



February 2025



NEWSLETTER

AISA WELL-BEING



February, often seen as a cold and dark month, can also become a true cocoon of well-being and softness.

Between Valentine's Day, which invites us to celebrate love in all its forms, and the last days of winter, perfect for recentring on oneself, this is the ideal time to take care of both body and mind.

In this edition, we share tips to cultivate serenity, boost your energy, and make February a month filled with kindness and balance.

Happy reading & take care!

AISA WELL-BEING TEAM

POUR VOUS, DANS CETTE EDITION....



DON'T MISS IT!

Upcoming Events; exciting moments ahead for our delight... Yin yoga, (re)connection to yourself... 2 workshops to awaken your senses!



WHAT'S NEW? REMINDERS, NEWS & ELSE

A wealth of updates about your favorite well-being association!



REFLEXOLOGY

February, Valentine's Day... What if your greatest love was yourself? Treat yourself to a well-being break!



HOLISTIC FITNESS

A holistic mind-body approach combining light cardio and mindfulness.



SKI WELL THIS WINTER

How to boost your performance and well-being.



TRADITIONAL CHINESE MEDICINE

Knee sprain and acupressure.



THE WELL-BEING QUESTION

Share your thoughts—keyboard ready!



WHAT'S NEW IN READING?

We share the recipe for Miam-Ô-Fruit®, from the book "*La Méthode*" by France Guillain.





DON'T MISS IT!

YIN YOGA WORKSHOP

Spring: awakening and renewal

Spring, a symbol of renewal and growth, marks the beginning of a new cycle and the **rise of Yang energy**.

This season is the perfect time to reconnect with your body and stimulate its natural **cleansing and detoxification** abilities.

In this workshop, we will explore a sequence specially designed for spring, combining **gentle postures and prolonged holds** that target the **liver** and **gallbladder**—key organs associated with this season in traditional Chinese medicine.

These organs play a crucial role in **eliminating toxins, regulating emotions,** and **awakening vital energy**.

Throughout the session, we will focus on **opening the hips, sides, and areas where tension often lingers**, while cultivating **conscious breathing** to enhance the benefits of each posture.

A **meditation** moment will conclude the practice, helping to **calm the mind** and fully **embrace the transformative energy** of this time of year.

This workshop is **open to everyone**, whether you are a beginner or an experienced practitioner. It offers a space to **slow down, refocus,** and **reconnect** with yourself in a warm and soothing atmosphere.

Awaken your inner energy and prepare your body to welcome the vitality and lightness of spring!

Join **Séverine** on **Saturday, March 22nd, 2025**, from **10 AM to 12 PM** at the **AISA gym** in Blagnac.

Price : **16€** per person

A minimum of 8 participants is required to run the workshop.

To register, visit **EXTRA CLUB** under **Well-Being Events**.

Don't wait too long—**spots are limited!**



DON'T MISS IT!

(Re) Connection to yourself...

Slow down, breathe, pause, choose yourself...

This is what **Anne-Marie Amblard** invites you to experience in her workshop on **Thursday, April 3rd**, from **6 PM to 7:30 PM at the AISA, pavillon 1 & 2**.

Through **self-massage**, guided **meditation**, **visualization**, and **inspired writing**, this workshop is designed to **surround you** with **gentleness, kindness, understanding, respect**, and **self-love**.

To register, visit **EXTRA CLUB** under **Well-Being Events**.
Don't wait too long—**spots are limited!**

WHAT'S NEW? REMINDERS, NEWS & ELSE



- **MultiPass** : For the period from February 1st to June 30th, you can still subscribe at the rate of **55€**.
- Starting in **2026**, memberships will follow the **calendar year**. That's why we will get back to you very soon to clarify the terms for the September-December 2025 period.
- **Reminder**: The chakra workshops are ongoing, and good news... there are still spots available!

To register, go to **EXTRA CLUB**, , under **Well-Being Events**.

- **We need you!**

Eager to **enhance** the appeal of **our section**, we invite you to **take just 5 minutes** to share the **benefits** you experience from our **Well-Being activities**.

And if you'd like to take it **a step further**—if you have a **project, activity, or workshop** you're passionate about and would love to get involved in—**let's talk!**

Please send your feedback to **Mireille**, secretary of the AISA Well-Being section.

- Stay in touch: download the **AISA Life Apps!**



IT'S YOUR TURN!

What do you think of our new newsletter?

What would you like to see included?

What would you like to remove?

Write **HERE!**





REFLEXOLOGY

February, often synonymous with cold and fatigue, is the perfect time to take care of yourself and focus on your well-being.

Reflexology—whether hand, foot, or facial—is an excellent practice to reduce stress, promote energy flow, and enhance harmony between body and mind.

Foot reflexology: a strong foundation for your energy

Our feet support us every day and contain numerous nerve endings connected to different organs.

By stimulating specific reflex points, foot reflexology helps release tension, rebalance the body, improve blood circulation, and provide deep relaxation. A perfect way to face the end of winter with more vitality!

Hand reflexology: relaxation and balance at your fingertips

If you're short on time, hand reflexology is an ideal alternative.

Easy to practice on yourself, it offers a quick solution to release tension and improve concentration.

A simple hand massage can boost energy, calm the mind, and relieve joint pain. A well-being break, anytime during the day!

Facial reflexology: a boost of radiance and serenity

Facial reflexology is perfect for relieving built-up tension and restoring your skin's natural glow.

By stimulating specific areas of the face, this technique promotes muscle relaxation, activates microcirculation, and brings deep relaxation.

During the winter season, it's a great way to achieve a fresh, radiant complexion!

Incorporate reflexology into your winter routine

Why not take advantage of February to discover or deepen your reflexology practice?

Nelly, our practitioner, welcomes you on Tuesday evenings and Friday at noon.

Book your session on [our website!](#)

HOLISTIC FITNESS

Come and experience an effective and well-rounded fitness routine for both body and mind in a single session, combining light cardio with balance, flexibility, and deep strengthening.

Controlled breathing exercises, relaxation, and mindfulness will help you feel at peace while enjoying a full-body workout.

« Ne pas jeter sur la voie publique ».

Energy

Lethargy

Balance

Warm up

Cardio

Core Strength

Flexibility

Relaxation

Harmony

STRENGTH

SANTÉ

SERENITÉ

**FLOW TO HARMONY WITH
HOLISTIC FITNESS**

**BOOK NOW YOUR
FREE TRIAL SESSION**

CLICK

**AIRBUS
WELL
BEING
ASSOCIATION**

📅 Mardi 12:10hr

📍 Wings Campus (B55)
Volleyball Court

✉ carl.morton@airbus.com
aisa.wb@airbus.com
aisafitnesscenter@gmail.com

Contact Carl to know more!

MENU

SKI WELL THIS WINTER



The joy of skiing at your fingertips...
The thrill of skiing is within reach, but to fully enjoy the slopes and avoid injuries, proper preparation is essential.

Aromatherapy, physical training, stretching, herbal medicine, and acupressure are all valuable tools to keep you in top shape for skiing.

Here are our tips to combine pleasure and performance on the slopes!

1. AROMATHERAPY

Essential oils to optimize your performance

Before hitting the slopes, take advantage of the benefits of essential oils.

Camphor **rosemary** is excellent for preparing muscles and **preventing cramps**, while **wintergreen** helps **relieve muscle** pain after exercise.

A few drops diluted in a carrier oil and massaged into the skin will warm up and relax your muscles effectively.

(*See usage precautions at the end of the article.)



2. PHYSICAL PREPARATION

A body ready to take on the mountains

A good skier is a well-prepared skier!

A few weeks before your trip, incorporate **muscle-strengthening exercises** targeting the **legs**, **core**, and **back**.

Squats, **lunges**, and **balance exercises** on a proprioceptive board will help improve stability and reduce the risk of injuries.

Holistic Fitness is a great way to get ready—talk to **Carl** about it!

3. STRETCHING

Increase flexibility for better skiing

Stretching before and after a day on the slopes can make all the difference. Focus on the **calves**, **thighs**, and **lower back** to enhance flexibility and aid recovery.

Stretch gently **without forcing** to avoid any risk of injury.

4. PHYTOTHERAPY

Natural support for your muscles and joints

Devil's claw is known for its anti-inflammatory properties and helps protect your joints, while **arnica** in capsules or gel soothes muscle soreness.



A **ginger** and **turmeric** infusion is also ideal for boosting energy and reducing inflammation.

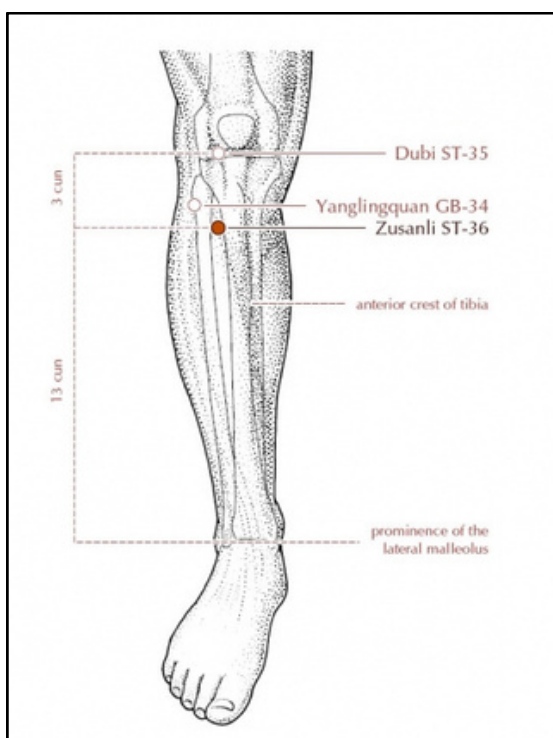
5. ACUPRESSURE

Strategic points for more energy

Stimulating certain acupressure points can help improve performance and recovery.

The **Zu San Li or ST36** point (Stomach Meridian Point 36, located **below the knee**) enhances endurance and boosts immunity, while the **Tai Chong or LIV3** point (Liver Meridian Point 3, **on the foot**) promotes energy circulation and prevents fatigue.

Applying gentle circular pressure for a few minutes before skiing can make a real difference!



Through a series of pressures, mobilizations, and stretches, **Shiatsu** can also be part of sports preparation and recovery; [book your session](#) with our practitioner, **Séverine!**



We also take the opportunity to draw your attention to the **Airbus Ski Society**. Visit **AISA** to learn more!

Precautions to take before using essential oils

Due to the high concentration of active compounds in essential oils, improper use can lead to adverse effects. It is therefore essential to follow certain precautions to enjoy the benefits of essential oils safely:

- **Always dilute essential oils (EOs) in a carrier oil before applying them to the skin** (such as sweet almond, apricot, jojoba oil...). A dilution of 1% to 3% is sufficient for skincare. This corresponds to about 1 to 3 drops of essential oil per tablespoon of carrier oil.
- **This dilution also applies when adding EOs to bathwater:** Always dilute essential oils in a dispersant (like Epsom salt, neutral bath base, or milk) before adding them to hot water. This prevents skin irritation caused by direct contact with undiluted oils.
- **Children and pregnant women:** the use of certain essential oils is possible but must always be done under the advice and supervision of a specialist.
- **Specific medical conditions** (such as asthma, epilepsy, hypertension, heart problems, or hormonal treatments): Some essential oils should be avoided. Consult a specialist before use.
- **Diffusion** : Diffusing essential oils into the air is a safe and effective way to purify the air and create a pleasant atmosphere. However, do not diffuse essential oils continuously for more than 30 minutes to 1 hour in a closed room.
- **Inhalation** : Direct inhalation can be very effective for clearing the respiratory tract, but it should be done occasionally, with short inhalations (5 to 10 minutes maximum) to avoid irritating the mucous membranes.
- **Allergic reactions and tolerance tests:** Apply a small amount of diluted essential oil to the inside of your elbow or behind your ear. Wait 24 hours to check for any irritation, redness, or itching before regular use.



TRADITIONAL CHINESE MEDICINE

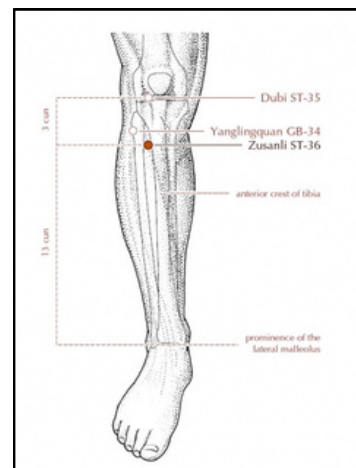
Knee sprains are common injuries, especially among athletes and active individuals.

In addition to conventional medical care, acupressure can be an effective natural solution to relieve pain and promote healing.

Here are some key points to stimulate for knee sprain relief.

1. Point ST36 (Stomach 36 - Zu San Li) – Strengthen and revitalize

Located about four finger-widths below the kneecap, on the outer part of the tibia, this point is known for its tonifying effects on the body and pain reduction. Massage it in circular motions for 2-3 minutes to stimulate blood circulation and speed up healing.



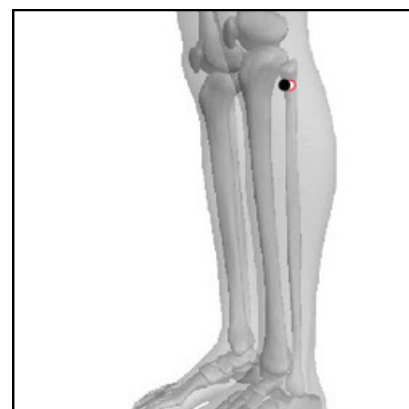
2. Point SP9 (Spleen 9 - Yin Ling Quan) – Detoxification and drainage

This point is located on the inner side of the knee, just below the joint. It helps reduce inflammation and eliminate fluid stagnation, making it particularly beneficial for sprains with swelling. Apply gentle, sustained pressure for 1-2 minutes to help relieve pain.



3. Point GB34 (Gallbladder 34 - Yang Ling Quan) – Improve joint mobility

Located on the outer side of the leg, just below the knee, this point is ideal for loosening tendons and reducing muscle tension. It is very useful for speeding up recovery and restoring a better range of motion. Apply medium pressure with your thumb for about 2 minutes.



4. Point LI4 (Large Intestine 4 - He Gu) – General pain relief

Although this point is located on the hand, between the thumb and index finger, it is well known for its overall pain-relieving effects.

Stimulating this point with firm pressure for 1-2 minutes can help reduce pain throughout the body, including the knee.



Points LI4 and LIV3 (mentioned in the previous article) form what is known as the “**Four Gates**,” commonly used to **alleviate pain**.

Be sure to stimulate these points on both sides (left/right hand and left/right foot) for best results.

How to practice acupressure effectively?

- Use your thumb or index finger to apply firm but comfortable pressure.
- Perform circular movements or hold the pressure steady on each point for 1 to 3 minutes.
- Repeat these exercises 2 to 3 times a day for optimal results.

Acupressure is a natural technique that can complement conventional treatments. However, in cases of intense or persistent pain, it is essential to consult a healthcare professional.



THE WELL-BEING QUESTION...

Which essential oil is best for preparing muscles before exercise?

a) Camphor Rosemary b) Wintergreen c) Helichrysum

Find the answer in our next newsletter!

Answer to the January newsletter question:

Which vitamin is especially important in winter to support the immune system?

c) Vitamin D



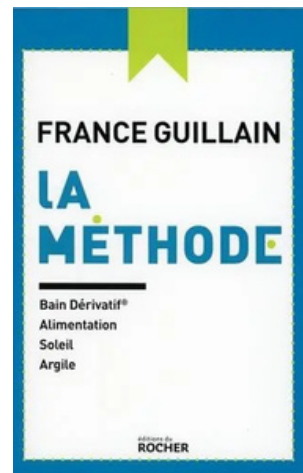
WHAT'S NEW IN READING?

Cathy will be delighted to welcome you and provide guidance during the open hours of **our library!**

Our February Selection : "La Méthode" by Fance Guillain

There are far more similarities between all humans than differences.

The diet presented here, known as **Miam-Ô-Fruit®** and **Miam-Ô-5®**, is traditional, economical, and has been practiced worldwide for centuries. It is supported by 22,000 international studies, synthesized by Harvard University in 2008.



The two greatest health risks today are:

- Oxidation, which accelerates aging
- Inflammation, which promotes degenerative diseases

To fight oxidation, we have raw fruits and vegetables.

To combat inflammation, we can regulate internal body temperature using simple and effective methods such as the **Bain Dérivatif®** (cooling compress method), a practice of interest to researchers since 2008.

To sum up : By eating wisely, our bodies produce brown fat, a type of beneficial fat with multiple functions, activated by lowering internal temperature.

This leads to:

- A leaner physique
- Healthy, radiant skin
- Flexibility and good mobility
- Better memory
- Living pain-free and happier!

This method is popular among athletes, professionals who need to stay at peak performance, as well as children, teenagers who find it easier to focus on studies, and budget-conscious parents looking for effective nutrition without feeling restricted.



Miam-Ô-Fruit® Recipe

Jar 1 (2 tablespoons)

Half sesame seeds,
half flax seeds.
Grind finely.

Jar 2 (1 tablespoon)

At least 3 different seeds
from the following:
Pumpkin seeds, sunflower
seeds, almonds, hazelnuts,
cashew nuts, peanuts,
macadamia nuts, Brazil nuts,
etc.

Grind the oil seeds (not toasted, salted, or hydrated) in the electric grinder. Store the jars in the bottom of the fridge for no longer than a week. After a week, eat whatever is left as part of a salad. Do not keep it for the following week, as it will oxidise.

1 - 1/2 banana: mash with a fork until it is a smooth purée.

2 - 2 level tablespoons of rapeseed oil or flaxseed oil: emulsify with the banana purée, the oil should disappear like when making mayonnaise.

3 - Oil seeds 2 level tablespoons from jar 1 and 1 level tablespoon from jar 2 (spoons are levelled to avoid irritating the intestine).

4 - The juice of 1/2 lemon, freshly squeezed, equivalent to two teaspoons of lemon juice (large lemon).

5 - Add at least 3 different chopped fruits to the mixture.

Do not use orange, grapefruit, watermelon, or melon; they are digested too quickly, but they can be consumed alone at another time.

Do not use dehydrated fruit, this includes plums and raisins as they are sun-dried.

It should not resemble animal feed! Create an appetising dish! You may add fresh pollen or honey.

Note: The Miam-ô-Fruit can be turned into a smoothie and drunk through a straw.

Add two fingers of water to the blender to give it a more liquid consistency (avoid using plant milk or other products, such as syrup or fruit juice. Just water). It will appeal to children, teenagers, and adults! Detentional, mastication, salvation and small bites are some of the conditions necessary for:

- Producing essential fluid fats, called brown fats.
- Reducing inflammation.
- Cellular regeneration.
- Reducing cellular oxidation.

This raw food can be eaten in the morning, at midday or in the afternoon, if you work at night.

Would you like to suggest or discover new books not yet in our catalog?

Contact us!!



THIS EDITION COMES TO AN END;

THANK YOU FOR READING IT TO THE VERY LAST WORD!

WE HOPE YOU ENJOYED READING THIS NEWSLETTER

AS MUCH AS WE ENJOYED WRITING IT.

TAKE CARE & SEE YOU SOON!

AISA WELL-BEING TEAM

