



March 2025



# NEWSLETTER

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## AISA WELL-BEING



### **March: A renewal for body and mind**

With the arrival of March, a fresh breeze of renewal sweeps through our daily lives.

The days grow longer, nature awakens, and we feel a new energy urging us to emerge from our winter cocoon.

This is the perfect time to listen to our bodies, reconnect with ourselves, and bring more lightness and vitality into our routines.

In this newsletter, we share well-being tips to help you transition smoothly: revitalizing rituals, seasonal nutrition, energy practices...

Everything you need to welcome spring in perfect harmony!

**Happy reading & take care !**

**AISA WELL-BEING TEAM**

# POUR VOUS, DANS CETTE EDITION....

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## **WHAT'S NEW? REMINDERS, NEWS & ELSE**

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



## **SHIATSU**

An ideal practice to embrace the arrival of spring...



## **SOUND JOURNEYS**

A path to deep relaxation and inner exploration...



## **MY "SPRING" WELLNESS KIT**

Create your spring wellness kit by drawing from nature's treasures and holistic practices...



## **TRADITIONAL CHINESE MEDICINE**

Spring energy.



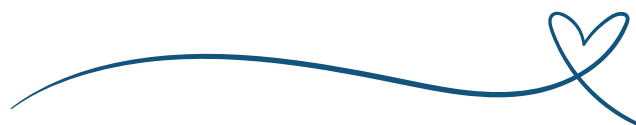
## **THE WELL-BEING QUESTION**

Share your thoughts—keyboard ready!



## **WHAT'S NEW IN READING?**

This month, spotlight on a deeply grounded author: Eckhart TOLLE



# WHAT'S NEW? REMINDERS, NEWS & ELSE



- Chakra workshops continue – And good news... There are still spots available!
- Don't forget the Yin Yoga Workshop "Awakening and Renewal in Spring" on March 23rd; the session is already fully booked.
- Dive deep into your being with the "Journey to the Heart of Self-Love" Workshop on April 3rd – hurry, only 4 spots left!

To register for our workshops, visit [EXTRA CLUB](#) under Well-Being Events.

- Stay in touch: download the [AISA Life Apps!](#)



## IT'S YOUR TURN!

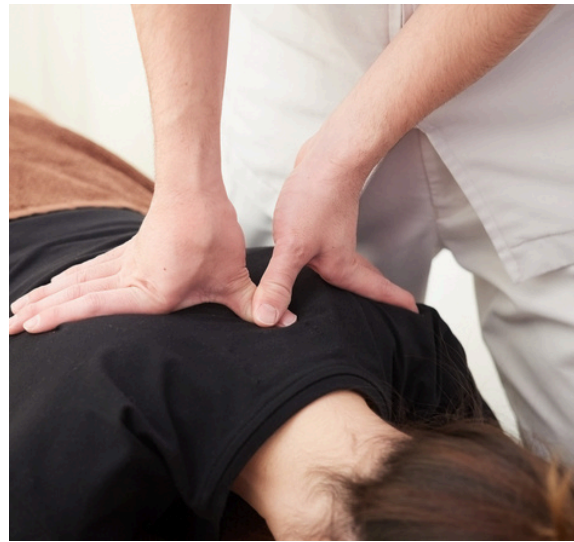
What do you think of our new newsletter?

What would you like to see included?

What would you like to remove?

Write [HERE!](#)





# SHIATSU

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With the arrival of spring, our body and mind undergo a profound transition.

After the cold winter months, when energy is turned inward, spring marks a renewal: a surge of energy, a desire for movement, and a sense of lightness.

This is the perfect time to support this transformation with practices that promote balance and harmony.

## What is Shiatsu?

Shiatsu is a Japanese massage therapy technique that involves applying pressure with the fingers, palms, and sometimes elbows on specific points of the body.

Inspired by the principles of Traditional Chinese Medicine, it aims to harmonize the flow of vital energy, known as Qi, through the body's meridians.

## Why is Shiatsu especially beneficial in spring?

In Chinese medicine, spring is associated with the Wood element, which is linked to the liver and gallbladder—organs that play a key role in energy circulation and detoxification.

After winter, it is essential to support these organs to prevent energy blockages, which can manifest as fatigue, irritability, muscle tension, or digestive issues.

By stimulating the liver and gallbladder meridians, Shiatsu helps to:

- **Detoxify the body:** By improving blood and lymphatic circulation, it encourages the elimination of toxins accumulated during winter.
- **Relieve muscle tension:** Especially in the neck, shoulders, and back, which are often more strained in spring as we become more active.
- **Balance emotions:** The energetic rise of spring can bring irritability and stress; Shiatsu helps calm the mind and improve emotional regulation.
- **Boost vital energy:** It allows you to embrace this new cycle with greater vitality and mental clarity.

## Tips to prolong the benefits of Shiatsu in spring

🌿 Practice **gentle stretches** to open the liver and gallbladder meridians, such as side-body stretches in yoga.

🌱 Adopt a spring-friendly diet, favoring **fresh, green, and chlorophyll-rich foods** such as spinach, artichokes, nettles, and aromatic herbs.



💧 **Stay hydrated** by drinking plenty of water and detoxifying herbal teas to support liver function.

🌿 **Take time to breathe** and reconnect with nature, enjoying the first rays of sunshine and walking outdoors.

Shiatsu is an excellent ally for a smooth transition into spring. By releasing tension and enhancing energy circulation, it helps welcome the new season with serenity and vitality.

### **Have you ever tried Shiatsu?**

Experience the benefits and book your session via [EXTRACLUB](#) with **Severine, our Shiatsu practitioner!**

# SOUND JOURNEYS

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In our modern world, where stress and constant agitation often take over, sound journeys offer a soothing escape—a bubble of well-being that invites deep relaxation and self-exploration.

This increasingly popular practice relies on the vibrations of sound to harmonize the body and mind.

## What is a sound journey?

A sound journey is a meditative and immersive experience where participants are surrounded by healing sounds and vibrations from specific instruments such as:

- **Tibetan and crystal bowls**, known for their therapeutic frequencies.
- **Gongs**, powerful and enveloping, helping to release deep-seated tension.
- **Shamanic drums**, mimicking the heartbeat and inducing a meditative state.
- **Handpans, chimes, didgeridoos, and many more**, each bringing a unique vibrational signature.

These sounds influence brainwave activity, guiding participants into altered states of consciousness, similar to those reached in deep meditation or hypnosis.

## The benefits of sound journeys

The vibrations created during a sound journey have a direct impact on both body and mind, offering numerous benefits:

- **Deep relaxation** – The sounds slow brain activity, inducing a state of profound calm.
- **Reduced stress and anxiety** – Harmonious frequencies help release mental and physical tension.
- **Improved sleep** – By promoting deep relaxation, sound journeys encourage restful sleep.
- **Energy balance** – Vibrations stimulate the flow of Qi (vital energy) and help release emotional blockages.
- **Self-connection** – This sound immersion fosters introspection and strengthens presence in the moment.



### How does a session work?


During a sound journey, participants settle in comfortably, usually [lying down on a mat](#) with their [eyes closed](#).


The practitioner creates a [progressive soundscape](#), alternating between different instruments and intensities, guiding each person into a [state of deep relaxation](#).

Each experience is unique: some feel waves of energy, others visualize images or colors, while some simply fall asleep, lulled by the soothing vibrations.

### How to integrate sound journeys into your daily life?

Even if you cannot attend an in-person session, you can still enjoy the benefits of sound therapy in your everyday routine:

 [Listen to therapeutic sounds](#) (Tibetan bowls, nature sounds, binaural beats) before sleeping or during a relaxation break.

 [Practice sound meditation](#), focusing on the vibrations of an instrument or chanting.

 [Use a Tibetan bowl](#) at home to purify your space and promote inner peace.

### A gateway to inner harmony

Sound journeys are a wonderful way to achieve deep relaxation and realignment. Whether you seek to reduce stress, sleep better, or simply enjoy a moment of well-being, this vibrational approach helps you reconnect with yourself and restore inner harmony.

### Have you ever tried a sound journey?

Experience it for yourself and book your session via [EXTRA CLUB](#) with [Morgane, our sound healing practitioner!](#)

# MY SPRING WELLNESS KIT

Spring is a season of renewal but also of transition, which can bring along some minor discomforts: allergies, fatigue, irritability, and digestive issues.

To navigate this period smoothly, it is essential to adapt your lifestyle and create a spring wellness kit, drawing from nature's treasures and holistic practices.



## Herbal medicine: springtime plant allies

### To combat allergies:

Spring often brings the return of pollen and seasonal allergies. To ease these reactions, certain plants are particularly helpful:

- **Plantain** – A natural anti-inflammatory that soothes respiratory tract irritation.
- **Nettle** – A natural antihistamine that helps reduce sneezing and itching.
- **Blackcurrant** (Cassis) – Used in gemmotherapy, it strengthens immunity and reduces inflammation related to allergies.

### To detoxify the body:

After the strain of winter, the liver needs a boost to eliminate toxins.

- **Dandelion & Artichoke** – Stimulate liver function and improve digestion.
- **Black Radish** – A powerful detoxifier, perfect for a spring cleanse.

## Aromatherapy: essential oils for Spring

### For irritability and mood swings:

- **Lavender Essential Oil** – Relaxing and balancing, ideal for diffusion or massage (diluted in a carrier oil).
- **Petitgrain Bigarade Essential Oil** – Calms the nervous system and helps manage emotions.

### To boost immunity and relieve allergies:

- **Tarragon Essential Oil** – A natural antihistamine, best inhaled or applied (diluted) on the wrists.
- **Ravintsara Essential Oil** – Strengthens the immune system and helps prevent springtime infections.

*\*See aromatherapy safety guidelines at the end of this article.*



## Nutrition: adapting your diet for spring

Diet plays a key role in seasonal well-being.

Here are some essential tips:

🍊 **Choose detoxifying foods** – Citrus fruits, leafy greens, garlic, turmeric, and beets support toxin elimination.

🌿 **Opt for light meals** – Avoid overly rich and fatty foods that burden the liver.

💧 **Stay well-hydrated** – Drinking enough water helps flush out toxins and reduces allergic reactions.

🍵 **Drink herbal teas** – Infusions of nettle, thyme, or fennel help purify and soothe.

## Physical activity: move to recharge

Spring encourages movement and oxygenation!

- **Walk in nature** – Reconnect with the outdoors to recharge and reduce stress.
- **Practice yoga and stretching** – Keep your body flexible and stimulate energy circulation.
- **Try conscious breathing** (like coherent breathing) – Calm the mind and regulate the nervous system.



## Wellness rituals for renewed energy

- **Sunlight therapy** – 10-15 minutes a day to boost vitamin D.
- **Epsom salt baths** – Relax muscles and eliminate toxins.
- **Meditation & sound healing** – Balance emotions and find inner peace.

## A vibrant Spring with AISA Well-Being!

Have you tried **Holistic Fitness** with [Carl](#) or **yoga classes** with [Séverine](#)?

Spring is the perfect time to explore new activities—take charge of your well-being!

### 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

As Isabelle Lauding describes in "The Five Seasons of Energy": "Chinese tradition tells us that in Spring, the breaths of Heaven and Earth unite once again, merging and animating all forms of life with an ascending Yang energy." According to the Five Elements theory, Wood represents Spring, and the Liver-Gallbladder pair is associated with this season.

Imagine yourself as a young sprout emerging from the Earth, full of energy, drawn to warmth and light... But Spring energy—the Liver's energy—is also linked to anger and emotional instability.

## Spring organs: the liver & gallbladder

The Liver is a major organ, supported by the Gallbladder in its functions. It is the largest organ in the abdomen and one of the most vascularized.

Physiological roles of the liver:

- **Digestion:** Produces digestive enzymes, aids fat digestion, and produces bile.
- **Detoxification:** Filters the blood and eliminates toxins.
- **Protein synthesis & vitamin storage.**
- **Immune system support.**

The Gallbladder stores bile and releases it to assist with **fat digestion**.

In Traditional Chinese Medicine (TCM), the Liver is equally vital:

- **Regulates** the free flow of energy throughout the body.
- **Supports** the Spleen/Stomach system.
- **Governs** muscles and tendons.
- **Influences** vision health.
- **Balances** emotions and decision-making, acting as the seat of our emotions.

The Gallbladder, in TCM, ensures smooth energy circulation and brings **balance** and harmony.

The Liver also houses the Hun—our **ethereal soul**, governing **long-term planning**, while the Gallbladder governs **short-term decision**-making and **judgment**.

## Spring & its emotional influences

Since Spring and the Liver-Gallbladder system belong to the Wood element, they are associated with:

- **Negative emotions:** Anger, resentment, frustration, rage, violence.
- **Positive emotions:** Creativity, desire, imagination, patience.



## Tips for embracing spring's energy

- **Walk & stretch!**
  - Shake off winter's grip by moving and bringing flexibility into your routine.
  - Stretching embodies ascending energy and vertical growth.
- **Rotate your neck,** release your shoulders and arms, and engage your entire body in movement! Even your **eyes** need exercise—now is a great time to schedule some **vision therapy**.
- **Eat green & fresh!**
  - Enjoy green vegetables, salads, sprouts, fresh herbs, and ripe fruits to detoxify from a heavier winter diet.
  - Consume fermented dairy (or soy-based alternatives) and prioritize lean meats like poultry.



## THE WELL-BEING QUESTION

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Which often-overlooked plant is actually a powerful natural antihistamine?

a) Dandelion   b) Ivy   c) Nettle

*Find out the answer in our upcoming newsletter!*

*Answer to the February well-being question:*

*The best essential oil to prepare muscles before exercise is [Camphor Rosemary!](#)*



## WHAT'S NEW IN READING?

[Cathy](#) will be delighted to welcome you and provide guidance during the [open hours of our library!](#)

### **Eckhart Tolle : a master of mindfulness**

Eckhart Tolle is one of the most influential contemporary thinkers on spirituality and mindfulness.

His teachings guide us toward freeing ourselves from the mind's constant chatter, helping us embrace deep inner peace and truly live in the present moment.



Spring, the season of renewal, is the perfect time to integrate his wisdom! Just as nature awakens and transforms, we, too, can shed winter's heaviness and step into a cycle of clarity and lightness.

Two of his major works, available in our [media library](#) (French version only):

- **"L'Art du calme intérieur" : cultivating serenity amid change**



This book is an invitation to [slow down](#) and find an [inner space of peace](#), despite external turbulence.

Through inspiring reflections and guided meditations, Eckhart Tolle teaches us to [observe our emotions](#) without attachment and [embrace the present](#) with serenity.

Spring's rising energy can make emotions unstable—this book helps us stay grounded and cultivate inner peace, even in movement.

- **"Le Pouvoir du Moment Présent" : awakening to life, here and now.**



An essential read that explores the importance of fully [experiencing the present moment](#).

According to Eckhart Tolle, our mind and ego often prevent us from being truly connected to life.

By releasing repetitive thought patterns and unnecessary worries, we can [discover deep presence and joy](#).

Spring is the perfect time to shed winter's weight and [embrace life's spontaneity](#)—breathe in the fresh air, observe nature's awakening, and fully [immerse yourself](#) in the present moment.

These books are wonderful companions for embracing Spring with awareness, serenity, and presence.

Ready to welcome the season with a fresh perspective?

Visit our media library; [Cathy](#) will guide you!



**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**

