



Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

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Starting The New Year Off With An Intention

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Given the unknowns there's never been a more important time to have vision and set an intention. Intention is to my understanding very different than objectives or resolutions. In my experience intention is very compassionate process, non-judgemental and requires awareness of our needs. We can set an intention every day keeping us well grounded and aligned with spirit, or we can set our intention once a month, at each new moon. This can create a ritual that can be very grounding and facilitate focus on the process of moving forward with change, which is the intent. Smaller and shorter terms for intentions help us stay present and support more realistic steps towards those changes. Listening to our

inner wisdom and what feels right for us, is the right way.

Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love. We can set intention to work less or to find the career that we are passionate about. It can be course of action towards a healthier lifestyle and take more time for you, or to create quality time for friends and family. Whatever in particular that we choose when we set an intention and then act on it, amazing things can happen.

Three important elements needed to stay aligned with our intention are to:

Create the intention: It requires contemplation and reflection and align with the energy of attraction and expand our awareness.

Focus: When we want specific desire we bring it focus attention therefore creating more power.

Yielding consciousness: Having a flexible mind makes it possible to adjust as we move through the different steps.

By setting an intention, you make it clear to yourself just what you plan to do. Set an intention to redefine what it means to be serious about your dreams. Find a few words that define your intention and when you wake up repeat a few times to reconnect with its energy. This can be called a mantra (repetition of words aligned with universe energy)

Meditation is a great way to work through the process. Learning how to clarify our intention, the process of focus and ways to stay align with the process is how meditation can support you in creating this new pattern. At Ottawa Integrative Health Centre we will be hosting a 5 week series in the practice of meditation starting in January (see event calendar).

One interesting read from Deepak Chopra about intention and meditation can be found on the following link: <http://www.chopra.com/ccl/5-steps-to-setting-powerful-intentions#sthash.ap4wnCai.dpuf>

An important intention is to manage our mental health. When mentally healthy then everything falls into place. One of our biggest challenge is to recognize and acknowledge that we are experiencing stress and learn how to find the way to a healthier you. We have this perception that we should never experience stress. Stress is a normal part of life. What

Recipe Corner

AWESOME BANANA NUT MUFFINS

1 ½ cups	light spelt flour
½ tsp.	salt
½ cup	organic butter, softened at room temperature
1 cup	sugar
1	large organic egg
2 tsp.	natural vanilla
3	medium-sized ripe bananas, mashed
2Tbsp.	hot water
1 tsp.	baking soda
½ cup	pecans or nut of choice

* If you do not have light spelt flour, you can use regular spelt flour but run it through a food processor for a couple of minutes to refine it.

- Preheat oven to 350°F and prepare muffin cups.
- Combine flour, salt, and nuts in bowl.
- In a separate bowl, mix butter and sugar using an electric beater until creamy.
- Add egg and vanilla to the butter mixture and mix again until well blended.
- Add mashed bananas and mix again.
- Dissolve baking soda in the hot water and immediately stir into the moist mixture. With a large spoon, mix the dry and moist ingredients together until blended but still lumpy.
- Fill muffin cups 2/3 full.
- Bake 20~25minutes (for medium to large size muffin cups) or until golden brown.

is important is how we respond to stress and how quickly we rebound from stressful events. When we find ourselves overwhelmed and over extended, then the negative effects of stress can be felt emotionally, mentally and physically.

Learning the tools to find balance is key to a balanced mental health. Mental health has a negative stigma and we are often fearful of acknowledging that we feel emotionally deprived or to express our needs. Noticing our mood changes is a great indicator of this occurrence. Learning how to balance our mood and what are our triggers can make life more poise. Working with a trusted professional can be of outmost support; no need to solve this on our own. A yoga therapist can give you tools necessary to work with on our own and take back your power, rebuild self-confidence and trust that all is OK. Yoga has been proven excellent to balancing moods. Taking yoga classes is a good step to general health; Working with a Yoga therapist can give you access to your own practice with specific tools for your needs, and you would be surprised how quickly you see the changes in your daily lives. One of our coming workshops will be an introduction to Yoga Therapy and its benefits. Join in and be ready with your questions. (See event listing).

This is an auspicious time. We are in a new light cycle where the days are getting longer and desires and intentions are percolating. As we say in the yoga world, we are in the muck of things where the lotus grows beautifully; dark, colder and heavy, and rest is needed. It is a perfect time for nurturing the seed of intentions. Moving slower and with awareness will allow for strong foundation for those intents. Breathe into your intention, repeat your mantra, practice mindfulness and you will experience the change.

*Namaste
(the light in me sees the light in you)*

UpComing

Starting Week of Jan.5 to April 2nd

Adaptive Yoga - Monday 2:30-3:30 pm

Unwind Yoga - Monday 6:30-7:45 pm

Hatha Yoga - Thursday 10:30-11:30 am

5 week meditation series

The gift of learning to meditate

January 15 – Feb 12, 2015

6:00 – 7:30pm \$90.00

How can I benefit from Yoga Therapy?

Getting a clearer understanding of how Yoga Therapy can address physical, emotional and mental challenges.

January 15, 2015

Thursday 12:30 pm & 6:30 pm

Listening to what my body is trying to tell me...

My moods, my pain, my lack of sleep, my lack of energy; what is the message behind all these symptoms

5 week series, starting February 19, 2015

6:00pm – 7:30pm \$ 90.00

6 week Nutrition Bootcamp

Eat Yourself To A More Balanced Better You!

Tuesdays 6pm-7pm

Starting January 20, 2015

Cost: \$120+tax

Please register before Jan. 14, 2015 at the front desk.

For more information or to make an appointment please call:

(613) 798-1000 or email: info@oihc.ca or visit our website at: www.oihc.ca