

1822 Oak Bay Avenue, Victoria, BC 250 519-1030 www.greenspiritresources.com

At a Glance:
Schedule of ATM
Classes (Spring Term)

Weekly One-Hour Classes:
March 24 to May 31

Tuesday Noon - Diane Lade
Tuesday 7:30 - Jamie van Dam
Thursday 7:00 - Arnie Lade
Friday 11:00 - Diane Lade

Sunday Workshops
10Am to 2PM

Mar 29 - Jaw Connections -
Arnie Lade

April 19 - Osteoporosis
Prevention - Diane Lade

May 10 - Working with the
Brain - Arnie Lade

May 31 - Feldenkrais &
Meditation - Jamie van Dam

For Details &
Registration:

[www.greenspiritresources.com/
schedule](http://www.greenspiritresources.com/schedule)

NEW WEBSITE LAUNCHED!

We are pleased to announce
our new website, aptly called:

www.greenspiritresources.com

Our website has a trove of info
and resources for your learning. As
well, the website lets you know
who and where we are and what
we do.

In a nutshell, you'll find
updated info on our various
Awareness Through Movement
classes and workshops (see the
sidebar and the lower link); there
are also descriptive pages on the
various services and practices
(such as acupuncture and
Functional Integration) that can
be found at Greenspirit; there's an
interesting Links page with
connections to friends, practices
and professional colleagues, as well
as other random, but cool, sites.

Besides this, you can find the
books and current and past
articles that we've written.

This newsletter has a number
of hyperlinks that will take you
directly to pages on our website. I
hope you enjoy and come back
frequently to check in on our
evolving cyber-life. Please submit
your comments, any questions
you'd like answered, and ideas to
the Comments & Questions page
and let's share!

- Arnie & Diane



New Associates

We are pleased to introduce
two new practitioners, Seb Lade
and Jamie van Dam, who have
joined us at Greenspirit.

Seb Lade DipSMT is a U.K.
Certified Sports Massage
Therapist, Personal Trainer and
Nutritional Advisor.

Sports Massage has a number of
key benefits including:

- ◆ Reduces stiffness, pain and fatigue
- ◆ Increases flexibility and range of movement
- ◆ Generates greater body and postural awareness
- ◆ Rehabilitates injuries and regain lost strength and function
- ◆ Stays injury free with maintenance, post and pre-event massages
- ◆ Cultivates sense of well-being and health
- ◆ Great for anyone suffering from a condition that limits what they do.

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June '09 - Turkey & Greece

Once again, this June, Diane and Arnie are off to the Greek Island of Lesbos, in the Aegean Sea off the coast of Turkey. We'll be joining Angela Farmer and Victor van Kooten, who will be teaching their unique form of Yoga at their splendid new Yoga studio. Arnie and Diane will give treatments and Feldenkrais lessons to the participants, as well as enjoy a much needed Mediterranean holiday. Prior to the Yoga retreat, Arnie & Diane will be in Istanbul and Turkey for a week to see the sites.

We'll promise to bring back pics! Please see Angela & Victor's website, perhaps you too may want to enjoy a Yoga vacation! www.angela-victor.com

Jean-Paul Thuot RAc will be seeing clients while Arnie is away. Just call the office. Jean-Paul has studied extensively with Arnie in years past!

A Lesson in Sitting

You are probably sitting right now, as you read this line on your computer screen. So what's your relationship with sitting? Do you often feel the negative effects of poor posture? Have you tried to adjust how you sit, fidget yourself into comfort, replace your chair, or just get up to stretch or walk off tiredness and fatigue? Surprising how much pain and suffering can come from just sitting.

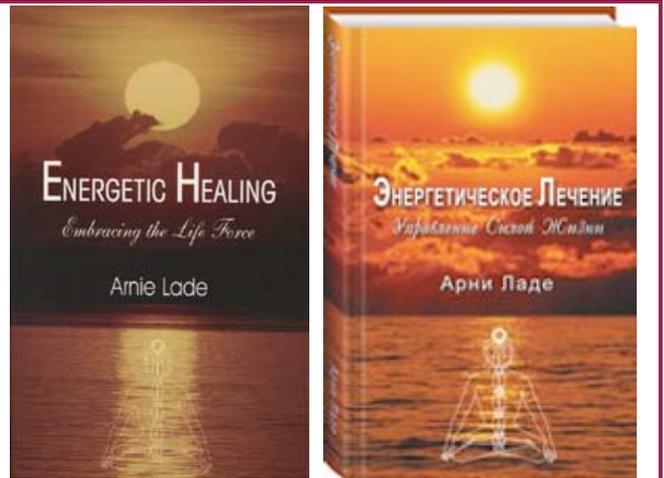
So many of us sit far too long or poorly. I see clients in my office all the time with back pain, shoulder pain, eye strain, neck ache and so forth. There are also those who suffer other silent symptoms, such as: heart palpitations, deteriorating eye disorders, and digestive and respiratory ailments as the result of their poor sitting habits.

Now for the good news: the Feldenkrais Method offers a profound and simple practice of undoing the years of ingrained habit. Don't just take my word for it; I challenge you to do a Sitting lesson right now. Click on this link to do the following lesson:

[ChairLesson.mp3](#)

All you need is a good chair that has a relatively hard surface. There are also written instructions that go along with it, but for now just do the audio lesson and read about it and about the Feldenkrais Method later. The lesson and the accompanying article are extracted from my forthcoming eBook: *Awakening Your Inner Healer*.

Cheers, Arnie Lade



Arnie's book is now out in Russian!

Did you know Arnie has written several books which have been translated into various languages? You can check out and purchase the English version on our website. www.greenspiritresources.com/pub

New Associates Cont'd

Seb brings with him an incredible knowledge of fitness and athletic performance. Even though Seb is our son, I must say, he has great hands! We are delighted that he's starting his practice here at Greenspirit with us.

Jamie van Dam is a graduate of the first ever Victoria Feldenkrais Teacher Training in 2007. His background includes eight years training in Buddhist meditation, primarily as an attendant and assistant to Lama Mark Webber. In his classes, Jamie offers a unique perspective of the Method in relationship to meditation. His intention is to nurture calm and clear states of being, supporting people in their meditative and contemplative practices. Please see our [Schedule of ATM Classes](#) for more information, or Jamie's website: www.jamievandam.com

We are lucky to have **Alice Friedman** continuing her practice here at Greenspirit. We generally see her twice a month from her home on Salt Spring Island. She is a remarkable resource as a registered psychologist and Feldenkrais practitioner, and in her trauma recovery work. She has been very busy as of late organizing and teaching, as Administrator and Assistant Trainer, at the new Feldenkrais Teacher Training program here in Oak Bay. Please visit Alice's website:

www.feldenkraislearningmatters.com