

In case you had to miss the January Yoga Study Group gathering, here is a summary of Teri Goszka's presentation on the **6 Pillars of Health**.

Teri recounted her personal story of health concerns and raised the question, "How can we hold up the well parts of our bodies?"

While Teri's story is unique to her, she noted that we all carry a "story" inside our bodies of previous injuries, surgeries and pain. Speaking from her own experience, she noted her step into Yoga Teacher Training became critical to her wellness. Advanced training at Kripalu, led to learning more, including the chakra system of the body, how to assist special populations, properly use props, lead pranayama (breath work) and meditation. Teri had added time with Lee Albert, NMT, from the Kripalu teaching staff who worked with her to develop a plan of action to help balance the muscles in her body. Like the majority of Americans, her back body suffered from over stretching and front body was becoming short. His prescription follows his book [Yoga for Pain Relief](#), which he shared at workshops at Teri's yoga studio in PA and in a private consult in Naples, FL.

These are the Pillars she recommends that have helped her find whole body balance and joy in this stage of life.

1. Stretch.....Know first hand the benefits of physical, spiritual and breath with a regular practice. She cautions not to "overstretch."

2. Strengthen.....Enjoy those yoga poses that offer bone and muscle strengthening power through standing, balance and plank/dolphin postures. If you have joint pain while doing yoga - consider layering on time at the SCC Gym, under the advice of a physician and the guidance of a skilled trainer.

3. Cardio-Worthy Movement.....At least 150 minutes a week, or 30 minutes 5 days a week, engage in brisk walking or similar movement through the sports you love. This benefits the heart and the brain as well as whole body balance.

4. Nutrition & Hydration.....Aging is a dehydration process, so boost your health with clean water. Eat seasonally, reaching for whole foods and avoiding processed foods whenever possible. Consider an occasional cleanse or fast to give the digestive track a break and reduce calories. Fruits, veggies, lean protein and staying slim, all help us age well.

5. Socialization & Purpose.....In a study of "Superagers" Neuroscientists at NWUniversity did a study of people 80 plus who were aging well. What these folks were doing "right" included an active lifestyle, they were social butterflies, eat healthy, moderately consume alcohol/sweets, stress less and had a passion for life and community. Teri noted this is why she has yoga attendees say their names to one another in class. This way, we connect with our "yoga tribe."

6. Peace, Rest & Life Balance....Coming to terms with the past and accepting the Present and dealing with the inevitable losses around us, help us foster peace. Getting adequate sleep and rest (through Yoga Nidra) can help us boost our Endocrine Systems and immunity. Walks in nature and a variety in the routine each day offer us more balance.

Teri, personally, moves in yoga, Flexercise or brisk walks 1.5 hours each day. She begins each day with meditation and Pranayama - and volunteers in the community. She says, "Each day I take small steps that my future self will thank me for." In this amazing, active community of Sun City Center, we can have the best life possible.

For more on these points, here is some recommended reading.

Resources

(in print)

Yoga for Pain Relief: A New Approach to an Ancient Practice
by Lee Albert, NMT

The Workout Prescription
Dr. Jordan Metzl

Anatomy of Spirit
Carolyn Myss

(available on line)

PrimeWomen.com

for the report on SuperAgers from NWUniversity

4 Habits of SuperAgers (protecting yourself from dementia)
from Northwestern Medicine

Secrets of SuperAger Brains
northwestern.edu

6 Pillars of Health
zilihealth.com

6 Pillars of Wellbeing
by Deepak Chopra