

Cayce-Reilly Wellness Week

Who is Edgar Cayce?



This Twentieth Century Psychic and Medical Clairvoyant, who died 60 years ago, left behind a legacy of teaching and holistic healing that continues to provide valuable help to people the world over.

Over a period of 43 years during his life, Edgar Cayce had the capacity to go into a self-induced sleep-like state of relaxation and meditation, enabling him to place his mind in contact with all time and space. Through direct contact with higher sources, was then able to answer questions on a wide variety of subjects, from health matters to questions about ancient civilisations and the secrets of the Universe!

His responses to these questions came to be called "readings" and contain insights so valuable that even to this day individuals have found practical help for everything from maintaining a well-balanced diet and improving human relationships to overcoming life-threatening illnesses and experiencing a closer walk with God.

Edgar Cayce has been featured in various television programmes including "Decoding the Past" on the History Channel and referred to as "The Other Nostradamus" for his readings. More than 300 books have been written about Cayce's life and work, resulting in "Edgar Cayce Centers" in twenty-five countries, and members in more than 60 countries.

The Association for Research and Enlightenment, Inc. (A.R.E. ®), is a non-profit earning organisation, founded in 1931 by Edgar Cayce (1877-1945), to research and explore transpersonal subjects such as holistic health, ancient mysteries, personal spirituality, dreams and dream interpretation, intuition, philosophy and reincarnation. The Cayce Reilly Massage School was set up by Hugh Lynn Cayce and Dr. Harold Reilly, who developed a particular style of Swedish Massage from information suggested in the Cayce readings.

Eleine Lachance, an Holistic Therapist who offers a range of massages and therapies at Quinta da Calma, is a graduate of a 700 hour programme of western bodywork modalities from the Cayce Reilly School of Massotherapy. She also holds an MA in Transpersonal Studies from Atlantic University, which is affiliated to the ARE.

From 17-25 June, Eleine will be presenting the Cayce Wellness Week, during which a series of talks, demonstrations and sessions will be offered, using the teachings, techniques and remedies prescribed by Edgar Cayce. Details of the programme will be available from Reception in due course. If you are interested to know more, please contact Reception and leave your name.

Eleine is a highly qualified masseuse and therapist, trained in Cayce-Reilly Holistic Massage, Swedish massage, Shiatsu, Sports Massage, Chair Massage, Cranio Sacral Therapy, Healing Touch, Integrated Energy Therapy, amongst others. She is currently available to give treatments on Mondays, Tuesdays and Thursdays.

Quinta da Calma Memberships

Just a reminder that we have a new Membership scheme, which came into effect in January 2006. Memberships and mailing subscriptions are valid to 31st December, therefore the fee payable (shown per person) will be taken to the nearest quarter at the time of joining/ subscribing.

| | 1st Qtr | 2nd Qtr | 3rd Qtr | 4th Qtr |
|----------------------------|---------|---------|---------|---------|
| Mailing list subscription: | € 15,00 | € 11,25 | € 7,50 | € 3,75 |

| | | | | |
|---|-------|-------|-------|------|
| Overseas mailing Subscription: To receive quarterly newsletter & programme, plus information about events, courses etc. | 20,00 | 15,00 | 10,00 | 5,00 |
|---|-------|-------|-------|------|

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|---------------------------------|-------|-------|-------|------|
| Full School of Life Membership: | 35,00 | 26,30 | 17,50 | 8,75 |
|---------------------------------|-------|-------|-------|------|

- **Regular mailings** of newsletter, programmes and events
- **5% discount on therapies**
- **Yoga classes:** 13 tickets for the price of 12
- **10% discount on accommodation bookings** (for Members and family)
- **Restaurant Bonus Card:** For every 8 lunches taken, a free meal will be offered.

To apply, you can request a Membership Subscription form from Reception, or download and print the pdf version from our website to complete and submit with your payment.

Training Courses at Quinta da Calma

As well as being Europe's principal Integral Yoga Centre and offering many holistic therapies, we also hold regular training courses throughout the year, which include the following:

- Ayurvedic Massage
- Foot Reflexology
- Clinical Hypnosis
- Integral Yoga Teacher Training
- Cranio Sacral Therapy
- Touch for Health

Gaia Sol Vegetarian Restaurant

Congratulations to Chef Brad, who has settled in and is producing wonderful gourmet-standard buffet lunches every day from Monday to Friday. *Once tried, never forgotten...* The team is further complemented by the arrival of Linda Holt, who is doing a great job in the Restaurant, meeting & greeting, looking after everyone and making sure things generally run smoothly.

You don't have to be a vegetarian to enjoy the food on offer; many of our regulars are non-vegetarians, but enjoy the wide variety of delicious soups, salads and main dishes on offer (not to mention some desserts to die for!). Vegetarian eating is a concept still largely misunderstood, as some people have the idea that it comprises rather plain and bland "healthy" eating. Not true! (well, not *always!*). Our daily buffet is planned and balanced to meet balanced nutritional requirements, but more importantly, to "tickle the tastebuds"!

Several people have asked about a Vegetarian cookery course, so if you are interested, please call and give us your name. We will then contact you to advise dates etc. We will have limited spaces available, so you will need to book early!

Call Linda on 936 835 607 or Reception: 289 393 741

Quinta da Calma

Escola da Vida



A School of Life

NEWSLETTER

Spring 2006

Quinta da Calma is the base for The School of Life, a Centre for holistic healing, learning and spiritual growth, open to and embracing the essence of all traditions and teachings, but attached to none. It is also the Integral Yoga Teacher Training Centre for Europe, in association with the Satchidananda Ashram of Virginia, USA.

An inspiration to us all...

Society seems to be increasingly obsessed with celebrities and "reality TV", where the slightly darker side of human nature enjoys peeking through the keyhole to other people's lives rather than getting on and creating something special in their own.

We are all, in different ways, blessed with skills and are given so many opportunities to enjoy life and do things that make us feel fulfilled. However, so many of us find it difficult to step out of our rut, or "comfort zone" and make positive changes, that we never realise our true potential. Just think of what we are missing!

With so many "bad news" stories being reported in the news these days, it is encouraging and refreshing when international media coverage is given to special people, who have overcome personal trauma and great difficulties to create a full life for themselves, often also selflessly helping others to have better lives. Time Europe (www.time.com) is running a series on "European Heroes: A tribute to 29 dazzling people who shine a light on the world".

One case which stands out is that of a remarkable young German woman, Sabriye Tenberken, who lost her sight at 12 years of age due to a congenital degenerative retinal disease. When studying for a Masters degree in Tibetology, she found that there was no Braille alphabet, so in just two weeks, she developed one herself.



She then took this to Tibet, where there is twice as much blindness per capita than the global average, due to the high altitude and exposure to the sun. Treatment for this condition is not given priority because their cultural belief is that blindness is a punishment for misdeeds in a previous life. Sabriye was horrified to find children who had been tied to their beds so that they couldn't hurt themselves, some of whom couldn't walk, because their parents had never taught them.

In 1997, Sabriye Tenberken journeyed across the mountainous countryside on horseback, accompanied by a Tibetan health counsellor, suffering primitive and harsh conditions.

Following a long battle against prejudice and bureaucracy from the Tibetan authorities, Sabriye eventually succeeded in her quest to open a boarding school for visually impaired children in Lhasa, where one of the major objectives of the school is for the kids to learn self-reliance and not to be ashamed of their condition.

Sabriye's organisation, Braille Without Borders, has also opened a farm, where blind adults are taught animal husbandry, forestry and vegetable cultivation. She has written a book about her experiences and is soon to be featured in a documentary called Climb Higher. This film follows her, her partner and six teenagers from the Lhasa school on a 3-week climb of Lhakpa Ri, a 7,000 metre peak north of Everest, with Erik Weihenmayer, the first blind climber to summit Mount Everest.

Do you have an inspirational story you can share?

Stories such as this remind us of the capacity within us all to step out and do something positive with our lives. Closer to home, we would love to hear about remarkable people who have taken such a step and made a difference not only to their lives, but perhaps also to those of others. If you know of such a person, or people, please let us know so that we may publish their story in our newsletter and share it with others (subject, of course, to their agreement!).

Quinta da Calma offers many means of helping people with their personal development; sometimes it starts as easily as taking up yoga, or meditation, activities which create subtle shifts in our subconscious and thinking patterns and which can form the first step on the path to change.

The real reward in doing things is seeing how many others will be benefited by them
Swami Satchidananda

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As an Holistic Health Centre, Quinta da Calma seeks to help people achieve health and well-being through natural therapies and exercise, which can not only improve the health of the body but of the mind and spirit too.

Integral Yoga, combined with a nutritious diet and meditation, brings health and vitality, sharpening the mind and helping to focus more clearly. It is also a great way of reducing the body's reaction to stress, which in itself is one of today's greatest risks to health and balance.

On this page, we are featuring some of the ways in which we can achieve good physical and mental health. As can be seen from our programme (and as featured in our last Newsletter), we have a number of therapists available at Quinta da Calma who offer a range of therapies to help us in our quest for well-being.

The Benefits of Regular Massage



Not just a way of relaxing, massage is a valuable way of helping the body to strengthen the immune system, recover from injury in half the time, aid sleep and digestion and improve one's mood.

It is a myth that massage is an indulgent luxury to be enjoyed only by the "idle rich" or as a special treat once in a blue moon. Evidence is showing that the more massage you can allow yourself, the better you will feel. Here's why:

Massage has been used as a healing tool for thousands of years in many cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. When you bump your head or have an aching muscle, the automatic response is to rub it, to make it feel better. The same was true of our earliest ancestors.

Healers throughout time and all around the world have instinctively and independently developed a wide range of therapeutic techniques using touch, many of which are increasingly in use today, and with good reason. We now have scientific proof (if it is needed!) of the benefits of massage, ranging from treating chronic diseases and injuries, to alleviating the growing tensions of our modern lifestyles.

In addition to the relaxation it brings, there are specific physiological and psychological changes that occur during massage, even more so when massage is used frequently as a preventative therapy - it not only feels good, it can help you heal yourself.

(Continued in next column)

The sign of a healthy person is being happy and relaxed anywhere and everywhere. A really healthy person takes everything in life as a game.

- Sri Swami Satchidananda

The Fallout of Stress

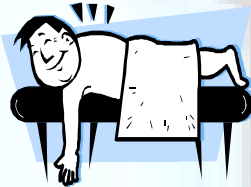
It is estimated that 80-90% of disease is stress-related. Massage is a way of reminding us of what it means to relax, which is a sure way of reducing the damaging effects of stress.

Besides increasing relaxation and decreasing anxiety, massage brings the following benefits:

- lowers blood pressure,
- increases circulation, improving skin condition
- improves recovery from injury
- encourages deep sleep
- increases concentration
- reduces fatigue and increases energy

In breast cancer patients, massage has been shown to increase the cells that fight cancer. Massage is a perfect elixir for good health, but it can also provide an essential integration of body and mind. By producing a meditative state, or heightened awareness of the present moment, massage can provide an emotional and spiritual balance, bringing with it true relaxation and peace.

Taken in "regular doses" this is one of the best "medicines" that can be taken. Researchers at the Touch Research Institute at the University of Miami have found that even short sessions (15 minutes of chair massage or a half-hour table session) can benefit health. They also note that receiving this bodywork two or three times a week is even more beneficial. Whilst this may not be feasible, it is nice to know that this "medicine" only gets better with frequency!



A range of excellent massage therapies is available at Quinta da Calma. To book your massage, contact Reception on 289 393 741. Full details of the various types of massage are available in Reception.

Health Tip - The Power of Water

Did you know that by simply drinking eight large glasses of water per day, we can keep our skin looking glowing and healthy, improve a sluggish digestion and encourage natural weight loss by reducing the appetite (often, what many of us believe to be hunger is actually a sign of dehydration). Water flushes out the toxins that are produced and accumulate in the body as a result of poor diet, medication etc. (Drinking plenty of water combines with the effect of massage to help eliminate toxins). Considering that our bodies are made up of 71% water, it should be no surprise that a regular "flushing" will keep us clean and healthy!



Look out for further articles on holistic therapies and health matters in future newsletters



Yoga News - 2006



We are now into Spring and the **Integral Yoga Euro Reunion** - a festival of truly divine vibration - draws closer. We have put together a wonderful yogic week filled with rare opportunities to meet exceptional people in the field of Yoga. The week is nicely balanced between workshops and time to rest & have fun, so this can be a memorable & nurturing experience.

During the week we will have regular meditation and hatha yoga for all levels taught by Integral Yoga's finest European teachers and Centre Heads, as well as various workshops and evening Kirtan (chanting) with Felix.

This special event brings together some special yogis who will be presenting talks and workshops:-

Special guest Muz Murray is a world-travelling mystic master with an international reputation. He follows the way of the Universal Mystic - the Path of the Heart - embracing the essence of all traditions, but is attached to none. For more info go to: www.mantra-yoga.com



Nalanie Chellaram is Chairman of the Integral Yoga® Centre, a charity registered in Gibraltar to serve the community and has helped numerous people to find fulfilment through the practice of Yoga. See her website at: www.yogagibraltar.com



Rev. Padma Sainsbury is the European Co-ordinator for Integral Yoga®. A Yoga Teacher Trainer & teacher of Yoga for the Special Child, she is currently the Director of the L.O.T.U.S. Centre in Spain. Padma was ordained as a Minister of Integral Yoga in 2003.



Highkey Mayer is the energetic guiding light behind the Integral Yoga® Centre in Augsburg, Germany. An Integral Yoga Teacher & Trainer, she is the author of the book "Partner Yoga". She is also a brilliant massage therapist & body worker. www.integral-yoga-zentrum.de



So, whether you are a new student looking to learn more about Yoga or experience a retreat for the first time, or a seeker looking to explore the complexities of Yoga, or just interested in Sound, Mantra, Meditation, Hatha and the Spiritual Teachings of Yoga, this will be a genuinely deepening & inspiring week for you.

"Once we know the Self, then it is easy to know all other things" - Swami Satchidananda

-- For bookings please call our reception plenty of time in advance to secure a space --

PRICES FOR DAY GUESTS: Full day: 40€ excluding meals; Half day: 20€ excluding meals

Meals: Breakfast 5€ - Lunch 9.5€ - Dinner 9.5€ (price for lunch and dinner includes soup, salads, main dish & dessert)

Yoga events coming up in 2006:

Yoga Basic Teacher Training takes place in October with Satya & Sadasiva from the Satchidananda Ashram, Virginia, USA. Part 1 - 29 October - 12 November - Part 2 - 27 April - 11 May 2007. See website for details.

17-25 November 2006, Nalanie, Satya and Sadasiva will be holding their 1-week retreat on the Bhagavad Gita. Nalanie will also be with us for our Festival of Light in September 2006. See website for details.

See our programme for details of daytime & evening Integral Yoga classes, some in English and some in Portuguese.

Soul Hunting

Wilbert Alix 14-16 July

For information please go to www.injoy.pt

Kids' Fun Yoga

Luckshmi will be giving a Kids' Fun yoga session during the Easter holidays, an opportunity for kids to use up some energy and experience the benefits of yoga. Two 1-hr sessions will be held on Wednesdays 12th and 19th April at 12.00hrs, for kids from 5-12 years of age. Price: €5 per Child. Register your kids with Reception by calling 289 393 741. Classes are given in English.

Chanting with Felix Maria Woschek

Please note: Felix will be away during April and May, so after April 11 there will be no Chanting on April 18, and 25, and May 2 and 9. He will resume on Tuesday 16 May.

Yoga for Mothers and Babies

Many new mothers find that they are unable to regularly attend yoga or fitness classes because they may have difficulty finding a carer for the baby etc. Patricia (Pratima) who teaches on Friday nights, is offering classes for new mothers (or fathers!) who can bring their babies along too! Registration is required and a questionnaire must first be completed. Classes to be given in Portuguese. Contact Quinta da Calma on 289 393 741.