfulness Based Stress Reduction (MBSR) – is an 8 week educational program based on the tremendously successful stress reduction program at the University of Massachusetts Medical Center developed by Jon Kabat-Zinn, PhD and featured in Bill Moyer’s PBS documentary series *Healing and the Mind*, *NBC’s Dateline* and *Oprah*.

MBSR offers powerful coping tools that can be used across the lifespan, enabling participants to maximize their experience of life in the face of stress, pain and debilitating illness. Over 2 decades of published scientific research support the efficacy of this program. MBSR complements the medical management of a wide variety of health challenges.

People participate for reasons as diverse as... chronic pain, heart disease, cancer, headaches, anxiety and panic, depression, GI distress, high blood pressure, asthma, stress and burnout, sleep or eating disturbances, fibromyalgia and substance abuse.

Using relatively intensive training in a variety of mindfulness meditation practices as the foundation, participants learn how to take better care of themselves and achieve a greater sense of balance, control and participation in their lives and the management of their health and well being.

When: 9:30-11:30 am on Saturdays from October 4th through November 22. One daylong session will be held on Sunday, November 9th, 9:30 am – 4:00 pm.

Where: Sastun Center of Integrative Health Care classroom.

Cost: \$450 plus a \$50 materials fee for the entire course. (Tuition assistance is available)

The instructor, Lisa Pinsker, has worked in patient and clinical education for over twenty years. She holds an MA in Holistic Health Education and is a Certified Health Education Specialist.

Call Lisa Pinsker at 913-789-9696 or email “heartprograms@sbcglobal.net” to reserve your space at the introductory session or for more information.



Share in the wonder and healing power of your inner song!

We all have the ability to discover our inner voice and share it with the world. **If you think you can't sing or carry a tune...think again!** If you have breath, spirit and focused intention, you can experience the powerful energy that comes from connecting with your inner sound through vocalization, chanting and singing. Together during this 6-week song circle we will experience the uplifting yet meditative and **relaxing effects of sound, chant, song and unified consciousness in a safe and non judgmental environment.** Increase your vitality and soothe your spirit by discovering you own "sound blueprint" and learning to connect your inner sound with others.

Songs and chants from all cultures will be taught including Native American, Earth Based Spirituality, Christian and Sanskrit traditions. Techniques including toning and vocalization will also be utilized.

New and previous attendees are welcome.

WHEN: Mondays September 15th - October 20th, 2008 from 6:00pm - 7:30pm.

WHERE: The Sastun Center of Integrative Health Care
Bldg 22, Suite 2200
10875 Grandview
Overland Park, KS 66210

(Enter at third door on the South Side of the building - Sastun Classroom)

FACILITATOR: Nora Gilmore

FEE: \$70 per person for 6-week pre-paid session or \$15 per week.
\$5 for CD recording of all songs/chants - available at the end of 6 week session (opt)

Registration is required and a minimum of 5 participants is necessary, so please register early!

Nora has been singing most of her life and has completed the four-year *Voice of the Rose* songkeeper apprenticeship with Music Therapist and author Susan Elizabeth Hale (www.songkeeper.net). She has earned her Bachelor's Degree in Social Psychology and has performed with various private groups including

the Kansas City Women's Chorus. She invites you to **join the circle of song regardless of your musical experience.**

To register or receive more information, please contact Nora at Harmonie38@hotmail.com or (913) 206-1078

YOGA AND MOVEMENT CLASSES THIS FALL

Moving from Within introduces several **new Fall classes** at the Sastun Center. All classes taught by Claudia Cardin-Kleffner, OTR/RYT. Call or e-mail for detailed class description or to register. claudiacardin@sbcglobal.net or 913-341-2128.

YOGA FOR THE BACK This class will teach safe and effective poses to stretch and strengthen muscles of the low back and sacrum. Many of the poses used are the same or similar to those used in the NIH study published in the *Annals of Internal Medicine, December 2005*. This was a randomized, controlled clinical trial that showed clearly that yoga helps those with low back pain. A medical release is necessary. **Mondays starting 9/15/08 – 8 weeks. 8:30-9:30 a.m. Cost: \$92.00**

TAI CHI AND QI GONG FOR HEALTH Tai Chi is a unique form of exercise which is grounded in Chinese martial arts. It is over 2000 years old and has many benefits including improving balance, strength and flexibility. It consists of slow purposeful movements with emphasis on mindfulness. Qi Gong is the practice and cultivation of breath work. Both Tai Chi and Qi Gong enhance the ability to relax and increase energy. No skill level is needed for this class and movement can be done either seated or standing. **Mondays starting 10/6/08 – 6 weeks. 10:00-11:00 a.m. Cost: \$70.00**

NOON YOGA Life at work is full of opportunities and the cost of working hard and multi-tasking can leave an individual over stimulated and detached. This 45 min yogic break is a chance to disconnect from the hectic pace, move to a place of focus and balance and return to work renewed and relaxed. The only request is that all cell phones are turned off and interested people approach with an open heart. Class is offered in 4 week sessions. **Tuesdays starting 9/9/08 – 4 weeks. 11:45-12:30 Cost: \$36.00**

STRETCHING FOR RELIEF Stretching when done properly, should feel good and provide relief from muscle tension that comes with our everyday fast-paced lifestyle or as the result of the general aging process. Join this stretching class to create a greater self awareness, learn to control stiffness and to enjoy the principles of proper spinal alignment. All classes will end with proper breathing and a gentle relaxation session. **Wednesdays starting 10/1/08- 4 weeks, 9:00-10:00 a.m. Cost: \$46.00**

YIN YOGA –THE QUIET PRACTICE According to a recent article in *Yoga Journal*: “Yoga is often fast paced or Yang. Yin Yoga offers the opportunity to slow down and come back into balance.” Yin poses are held for long periods of time to stretch the connective tissue. This class is for anyone who is interested in reaching down into the body and gently moving the flow of Chi through the meridians of the connective tissue. This class is suitable for those new to yoga or the experienced practitioner. **Wednesdays starting 10/1/08-8 weeks, 4:45-5:30 p.m. Cost: \$92.00**

YOGA –LEVEL I Learn the fundamentals of yoga including gentle stretching, posture, breathing and relaxation. This class is perfect for the beginner or more experienced. The emphasis is on **renew, relax, and refresh**. **Wednesdays starting 9/10/08-8 weeks, 6:00-7:15p.m. Cost: 84.00**

YOGA – LEVEL II This class offers a variety of postures as well as the energetic vinyasa flow of yoga. Suitable for those who have taken a level I or beginner class and want to expand their practice with the emphasis on **strength, flexibility, and focus**. **Thursdays starting 9/11/08-8 weeks, 6:00-7:15p.m. Cost: \$84.00**

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Relax AND Help us to Serve you Better!

We all have very busy lives but it’s important to take a few moments to relax. Arriving a few minutes prior to your appointment time not only allows our practitioners and our clients to stay on schedule, but it can allow that ever-elusive time to relax. In our lobby you can enjoy a cup of tea, listen to the subtle sounds of healing music, relax to the bubbling of our beautiful water fountain, gather your thoughts and take a few cleansing breaths before your visit and/or treatment. What other doctor’s office can offer you such an opportunity to do so? The Sastun Center strives to create a healing space for our clients and hope that all can find a moment of serenity during their visit. We all need a little more of that!!