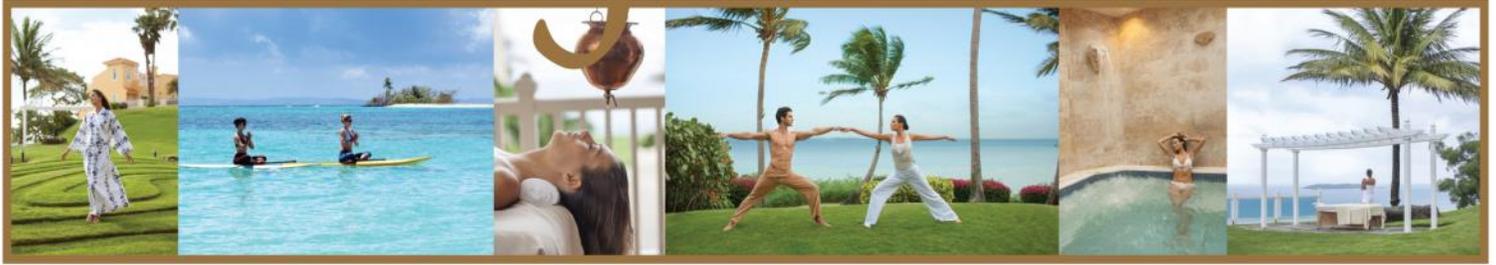


# Satya - सत्य



 The Waldorf Astoria Spa at El Conquistador Resort wellness Newsletter

## Relax!

Dear Waldorf Astoria Spa Community:

Welcome to our September issue of Satya, with information on the Full Corn Moon and some of the uses the Native Americans had for corn. You will also read on the wonderful benefits Yoga has for children, what affirmations to use to balance your Solar Plexus Chakra, plus...Juan has keen insights on people's biggest mistake when starting an exercise program.

We invite you to 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.*



## 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.

Look at the picture to the right. What did you see first: birds, or a woman's face?



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## Nature: September Full Corn Moon

By: Rita



The Native Algonquin tribes who inhabited the regions from New England to Lake Superior when

the Europeans arrived named the Full Moons as they now appear described on the Farmer's Almanac. They called September's Full Moon the Full Corn Moon, because it corresponds with the time of harvesting corn. It was also called the Barley Moon, because in September it's time to harvest and thresh the ripened barley.

Corn (or Maize) was eaten by Native Americans at almost every meal. Easy

to store and preserve during winter, it was dried to use later to make into hominy by soaking corn in water until the kernels split open. Then it would be drained and fried over fire. American Indians would also grind corn into a powdery corn meal, using mortars and pestles made from rock or wood. Corn meal was used to make cornbread, corn syrup, corn pudding, or even mix with beans to make succotash or to thicken other foods. In Puerto Rican cuisine, we traditionally use cornstarch to thicken soups and stews.

The corn husks were braided into masks, sleeping mats, baskets, cornhusk dolls, or made into shoes. The corncob was used to make darts, to burn as fuel, or made into ceremonial rattling sticks.

Corn comes in a variety of colors: white, red, blue, and yellow. Most people associate Indian corn with the one that sports a variety of colors on one cob. When Europeans first came to the Americas, the Native Americans introduced them to corn, gave them seed and taught them how to grow it. Now corn is the largest crop grown in the US, averaging \$52 billion dollars/year.

According to the Farmers Almanac, the upcoming Full Moons are Hunter's Moon (October), Beaver Moon (November) and Cold Moon (December). Enjoy watching the night skies!



## Ask the Expert: The Biggest Training Error

By: Juan

### What is the biggest mistake people make when embarking on an exercise program?

Recently, I was asked that question, which got me thinking of all the mistakes I've seen people make when beginning to exercise while pondering which one could be the most costly.

In my years of experience as a fitness specialist I've seen people make all kinds of poor choices when starting an exercise program—actually many more than I can cover here—therefore, I will confine myself to the one I've seen most commonly made, an error that is worth writing about so you don't make it.

I believe the worst thing you could do is begin your exercise program without getting clearance from your doctor. In other words, starting an exercise program without getting a physical exam first.

This may sound ludicrous, but having a physical exam done before beginning any new activity will help you determine

if you are physically healthy enough to actually engage in any strenuous activity. Sometimes you may have an underlying health condition that you may not be aware of...one that could set you back, increase the potential for injury, or even cause you severe harm.

**The American College of Sports Medicine (ACSM)** recommends that you see your doctor before engaging in vigorous exercise if **two or more** of the following apply:

- You're older than 35 years.
- You have a family history of heart disease before age 60.
- You smoke or you quit smoking in the past six months.
- You don't normally exercise for at least 30 minutes, most days of the week.
- You're significantly overweight.
- You have high blood pressure or high cholesterol.
- You have type 1 or type 2 diabetes, or you have impaired glucose tolerance (also called prediabetes).

At the Waldorf Astoria Spa we have our guests fill out a **Par-Q** questionnaire (**Physical Activity Readiness Questionnaire**) when they come to us for fitness advice and personal training sessions. The **Par-Q** covers the ACSM guidelines described above. Our clients also fill out a Health History Profile which includes other pertinent questions.

**In closing:** I believe this is an important step regarding your health that needs to be addressed before you begin *any* exercise program. Few tips: Tackle this systematically: get a physical, engage professional expertise, learn the basics, apply consistent effort, set short, easily attainable goals and stick to the program for at least 6-8 weeks before you see any true results. Don't expect immediate change: give it time and be patient.

*Juan served honorably in the US Army for over 20 years where he trained recruits for the rigorous APFT. As a certified AFPA Personal Trainer who loves to exercise and follow a healthy lifestyle, Juan is committed to educate and help his clients achieve their goals.*

## Body & Mind: Yoga for Children

By: Rita



Baby Sukhasana

Of all the wellness class formats I teach, I admit Yoga is my favorite. Yoga has proved to be a powerful ally throughout the convoluted path of my life, helping me keep my mind and body 'in touch' with each other, allowing for strength, flexibility and resilience of both, while keeping my emotional fuse a little longer.

I believe people should engage in Yoga, that it's never too late to start, and that if you can get going as a child, the benefits will be astounding. I started as a teenager, and I'll always be grateful for it.

So, should you be considering having your child take Yoga classes, what's in it for your child? Well, actually, a lot!

Whether it's at home, or school, or playing with friends, Yoga is bound to have an incredibly beneficial impact in your child's development and daily life. Check it out:

- Yoga calms the mind, improving attention span, ability to focus, concentration and memory
- Yoga increases self-regulation, focus and self-esteem
- The visualization and breathing exercises help children cope with stress, minimize anxiety and help regulate emotions, specially anger
- Academic and behavioral performance improve with regular Yoga practice
- The breathing exercises done in Yoga are specially relevant for anyone who suffers from asthma, because they help regulate breathing and improve lung function. Remember: stress *exacerbates* asthma, while Yoga *lowers* stress (by lowering levels of cortisol, the stress hormone). Yoga is an important intervention in asthma management
- Long-term emotional balance follows regular Yoga practice, with reductions in fear, anxiety, feelings of helplessness and aggression
- For children battling eating disorders, overweight or obesity, Yoga can prove quite helpful...Yoga requires using the muscles to stretch, flex and stabilize...it's quite active. Children learn to breathe properly, develop lung capacity, and the poses improve posture and build self confidence. The meditative aspects of yoga help children cope with stress. It enables children to control binge eating in the face of anxiety or boredom.

As you can see, there's plenty to be gained...start your child in Yoga today!



<http://www.yokid.org/resources/benefits-yoga/>

## Chakra Mala for the Solar Plexus Chakra



**Mala** is the Sanskrit term for garland. Usually, 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). A mantra such as *OM* works well during Yoga class, while *Peace & Love* was a huge hit in the 70's.

In Indian thought, **Chakra** translates

loosely as 'wheel' (think vortex) of spiritual energy. People are generally familiar with the concept of 7 main centers of energy in our bodies, allocated from the base of the spine and all the way to the crown of the head, near important organs and nerve plexuses.

The Third Chakra, **Manipura** (or Solar Plexus), is located below your breastbone, over the stomach area. It's name can be translated as "city of jewels" and it's associated with will power, self esteem, energy and vitality, confidence, metabolism and digestion.

The Manipura Chakra's seed syllable sound used for meditation is **RAM**. Using affirmations such as the ones below helps balance **Manipura** while meditating:

- I am worthy
- I am strong
- I trust myself
- I act with courage and confidence
- I get things done

Happy meditating!

*Shanti Om*





# WALDORF ASTORIA®

## SPA

Rita Maldonado, Spa Fitness Supervisor/Editor

Juan Pérez, Fitness Specialist

Kathy Olivero, Spa Manager

Seth Henrich, PGA

General Manager, Country Club Operations



Please consider the environment before printing this newsletter.

## Embracing Wellness: A Holistic Experience

Sometimes we underestimate the varied factors that influence our general feelings of health, vibrancy and wellbeing. This infographic details the many areas that affect our 'feel good' mode. The more areas that are stable, balanced or thriving, the better we'll feel. If, on the other hand, we are not feeling so wonderful, understanding which areas are off might signal which direction our efforts should take. I wish you success!

<https://www.bellin.org/for-business/lifesaver-wellbeing-series/2017-monthly-materials/>



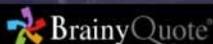
## PHILO'S CORNER



*PHILO,  
The Spa Wisdom Dragon*

You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson



Kindness is the language which the deaf can hear and the blind can see.

Mark Twain

