

## Updates and News from Yahara Therapy – 13 November 2008

Hello friends and clients of Yahara Therapy!

Thanks to local web designer Jill Nebeker for my amazing website, and to local photographers Kirsten Earley and Kim Keyes for the photography. Both businesses are local so wonderful to work with. I highly recommend them! [Note: Jill Nebeker is no longer in the business, but she's still great!]

I am more than half way through this semester of classes at UW Madison. This is my first time taking classes at a university. My first time around was a very small (and wonderful) liberal arts college: Ripon College. It's daunting but energizing to be surrounded by so many young, smart people. Biomechanics of Human Movement is challenging my math skills and helping me think logically, while Physiology has been beyond inspiring. I look forward to the classes, so I think this means that I am still on the right path!

I have completed observation at an outpatient physical therapy clinic and at the rehab center at Capitol Lakes (formerly Meriter Retirement) here in Madison. I continue to volunteer at Capitol Lakes transporting the nursing care patients to and from their physical and occupational therapy appointments. I am really enjoying this time each week.

I will be submitting my application to the Doctor of Physical Therapy program at UW Madison this January as I finish up two more classes. Next semester it looks like my schedule will be much more flexible!

### **Don't forget the holidays!**

As always, I have gift certificates available for holiday giving. Any questions? Just let me know.

### **Massage and other health news**

#### **THAI YOGA MASSAGE:**

Lotus Palm, the school with which I studied Thai Yoga Massage, has a beautiful and educational YouTube page of videos. Click below to see more, including Thai Yoga Massage in action, as well as a virtual tour of their new space in Montreal.

<http://www.youtube.com/user/ThaiYogaMassage>

I continue to stay up to date on the latest research and trends in massage therapy, bodywork and other health issues. Below I have listed a few articles or links that may be of interest to you! I will warn you in advance, I am a New York Times junkie!

#### **YOGA:**

I am practicing yoga, High Energy Yoga (Eischen's Yoga) as a way to continue to improve my health and use my body most efficiently. The instructor (Ali Dwyer of Monkey Bar Gymnasium) uses subtle and gentle cues to remind or teach my body where it is best lined up, strongest and most energized. I highly recommend it!

More information here: [http://www.monkeybargym.com/?page\\_id=16&page=4](http://www.monkeybargym.com/?page_id=16&page=4)

#### **RELAXATION:**

From the *New York Times* Health section, *Personal Best*

“Before Hustling to Finish, Relaxed Is a Good Way to Start”  
By GINA KOLATA  
Published: October 2, 2008

“Trainers and coaches say relaxation is crucial to a strong performance, and tension only serves to diminish an athlete's performance”

More here:  
<http://www.nytimes.com/2008/10/02/health/nutrition/02best.html?partner=permalink&exprod=permalink>

#### **FALLS:**

From the *New York Times* front page:

“Once Just an Aging Sign, Falls Merit Complex Care”  
By JOHN LELAND  
Published: November 8, 2008

“For some, a fall sets off a downward spiral of physical and emotional problems that becomes too much to withstand.”

More: <http://www.nytimes.com/2008/11/08/us/08falls.html?partner=permalink&exprod=permalink>

#### **STRETCHING:**

From the *New York Times* Sports section:  
“Stretching: The Truth”  
By GRETCHEN REYNOLDS  
Published: November 2, 2008

“Forget everything you know about warming up. This is how it's done.”

Read more here:  
<http://www.nytimes.com/2008/11/02/sports/playmagazine/112pewarm.html?partner=permalink&exprod=permalink>

And if you made it this far, something just for fun:

<http://www.nanobugs.com/assets/flash/coloring-book.swf>