

OPEN SKY

Healing Arts Center

Massage Therapy
Workshops
Yoga
Pilates
Tai Chi

5440 Trinity Avenue ~ Lowville, NY 13367

www.openskycenter.com

315.376.2256

JUST A S-T-R-E-T-C-H?

We are offering classes at OPEN SKY to help you stay strong, balanced and flexible, so you are more aware of the importance of FLEXIBILITY. Flexibility is key to keeping your recently massaged muscles loose and injury free. You want to feel good all the time, not just when you

receive a massage. Most people think of flexibility as the act of stretching to achieve more range of motion. My father in law, Dr. Bentley Merrick, DDS recently sent me a great article that I want to share with you. He is a passionate golf and tennis player. He looks for ways to stay *competitively loose* to achieve his best golf swing. This article is from *Roger Fredericks, an innovative golf instructor* and appeared in his April 2009 newsletter www.fredericksgolf.com.

Simple & Green

Would you like to receive your newsletter and updates via your computer? You can receive a small file that has the newsletter in full color and choose to print if you want.

Simple to do, call the office or email us at contact@openskycenter.com and we will give you \$5.00 off your next massage!

By receiving your newsletter at your computer you help save time and money.

Do you want to save more money?

Packages are always available, your 1 hour massage can be as low as \$49, and half hour a low \$29.

UNDERSTANDING A MUSCLE STRETCH

“Most people think of flexibility as the act of stretching to achieve more range of motion. This is obviously true, but in a closer look, it’s a much more complicated and “deeper” process than “just” stretching. Let’s take a look at precisely what really happens when we actually “stretch”.

The tissue of the muscle is called fascia, and it is within the fascia that we find thousands of nerve

spindles and nerve fibers that are intertwined with the nervous system, and thusly connected to the spinal cord, which also goes up into the brain. As we begin to go into a stretch, the nerve spindles and nerve fibers actually begin to become separated from oxygen, and as the stretch becomes deeper, we will normally begin to feel “*the burn*”. What the burn really is; is the brain telling the nervous system that the muscle is in need of more oxygen and unless it gets it, is in

danger of being torn, UNLESS we send more oxygen down into the strained area. At this point, given the command to breathe, the diaphragm activates and like a bellows, sends volumes of oxygen through the heart’s chambers and down and through out the body. The heart then goes to work and begins pumping the blood, oxygen, and neurons through the body. Soon, the oxygen flows into the fascia, whereby the nerve spindles and fibers begin to take a bath in a “sea of oxygen” The nerves in turn say, “Thanks for the extra o x y g e n ” ,



and then allows the fascia to “contract and expand” much deeper, therefore, allowing the muscles to elongate (i.e., get more flexible). While the diaphragm is now contracting and expanding, the body actually raises back up

into its natural position, and the head begins to rise up on top of the shoulders.

A fully oxygenated muscle is healthier and you begin to feel “taller and lighter”. As bizarre as it sounds, people actually DO get taller, not because they grow, but because their muscles come out of contraction and allow them to stand up taller and straighter.

The “lighter” aspect is because the brain is now getting much more oxygen, blood, and neuron flow, and as a result, becomes much calmer and clearer. For years, I would get feedback from my students who would tell me that their touch, feel, visualization, was much improved, especially in their golf game. Again, this simply is a result of the brain becoming calmer and able to visualize and focus more; not to mention that the more calm we are, the more confidence we have, and confidence is super important in ALL aspects of life.



If however, a person is grunting and groaning in a particular

pose, and is trying to “force” the stretch, they’re actually holding their breath, which is exactly what we DON’T want to do, because this in turn, starves the oxygen from getting down into the nerve spindles and nerve fibers.

Remember, a flexible muscle is a relaxed muscle, and a relaxed muscle is one that simply gets oxygen and blood down into it.

Even more good news is that the more flexibility that you “attain”, the more that you can “maintain” simply because the body begins to sustain it’s own breathing – naturally. Therefore, you don’t have to do as much to maintain your flexibility.

To sum up, I encourage all my students to actually think of their flexibility programs not as “stretching”, but rather as “breathing exercises” in certain poses. Keeping this in mind will certainly give you much greater flexibility and an overall sense of well being.”

This article was re-printed from Roger Fredericks’s newsletter. When you hear an instructor at OPEN SKY reminding you to B R E A T H, you can smile and take a deep breathe of flexibility! Visit Roger’s website for more tips on conditioning & flexibility programs.

Staff Updates at OPEN SKY



Kathleen Merrick, LMT

OPEN SKY has been open for over a year plus. We are settling in very well. Later this year we will be adding a third treatment room upstairs providing more time and space for appointments. Having a larger staff is allowing me focus on taking some regular time off. I will now have *Thursdays* as a regular day off, and starting in July take two Saturdays off a month.

Keri Cobb, LMT

Our newest massage therapist is Keri. She attended North Country Community College in Saranac Lake for her massage degree. She started here in January and is doing fantastic! She is from the Brantingham Lake area.

Mindy Swinyer, LMT

As many of you have know, Mindy is with child, and is having a very healthy pregnancy. She will soon deliver her bundle of joy and be taking the summer off. We look forward to seeing her back at the end of August.

Elisa Stanley, LMT

Elisa is back for the warm weather season. She has a full time practice in Watertown, at the *Thistle Head Salon*. We are very happy to see here her two Wednesdays a month.

OPEN SKY Welcomes Beth Schaab

Welcome our new receptionist Beth! She accepted the position and will be a valuable person in the office. She has a strong background as a customer focused insurance professional. She is very personable and experienced in managing the privacy and professionalism our clients appreciate at OPEN SKY.

Special Thanks To Christine Scott and Mary Anne Kingsley

These two wonderful ladies are my sisters. They have been helping behind the scene since we opened. They have been invaluable to me, I deeply appreciate their efforts and amount of time they were able to give me to help as we grew in this new location. I am also grateful for help from my husband Charlie, my parents Paul & Connie Kowalchyk, Molly and Jeremy Kingsley and Victoria Quay for their helping hands.

Thank you to all for all you do!

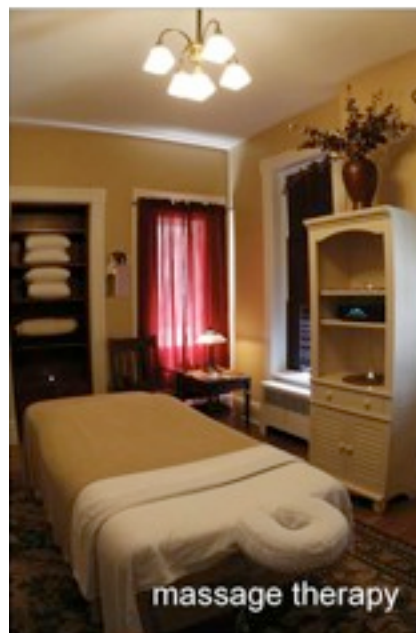
**OPEN SKY is open Mon-Sat.
with morning, afternoon, and
early evening appointments
available.**

Massage Therapy for stress reduction

The number one reason people say they got their last massage is for relaxation and stress reduction.

This year, 36% of Americans said they got a massage for stress and or relaxation in the last five years; compared to 22% last year. To prevent poor health due to stress think about receiving regular massage therapy. Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- **Decreased anxiety**
- **Enhanced sleep quality**
- **Greater energy**
- **Improved concentration**
- **Increased circulation**
- **Reduced fatigue**





OPEN SKY
Classes Summer 2009

June

Tuesday

12:00 p.m. Yoga
4:15 p.m. Pilates

Wednesday

8:00 a.m. Yoga
12:00 p.m. Tai Chi
5:15 p.m. Yoga

Thursday

12:00 p.m. Yoga
4:15 p.m. Pilates

Saturday

8:30 a.m. Yoga

July & August

Tuesday

8:00 a.m. Pilates
12:00 p.m. Yoga

Wednesday

8:00 a.m. Yoga
12:00 p.m. Tai Chi
5:15 p.m. Yoga

Thursday

8:00 a.m. Pilates
12:00 p.m. Yoga

Saturday

8:30 a.m. Yoga

Summer Pass \$70
all classes

June-July-August

OPEN SKY closed
6/11- 6/20
for renovations

No Pilates 8/11 or 8/13

A New Service
at OPEN SKY
to support a more
balanced life.



I want to introduce myself as the newest addition to the team at OPEN SKY Healing Arts Center. My name is Janine Haver.

I am a licensed clinical social worker or LCSW. I will be providing psychotherapy services to individuals, couples, and families from a family systems perspective.

My emphasis is on the healthy functioning of relationships across generations. I am a native of Northern New York, having owned and operated a dairy farm for over 20 years.

I graduated in 2002 from the School of Social Work at Syracuse University with a master’s degree in Social Work. Upon graduation, I embarked on my new and exciting career as a LCSW at Lewis County Community Mental Health Center, where I have provided psychotherapy services until the present.

I am equally excited to now be providing services in an environment that promotes a holistic approach to health, in which the interconnectedness and importance of physical, emotional and spiritual health is recognized and supported.

Starting **July 6th** I will be taking phone calls to schedule appointments starting **August 4th.**

My phone number is (315) 376-4676. Please provide a brief voice mail message including your phone number and I will get back to you as soon as possible to schedule an appointment.

I will be accepting most insurances except for Medicaid.

Like many of you, I have a stack of books by my bedside. One of my favorite things is to go to bed early and spend some time reading, or finish my book for book club. At the end of a long day, the book I want to read is, Sabbath "Restoring the Sacred Rhythm of Rest" by Wayne Muller. I have mentioned this book in past newsletters, but it is worth repeating. It always comforts me to know that I am not the only one looking for a balance in my life. Below is a passage that I have read many times. Enjoy! I hope you have a playful, restful and lovely summer! Hope to see you soon!-Kathleen

Let it Be

“There is astounding wisdom in the traditional Jewish Sabbath, that it begins precisely at sundown, whether that comes at a wintry 4:30 or a late summer evening. Sabbath is not dependent on readiness to stop. We do not stop when we are finished. We do not stop when we complete our phone calls, finish our project, get through a stack of messages, or get out this report that is due tomorrow. We stop because it is time to stop. Sabbath requires surrender. If we only stop when we finish all our work, we will never stop, because our work is never completely done. With every accomplishment there arises a new responsibility. Every sweep of the floor invites another sweep, every child bathed invites another bathing. When all life moves in such cycles, what is ever finished? The sun goes round, the moon goes round, the tides and seasons go round, people are born and die and when are we finished? If we refuse rest until we are finished, we will never rest until we die. Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished.”

When is your Sabbath, your time to rest, when is your day done? Take a deep breath, deeply relax and enjoy you life.



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