



Sastun Center in Corporate Woods, Building 22, Suite 2200, 10875 Grandview Drive  
Overland Park, KS 66210 Phone (913) 345-0060, Fax (913) 345-0090

## ***SPRING 2008 NEWSLETTER***

Spring Greetings!! We hope your life is springing forth with new growth and opportunities to expand your health horizons. We have some new classes and programs we want to share with you this spring. And we welcome you to come visit us in our new office at 10875 Grandview (Building 22) in Corporate Woods.

*This edition of our newsletter will be the last printed version we will be sending. Printing and postage costs are making it prohibitively expensive to communicate in this way, and we will be sending e-mail news to you in the future. **PLEASE LET US KNOW YOUR***

***PREFERRED E-MAIL ADDRESS***, so we can continue to update you on our programs, staff additions, health offerings and advice! If you absolutely must have a printed version of the newsletter, let us know and we will make every effort to accommodate you.

\*\*\*\*\*

***Want to manage America's most common chronic health issues WITHOUT drugs????  
Sastun Center has an effective program to help you!!***

**FirstLine Therapy™** by Metagenics is a 12-week therapeutic lifestyle change program that involves nutritional counseling, exercise, stress management and nutritional supplements. This program can help patients succeed with better management of diabetes, high blood pressure, high cholesterol and obesity. The program involves body analysis including body mass index, fat distribution, weight, blood pressure and lab measurements. Over the 12 weeks patients meet six times individually with Celtina Reinert, PharmD. If you are interested in the FirstLine Therapy program, call us at (913)345-0060 to schedule an appointment.

\*\*\*\*\*

**BONE DENSITY TESTING** is now available at Sastun! This test measures bone health at the hip and spine. Bone density testing is reimbursable by most insurance companies. Who should get this test? People with a family history of osteoporosis, menopausal women, those who have had unusual or repeated bone fractures, people who have taken prednisone or other drugs that cause bone loss are good candidates for bone density testing. Call (913)345-0060 to schedule a bone density test!

\*\*\*\*\*

We are frequently asked: *“What vitamins should I be taking?”* We now offer a urine test that measures vitamin functions in the body and then couples those results with pharmaceutical grade vitamins to match an individual’s biochemical needs with a personalized vitamin supplement packet. Call the office for more details about this exciting new way to customize a vitamin prescription for YOU.

\*\*\*\*\*

**Radical Forgiveness Ceremony: Pathway to peace, joy and empowerment**

**Tuesday, May 20, 2008: 7 – 9 pm - Sastun Center Classroom**

Forgiveness is not just something you do for another person. It is a powerful choice, an action to set yourself free, reclaim your power and find lasting peace.

- \*Have you experienced relationship challenges or power struggles?
- \*Do you have unfinished business with someone because of an unfair situation?
- \*Have you had difficulty remaining peaceful while setting boundaries?
- \*Have you ever found it difficult to let go of resentment, anger, blame or guilt?
- \*Does your energy and vitality sometimes feel diminished, for no clear reason?

Radical Forgiveness is a powerful step-by-step technology that dissolves nagging concerns, releases energy blocks and restores one’s clarity, joy and peace. You will review the benefits of forgiving, and learn how to “radically” forgive. That’s useful information, and, unfortunately, where many workshops end. For us, it’s only the beginning. The Radical Forgiveness Ceremony is a Sacred Circle that integrates this wisdom, then moves you through the Radical Forgiveness process (on the spot!) with grace, confidence and ease.

\*\*\*\*Join us to experience this simple, mostly non-verbal, non-threatening Radical Forgiveness Workshop and Ceremony. It works, quickly, powerfully and permanently!\*\*\*\*

**Facilitator: Leigh Smith** for more information contact her at: [leighsmith2000@earthlink.net](mailto:leighsmith2000@earthlink.net)

Leigh has worked with thousands of people nation-wide as a public speaker, trainer, coach and mentor for people in the business community. Her formal education includes a BA in Communications Studies and a Master’s degree in Psychology. She combines her University education with 25 years of spiritual exploration, meditation, and training in human potential. After shifting her professional focus to personal and spiritual growth, Leigh worked with Byron Katie, and has facilitated “Loving What Is” workshops. She is a Certified Radical Forgiveness Coach and Ceremony Facilitator trained by Colin Tipping, and last year was trained directly by Al Gore to become a spokesperson for The Climate Project.

## **SPRING CLASSES AT THE SASTUN CENTER**

### **Yoga at the Sastun Center**

Two different yoga classes are open for those interested in yoga this spring/summer.

**Level I** for those who have not taken yoga before and want a gentle stretching class with emphasis on relaxation and breathing. Wed night: 6:00-7:15 p.m.

Level II is for the person who has some experience with yoga or those who want a class with emphasis on strength, flexibility and focus. Thurs night: 6:00-7:15 p.m.

**New classes starting the 2<sup>nd</sup> week of May.** Classes taught by Claudia Cardin-Kleffner, OTR/RYT-200 hrs with Yoga Alliance and member of International Association of Yoga Therapists. E-mail: [claudiacardin@sbcglobal.net](mailto:claudiacardin@sbcglobal.net) or call: 913-341-2128 for more information or to register.

\*\*\*\*\*

### **Chair Yoga at Sastun – Instructor: Paula Duke**

Having trouble getting up and down off the floor? Miss your stretching exercise? Need a good workout? Come give chair yoga a try! Most amazing - all the things you can do in a chair to work the entire body! Forward bends, back bends, side stretches, abdominal exercise, strengthening exercise, twists, as well as eye exercises, and joint lubricating motions. You can even do modified sun salutations! Six week series offered between June 12 and July 24 on Thursday afternoons from 2:00 to 2:50 p.m. in the Sastun classroom. (No class on July 3<sup>rd</sup>). The series will be offered again between August 7<sup>th</sup> and September 18<sup>th</sup>. (No class on August 28<sup>th</sup>.) **Cost: \$60 per series paid in advance.** Class minimum 10 persons.

### **Merciful Mat Yoga for the Mostly Mature - Instructor: Paula Duke**

Gentle, mindful stretching and strengthening exercise, utilizing both the mat and a chair, for folks who want to stay limber and strong. Please bring your own yoga mat. We'll do mindful movement, as well as classical yoga asanas to activate your core energy. Each class will end with the traditional relaxation exercise known as Savasana. We'll aim for an experience of relaxed vitality by the end of each class. Six week series offered between June 12<sup>th</sup> and July 24<sup>th</sup> on Thursday afternoons from 3:15 to 4:30 in the Sastun classroom. (No class on July 3<sup>rd</sup>). The series will be offered again between August 7<sup>th</sup> and September 18<sup>th</sup>. (No class on August 28<sup>th</sup>.) **Cost \$75 per series paid in advance.** Class minimum 10 persons."

Paula has been a student of yoga since 1980, and has been teaching since 1993. Her style is very gentle, and intends to incorporate breathwork with each posture and movement. She knows from

personal experience that the body is fragile and requires compassionate attention to each place of discomfort. She also knows from experience that if it is not fun, she won't do the exercise, so she tries to lighten it up whenever possible. For information please call: 913-424-9643 or email: [dukepaula7@earthlink.net](mailto:dukepaula7@earthlink.net).

**To register, please send a check for payment in advance for the six week session** you wish to attend (i.e. \$ 60.00 for the Chair Yoga series or \$75.00 for the 'Merciful Mat' series) (Please specify either the June/July series or the August/September series) to:

Paula Duke P.O. Box 7764 Shawnee Mission, KS 66207-0764

\*\*\*\*\*

### **Mindfulness-Based Stress Reduction**

**You are invited to join us for a free introductory session on  
Saturday May 17<sup>th</sup>, 10:00 – 11:30 am at the Sastun Center Classroom**

**Mindfulness Based Stress Reduction (MBSR)** – is an 8 week educational program based on the tremendously successful stress reduction program at the University of Massachusetts Medical Center developed by Jon Kabat-Zinn, PhD and featured in Bill Moyer's PBS documentary series *Healing and the Mind*. MBSR offers powerful coping tools for dealing with stress, pain and debilitating illness. Over 2 decades of published scientific research support the efficacy of this program. MBSR complements the medical management of a wide variety of health challenges. **People participate for reasons as diverse as... chronic pain, heart disease, cancer, headaches, anxiety and panic, GI distress, high blood pressure, asthma, stress — job, family or financial, sleep or eating disturbances, fibromyalgia and substance abuse.** **Fortunately, mindfulness** is not something that you have to "get" or acquire. It is **already within you** — an internal resource waiting to be released and used in the service of learning, growing, and healing. Mindfulness practices are conducive to self- insight and facilitate the cultivation of deep states of calm in mind and body.

**When:** 6:30-8:30 pm on Tuesdays from June 3<sup>rd</sup> through July 29 (no class will be held on July 15). One daylong session (9-4pm) will be held on Sunday, July 20, 9:30 am – 4:00 pm.

**Where:** Sastun Center of Integrative Health Care classroom.

**Cost:** \$450 plus a \$50 materials fee for the entire course. (Tuition assistance is available)

**Call Lisa Pinsker at 913-789-9696 or email "heartprograms@sbcglobal.net" to reserve your space at the introductory session or for more information.**

The instructor, Lisa Pinsker, has worked in patient and clinical education for over twenty years. She holds an MA in Holistic Health Education and is a Certified Health Education Specialist.

## HARMONY FROM THE HEART

**Nora Gilmore, Sound Healing Facilitator**

We all have the ability to discover our inner voice and share it with the world. If you think you can't sing or carry a tune...think again! If you have breath, spirit and focused intention, you can experience the powerful energy that comes from connecting with you inner sound through vocalization, chanting and singing. Together during this 6-week song circle we will experience the uplifting yet meditative and relaxing effects of chant, song and unified consciousness in a safe and non judgmental environment. Increase your vitality and soothe your spirit by discovering you own "sound blueprint" and learning to connect your inner sound with others.

Songs and chants from all cultures will be taught including Native American, Earth Based Spirituality, Christian and Sanskrit traditions. Techniques including toning and vocalization will also be utilized. New and previous attendees are welcome.

**Individual Sessions (By appointment):** Initial Session (1 ½ hr) \$65; Follow Up Session (1 hr) \$50

**Six Week Sound Healing Circle** Mondays June 9th – July 14th<sup>th</sup> from 6:00pm – 7:30pm.

Increase your vitality and soothe your spirit by learning to connect your inner sound with others during this six week group. Sound healing techniques as well as songs and chants from all cultures will be utilized.

**FEE:** \$70 per person for pre-paid 6 week session **OR** \$15 per week

**To register, schedule an appointment or receive more information, please contact Nora at [Harmonie38@hotmail.com](mailto:Harmonie38@hotmail.com) or (913) 206-1078**

\*\*\*\*\*

**WOMEN IN BALANCE**, a national non-profit organization that empowers women to take charge of their hormone health, will soon have a new and even more user-friendly website. Check out the current site and sign up for our informative newsletter on women's health and hormone balance at [www.womeninbalance.org](http://www.womeninbalance.org). (and see Dr Murray's introductory video!!)

\*\*\*\*\*

**FOUR WAYS TO ADD 14 (FOURTEEN!!)YEARS TO YOUR LIFE:**

1. Exercise regularly (30 minutes most days of the week)
2. Imbibe in alcohol moderately (no more than 7 drinks per week for women or 14 per week for men)
3. Eat at least five servings of fruits and/or vegetables daily
4. Do not smoke

Results from a study in Cambridge, England that followed over 20,000 apparently healthy people aged 45-79 for 14 years, found that those who practiced none of these four behaviors had a four times greater risk of dying than those who participated in all of them. Those who participated in two behaviors had double the risk of dying over people who practiced all four behaviors.

(Reported in AMA News January 8, 2008)

\*\*\*your mother was right!!\*\*\*\*\*

\*\*\*\*\*

**To continue receiving this newsletter, WE NEED YOUR EMAIL ADDRESS – send us your email address to: [info@SastunCenter.com](mailto:info@SastunCenter.com)**