



This Month: **Kelly Senn, Yoga Instructor**

Kelly Senn was this month's speaker at the Dorough Lupus Foundation's Support Group Meeting. Senn is a certified Yoga instructor at The Healing House in Winter Park, Florida.

Senn studied under the guidance of Yoga Instructor Edely Wallace at the Yoga Matrix in Orlando FL. in 2003. With over four years of experience under her belt, Senn's skills include Bikram Yoga, Hatha Power Yoga, Meditation Yoga, and Medical Aesthetics (focusing on the body's entire health - the mind, skin, and breathing).

What Is Yoga?

There were three important factors of Yoga that Senn brought out during her discussion to the support group. (1) It is an alternative form of medicine that has been around longer than Western medicine, (2) it is a great form of entire body exercise, and (3) it is not just for the Hollywood elites.

As an old world form of alternative medicine, Yoga is a disciplined form of deep breathing, deep muscle stretching, meditation, and healing that promotes the unity of the mind and the

body, the spiritual and the physical, and overall balance. More simplistically, Yoga is an action - both mental and physical. Yoga is great for centering the body - enabling the mind and the body to work together instead of against each other. It is non-violent and beneficial for life. In addition, one of the main ingredients in being successful at Yoga is listening to your body - truly, your body will tell you what is right and what is wrong.

Yoga, as an exercise, works every muscle in the body through a series of sweat from moving, deep breathing, and meditation. This is a comfortable form of exercise for the body that is non-stressful and low intensity - perfect for Lupus patients - no going to the gym and no lifting weights. Moreover, everybody can do it (Senn demonstrated different Yoga techniques with an audience volunteer). You do not have to pay a huge price, or live in Beverly Hills, to do Yoga. In fact, Senn spoke about "At Home" Yoga. Yes, Yoga's physical

techniques and calming methods of meditation can be done with a licensed practitioner or done alone in the privacy of your own home. Just 10 minutes a day. Senn referred to "The Idiots Guide to Yoga" as a great source to instruct you on the many forms of Yoga. She declared that "At Home" Yoga is easy, good for you, and free! Still, she stated that when a person chooses to do "At Home" Yoga, they should consider safety first. To be safe, Senn stressed the importance of finding which form of Yoga works for you. Going online and researching is the best way to narrow down your options. Senn suggested looking up terms in the [Yoga Journal](#) or to Google "Yoga and Lupus."

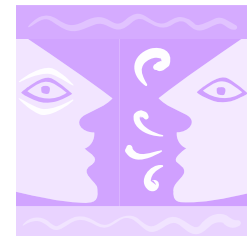
Did You Know?

Did you know that Lupus and Yoga goes hand in hand? The key component in this great relationship between Lupus and Yoga is deep breathing. Through deep breathing, Senn stated that the human body actually removes stress-causing toxins (disease causing poisons from the environment, medicine, etc.) from the body with no side effects. How does it work?

Upcoming Meetings

November 27, 2007

**Remember, there is
no DECEMBER
meeting**



Meetings are held the
fourth

Tuesday of every month at

Arnold Palmer Hospital

Classrooms 1 & 2

92 W. Miller St.
Orlando, FL 32806

**November meeting will be
in rooms 3 & 4**

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Senn demonstrated that there are two methods of breathing: chest breathing - what the majority of people do (breathing done where just your chest rise and fall) and deep breathing (where you can feel your lower abdomen move in and out, as you breathe). Deep breathing is the correct form of breathing. When one does deep breathing, it aids the body in digestion, circulation, respiration, and detoxification. It's that simple! And, it's perfect for Lupus patients.

For a Lupus patient, Yoga's benefits from deep breathing and physical techniques will slowly strengthen the immune system. How? Senn declared that through healthier **digestion** your body would naturally eliminate toxins by flushing the body. With better **circulation**, a Lupus patient will have less finger numbness and reduced cold hands and feet. Improved **respiration** means better breathing, which equals less anxiety. Senn confirmed that anxiety and stress only weakens the immune system. Moreover, **detoxification**, through Yoga, throws out all environmental and medicinal toxins, thus slowly eliminating inflammation, achy joints,

fatigue, and flare-ups. All these factors aid in producing a strong immune system.

Yoga is a simplistic, strong, affordable, non-invasive medicine. All one has to do is breath and move.

As the meeting ended, Senn profoundly stated that "the more you move your body, the more you chase death (fear, depression, etc.) away. With Yoga, your life will change!

The Healing House

The Healing House is "a calm sanctuary dedicated to nourishing the soul, expanding the mind, and awakening the body." Located on 135 N. Knowles Ave. in Winter Park, FL., The Healing House offers Yoga, Massage, Nutritional Counseling, Acupuncture, Skin Care, Neuroscience Studies, and a host of other healthful techniques. To receive further information on The Healing House, its directors/instructors, and additional techniques call (407-719-0101) or fax (407-671-9900).

Important/Interesting Points

An online store for the mind, body, and spirit - Log onto

www.healthjourneys.com to download MP3s or order CDs, books, cassettes, and products that all promote healthy Lupus awareness. Additionally, browse the site for a huge selection of healthy alternatives in healing the mind, spirit, and body.

Butterflies Over Hollywood - on September 29, 2007 more than 300 celebrities and guests met at the historic El Rey Theater in Los Angeles to attend the First Annual Butterflies Over Hollywood - an event to support sufferers of Lupus - read about it at

www.lupus.org.

Hurry, time is running out!

For a limited time the DLF Gift Shop is offering a 2-for-1 special on many items! Stock up on your items and help support the fight against Lupus!

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2007 DLF ANNUAL CRUISE INFO



December 15-22

- ✦ Port Canaveral, FL
- ✦ Cozumel
- ✦ Belize City
- ✦ Costa Maya Nassau

For more information visit:

http://www.doroughlupusfoundation.org/files/Dorough_Lupus_07.pdf