

Energy is constantly, moment to moment, seeking to find balance, to find its highest potential!

Richard Brook School of Body Mind:

Newsletter 1 : Summer 2011



Acupuncture and Yoga with Richard Brook at Wellbeing@Coexist, 5th Floor, Hamilton House, Stokes Croft, Bristol www.richardbrookacupuncture.co.uk 07815 837679

'The connection with our Heart is our connection with Spirit, it's home, our home, look into the eyes of another and all shall truly be revealed, the lights shall come on and the spirit shall occupy ones body, the truth will be seen and magic will be the norm, faith will become reality and the crash and burn of life and Love will sparkle an effervescent glory unto the Heart and Soul of the dance of existence itself. I am alive, I shall not be denied....'
(R.Brook)

Two new weekly Dru Yoga Classes starting in June! At Wellbeing @ Coexist on the 5th Floor!

Wednesdays from June 15th 5.45 – 6.45, Thursdays from June 16th 5.15 – 6.15

Drop in Available, class is suitable for beginners, all ages and all fitness levels. No excuses!

I've started off this very first newsletter with something I wrote a few years ago regarding the power of Heart energy. It's particularly relevant to the rest of this newsletter as the focus is on Dru Yoga, which is a Yoga practice very much centered on the promotion of healthy and balanced Heart energy, something which in our western culture can be particularly challenging to maintain. I've always found Dru Yoga classes have been a place to help do that, where my Heart can relax and a smile return to my face.

From June 15th I shall be teaching two new weekly yoga classes at Hamilton House on the 5th Floor. Please read on for a full interview with me about the benefits of Dru yoga

Interview with a Yogi....Richard Brook speaks about Dru Yoga!

The key words I'd choose to describe Dru Yoga are sustainable, fun, uplifting, heart opening and relaxing.

It's fantastic for our wellbeing across all levels; physically, mentally and emotionally. In our over driven western culture we need to engage with activities which bring us back to our centre and enables us to balance. Natural life has the intelligence of what we need to do to create balance in built within, only as humans we tend to flout the edges and 'push'

ourselves. I often say to my patients in my other job as an acupuncturist that **true achievement is in balancing ALL elements of your life**, not just our perception of achieving at work which is a common pattern. It's the place where we can look across all aspects of our life, social, work, personal, professional, home and our state of health and wellbeing and think yes, all is well, I am achieving as a well rounded human being!

The biggest place I see people falling down is in how much time they allow themselves, and their energy to go 'inwards'. Just as night follows day, giving natural life a chance to rest and replenish, so we also need to engage with exercise which takes us 'inside', away from outward activity, and facilitates us to relax and replenish. Dru Yoga is an essential complement to the more driven, outwardly exertive exercise we often do in the Western World, as it facilitates that 'inward' motion of your energy so is an essential balance to the activity and stresses of modern living.

The more we can allow our bodies to relax the more rejuvenated and energised we feel afterwards. This is because when we are constantly on 'alert' as we often are with modern over adrenalized lifestyles, it over activates our nervous system and the 'Yang' organs responsible for our outward activity, and also erodes the maintenance time and replenishment of our 'Yin' organs responsible for storage and processing of our energy at the deeper levels of our being. An

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often quoted phrase is that 20 minutes of deep relaxation at the end of a yoga session is equivalent to 2 hours of deep sleep, such is the profound effect of yoga on allowing the body to rest easily. However, I do also personally believe that the deep relaxation that occurs at the end of a yoga session effects and rejuvenates us in a way that not even deep sleep can regularly compare with, as I'll touch on again later.

I've practiced many styles of yoga over the years, but Dru has always been at the Heart of my practice since the very first class I attended. I've always found it a particularly sustainable yoga, suitable to engage with across a very wide spectrum of a person's initial state of health and wellbeing, whereas some yoga styles can seem a million miles away from what your body feels capable of achieving or coping with on a regular basis over a long period of time, so we can drop out or lose interest, or indeed it can actually be stressful to the body. I find that is less likely to happen with Dru.

From the very first class I attended of Dru it's been an enduring friend to me, a solid part of my weekly schedule without ever feeling I was over-extending myself. I reflect that since I started practicing I feel it's probably given me given me an extra 30% to my sense of overall wellbeing.

5 Elements Acupuncture with Richard Brook at Wellbeing@Coexist, 5th Floor Hamilton House

The effect of Acupuncture is not simply relief from a condition, but an improvement in overall well-being; increased energy and vitality, enjoyment of life.

Cost: sliding scale £25 - £45

View website or call for more details

A significant part of its effectiveness I believe comes from its promotion and focus on healthy, well balanced and positive Heart energy, with specific postures and sequences aimed at the Anahata (Heart) Chakra. This also helps with feeling engaged and present within the practice, as Heart Energy is intimately linked with feeling present in the moment, as it feels and witnesses without judgement, so when it's significantly engaged we tend to have a greater sense of presence. Also of course it promotes a sense of fun, uplifts us and aids our sense of wellbeing.

So when we aren't particularly enjoying something, on a subtle level you'll often notice a feeling that some part of you often 'checks out' and isn't really present, and to me that isn't yoga.

Yoga is where you are present, working within the confines of your own body, with what you feel comfortable with and feeling connected in body, mind and spirit. When we push we fall out of harmony and Dru encourages us to stay integrated. As a teacher, I'm not sometimes as interested in how someone looks in a pose as how they are feeling in it, I'm here to encourage people to enjoy being in their body and have a healthy relationship to it. What might feel a comfortable distance for one person to move can be completely different for someone else, what's important is that the energy is flowing. I've also extensively practised dance and movement forms for a number of years, so I also appreciate that each person's body moves in a unique way. I also, in fact often relay to people that I feel that we actually

do Yoga to enable us to 'dance' not just on club or class dance floors, but it keeps us supple and flexible to move with the rhythms and challenges the bigger dance floor of daily life and relationships throw at us.

The connection and importance of healthy balanced Heart Energy in Dru is similar to Chinese Medicine, where the Heart is seen as the supreme controller with all other organs in the body acting on its behalf, and again when we are pushing, that is generally not coming from the Heart, so placing primacy on the Heart encourages harmonious movement. **The Heart Math Institute in the U.S have recently found that the electromagnetic field of the Heart is actually 5000 times greater than that of the brain, so next time you are feeling a bit off colour just remember the importance of the wellbeing and feel good factor of a happy and vibrant Heart,** indeed with its electromagnetic field being so great and extending out from the body for several feet, it's energy literally permeates all the other cells within your body, so the rest of your body begins to tick to the rhythm and energy of your Heart, so best to get on with finding uplifting activities in your life as this literally 'opens your Heart' – just observe how your chest expands and opens when you are doing something you enjoy, and contracts when we seek to close from our environment. And definitely useful to remember that joy is the emotion and laughter the sound associated with the healthy expression of Heart energy!

Another key feature of Dru is the potency of the relaxation, as mentioned previously the whole process of Yoga corrects our energy flow and allows it to rebalance between our outer activity and inner nourishment, but it's when we relax at the end of a session that a lot of the body's deep healing occurs. Even when we sleep on an average night the body can still hold a great deal of tension, but having worked through the class to relieve tension from muscle groups the body is capable of a much deeper degree of rest.

And the effect on our emotions and state of mind? A great deal of what we experience within our mind comes from the energy patterns and resonances of our organs within our body and imprints contained within the structure of the body from experiences we've been involved in. Yoga helps balance the functioning of the organs of the body with all the corresponding regulating effects on hormones, so we *feel* more balanced, and in addition it helps to clear from our system the imprints of experiences which get locked within our soft tissue and structure. To understand this process more clearly please visit my website at www.richardbrookacupuncture.co.uk and link to my e-book on Chakras and the Body-Mind.

So come and find your Yogic self, given I'm holding two classes just after most of you finish work, on Wednesdays at 5.45, & Thursdays at 5.15, I can't see any reason for you not to come and make friends with Dru, or at least say hello!

Thanks, Richard Brook Summer 2011

View my e-book on the body-mind connection;

detailing our health and dis-ease processes in relation to our environment and the mechanics of what we experience in our 'mind' at www.richardbrookacupuncture.co.uk

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