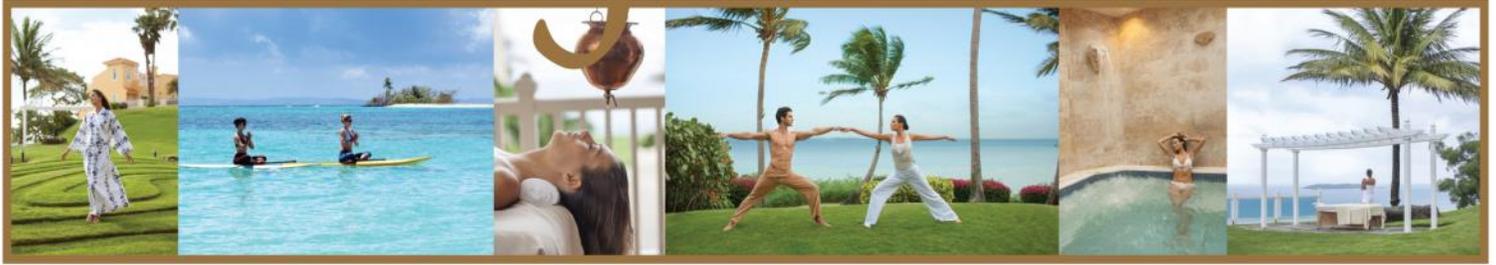


Satya - सत्य



 The Waldorf Astoria Spa at El Conquistador Resort wellness Newsletter

Relax!

Waldorf Astoria Spa Community:

Welcome to our August issue of Satya; we are very excited about this issue which expands on the benefits of exercise and where I share an added advantage of practicing Yoga. We have enjoyed putting together this issue and we hope you find it useful, thought-provoking, and fun.

As the summer months in Puerto Rico drive the heat up, we look forward to your visit— whether it's the first one or the twentieth. We have much to offer and we have your wellness and relaxation in mind. You can check the Resort's website (<http://www.elconresort.com>) for special packages, Spa seasonal offers, our Fitness Class menu and the Spa Treatment of the Month. I look forward to meeting you soon...right here at the Spa.

Namasté, Rita

Rita Maldonado is Fitness and Wellness Coach at the Waldorf-Astoria Spa at El Conquistador & Las Casitas Village, in Puerto Rico. As a Certified Yoga Teacher, Exercise & Holistic Lifestyle Coach, Rita has been guiding others to a healthier, happier life for over 30 years.



Waldorf Astoria Spa Concierge Agents

By:Joel

Our mission: to enhance your Spa experience

The Waldorf Astoria Spa Concierge agents are thoroughly trained and knowledgeable on all Spa services: we've had the treatments ourselves so we talk from experience...we have a deeper understanding of what we are talking about.

Spa Concierge agents are here to serve you and help you find that special treatment that will enhance your stay at the Resort. We don't just give you the best price- we offer a boon to your health and wellbeing. Come visit us at the Spa and let your spirit, mind and body reach a higher level of serenity and peace.

At The Waldorf Astoria Spa we have an impressive and complete menu of different types of services and activities to choose from. We do it all: massage, body treatments, facials, children's spa services, fitness, manicure, pedicure, and hair styling...You name it, we've got it.

But how will you know which one of these options is more suitable for you? After all, you want your stay to be memorable. Concierge Agents at the Main Lobby or Las Casitas Village can and will happily make spa reservations for you promptly and they will offer you their insight. Furthermore, calling the Waldorf Astoria Spa Concierge directly has its own advantages.



August 2017
Volume 8, Issue 2

Inside this issue:

WA Spa Concierge 1

Full Sturgeon Moon 2

Optical Illusion 2

Open Your Hands 3

Svadhithana Chakra 3

Benefits of Exercise 4

Philo's Corner 4

Nature

By: Rita

August Full Moon: Sturgeon Moon



Native Americans gave the Full Moon specific names for each month of the year, depending on the natural phenomena which occurred around each recurring Full Moon phase, and these names were applied to the entire month in which they occurred. Over time, European settlers followed suit, adopting those names or developing others.

The Native American Full Moon names listed here are from the Algonquin

tribes who inhabited the regions from New England to Lake Superior. These names appear on the Farmer’s Almanac, and are classified according to the calendar month to which they were most closely associated.

August’s Full Moon is called Sturgeon Moon, because the Algonquin knew that at this time, the sturgeon of the Great Lakes and Lake Champlain were most readily caught. Others called it the Green Corn Moon or the Grain Moon.

Since the lunar month averages 29 days long, the full Moon dates shift from year to year. This August’s Full Moon will happen on August 7. For U.S. time zones, Full Moon will happen at 1:11 a.m. EDT, 12:11 p.m. CDT, 11:11 p.m. MDT and 10:11 p.m. Therefore, Full Moon will light up the night skies from dusk August 6 until dawn August 7, 2017. On the night of the 7th, we in North and South America will actually be watching an almost-full waning gibbous moon. Still, to our naked eyes this

won’t make much difference, and we will enjoy the beautiful view on the night of the 7th.

See below the Farmers Almanac’s list of the most common Full Moon names...Each month I will talk a little bit about them...and during our Full Moon Yoga classes, held *once* a month on the night of the Full Moon.

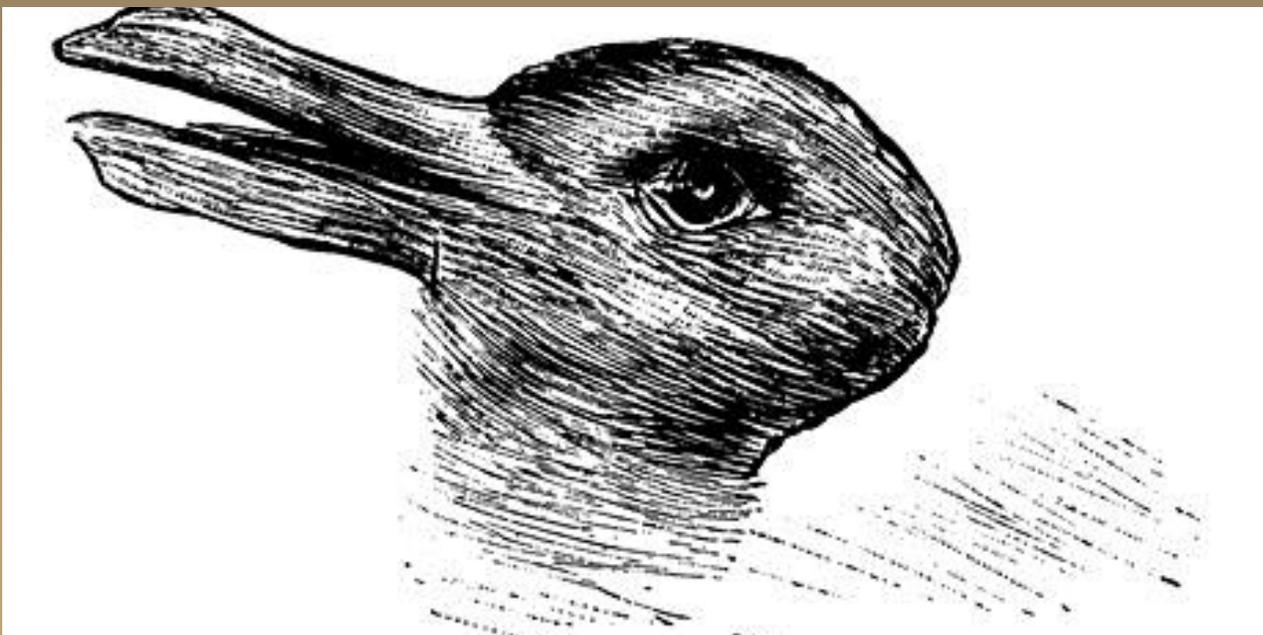
- January: Wolf Moon
- February: Snow Moon
- March: Worm Moon
- April: Pink Moon
- May: Flower Moon
- June: Strawberry Moon
- July: Buck Moon
- August: Sturgeon Moon
- September: Corn Moon
- October: Hunter's Moon
- November: Beaver Moon
- December: Cold Moon



OPTICAL ILLUSION OF THE MONTH

Optical illusions use color, light and patterns to create images that can mislead our brains. The information gathered by the eye is processed by the brain, creating a perception that might not match the true image. Optical illusions occur because our brain is trying to interpret what we see and make sense of the world around us, tricking our brains into seeing things which might be real or not. So: what animal do you see in the image below? There’s two of them, by the way!

A rabbit or a duck?



Body & Mind: Open Your Hands

By: Rita

Photo: Tim Daniels



When I started doing Yoga over 40 years ago, I was a skinny,

limber college student with a crush on Beatles music and a passion for reading. Walking around the streets of Rio Piedras, I stumbled upon a book on the window of a bookstore that had a skinny girl in leotard and tights on the cover doing Yoga. I looked at her and thought: "I am no good at playing sports, dancing or any other athletic activity, but I think I can do THAT!" I bought the book (which I still have) and my lifelong Yoga journey began.

Initially, the two things I found hardest to do were: 1. sustaining the effort it took to actually *do* the practice and 2. any kind of mental Yoga exercise that required concentration and single minded focus. This mental training was the toughest thing ever for me: my mind was all over the place, and not in a good way.

Eventually, though, this aspect became easier; probably because I had enough pride to not let some exercises

get the best of me, or simply because I was stubborn enough not to give up. Regardless of the reason, I am quite happy I stuck with it: it's come in handy.

People talk a lot about the physical benefits of doing Yoga; those stretching and strengthening aspects so evident in the photos that grace mind-body literature. And yes, this is very important; and one of the reasons I love Yoga...but more than the stretching and strengthening of the body, I appreciate the stretching and strengthening of my mind. You see, Life will throw *all kinds of stuff at you*, and many times, the only thing standing between you and despair might just be the resilience of your mind.

We are all familiar with the half-empty/half-full glass of water saying. Today I share an idiom of my own, one that has to do with our hands.

I feel that sometimes we walk through life with closed fists, holding on to thought patterns, attitudes, ideas, things, people and situations, even when it would be in our best interest to simply let them go. Our closed fists also prevent us from receiving

other life experiences that might prove healthier, happier or kinder. All this 'white-knuckle gripping' creates tension, compounds stress and solidifies a tight vision of the world. To succeed in life we must adapt. The world is ever-changing, and nothing stays forever the same- not cells, not organisms, nor language, nor relationships, not even stars and galaxies. From the minuscule to the enormous, everything is in a state of flux...we might not be able to perceive it, but change is always there. Why hold on so tight?

Yoga helps us 'open our hands' a little bit (or quite a lot), and it also helps us stay attentive and receptive should we need to receive or hold an aspect of life. But in order to hold, we must be *flexible* enough to open our hands. Keeping our hold kind, relaxed and receptive also allows us to see that that which we grip the tightest might be *the one* thing we have to let go off.

Do your practice, apply joyful effort. With time and compassionate patience, Yoga practice will reward you with a more flexible, strong, and resilient mind. Namasté.

Chakra Mala for the Sacral Chakra



Mala is the Sanskrit word for garland. Traditionally, 108 beads are strung together to be used in meditation while

chanting, reciting or mentally repeating a mantra (a sound, syllable, word or group of words capable of creating transformation). We use mantras such as the syllable *OM* during Yoga class, Amen at a religious service, or maybe even Life is Good.

In Indian thought, **Chakra** translates loosely as 'wheel' of energy, with 7

primary centers of spiritual power in our bodies, allocated from the base of the spine and all the way to the crown of the head, near important nerve plexuses.

The Second (or sacral) Chakra, **Svadhithana**, is located above the pubic bone and below the navel. It's name can be translated as "one's own abode" and it's associated with emotions, sexuality, intimacy, creativity, reproduction, and letting go.

The Svadhithana Chakra's seed syllable

used for meditation is **VAM**. You can also use affirmations such as these to balance **Svadhithana** while meditating:

- I am passionate
- I appreciate my body so I take care of my needs
- I treasure closeness
- My sexuality is sacred
- I experience the present moment in peace

Shanti Om





WALDORF ASTORIA®

SPA

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Please consider the environment before printing this newsletter.

Embracing Wellness: Benefits of Exercise

Exercise has more benefits that you realize, as the infographic below shows...some of these benefits might be new to you, such as the increased cellular turnover and repair, or the growth hormone release.

With right exercise, healthy eating, adequate rest and some form of meditation, we can help ourselves be the best version of ourselves. Put on your workout clothes and move!

HEALTH BENEFITS OF EXERCISE

INCREASED & IMPROVED

ENERGY BOOSTS

BRAIN POWER

CELLULAR TURNOVER AND REPAIR

APPETITE CONTROL

BLOOD ABSORPTION

CARDIOVASCULAR FUNCTION

EFFECTIVENESS OF CHEMOTHERAPY

BE MORE SOCIAL

BOOSTS ENDORPHIN

METABOLISM RATE LATER IN THE FAST

GROWTH HORMONE RELEASE LATER IN THE FAST

FAT BURNING

AS MUSCLE STRESS REDUCE

IMPROVES BLOOD PRESSURE

BE MORE RELAXED

LIMITS SICKNESS

This infographic appears on : <https://appreciategoods.com/best-elliptical-machines/>

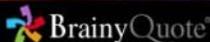
PHILO'S CORNER



PHILO,
The Spa Wisdom Dragon

Find a place inside where there's joy, and the joy will burn out the pain.

Joseph Campbell



Love does not claim possession, but gives freedom.

Rabindranath Tagore

