



April 2025



NEWSLETTER

AISA WELL-BEING



April : time to recharge and indulge!

Spring is gently settling in, the days are getting longer, and with them comes a renewed desire to take care of ourselves, slow down, and reconnect with what brings us joy and well-being.

It's also the month of Easter—a joyful, delicious time that's perfect for savoring sweet moments, whether alone or surrounded by loved ones.

In this April newsletter, we're offering you a gentle blend: ideas to care for your body and mind, activities to enjoy together, and of course... a chocolatey touch to nourish the heart too!

Take this month as an invitation to treat yourself—with mindfulness and without guilt.

Happy reading & take care !
AISA WELL-BEING Team

FOR YOU, IN THIS EDITION....



WHAT'S NEW? REMINDERS, NEWS & ELSE

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



FOCUS ON FASCIAS

A little-known yet essential organ...



THAI MASSAGE

Awaken your energy!



CACAO MEDICINE

Sacred cacao: so much more than just an Easter treat...



MY APRIL WELLNESS KIT

Soothe Easter indigestion naturally.



THE WELL-BEING QUESTION

Share your thoughts—keyboard ready!



WHAT'S NEW IN READING?

The secret of food combining to restore balance...



WHAT'S NEW? REMINDERS, NEWS & ELSE

- [Chakra workshops continue](#) – And good news... There are still spots available!
- Don't miss our [Yin Yoga workshop](#): an invitation to travel with this unique session [inspired by cultures from around the world](#)! Ready to come aboard?



May 15th
(6pm – 8pm)
Pavillon AISA 1 & 2

Session
"Throat Chakra"

June 5th
(6pm – 8pm)
Pavillon AISA 1 & 2

Session
"Third Eye Chakra"

June 19th
(6pm – 8pm)
Pavillon AISA 1 & 2

Session
"Crown Chakra"

June 21st
(10am – 12am)
Salle de gym AISA

Yin Yoga Session
"Embark on a Unique Journey"

To register for our workshops, visit [EXTRACLUB](#), 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](#)!





FASCIAS

Long overlooked by conventional medicine, fascias are now recognized as playing a **vital role in force transmission, body awareness in space (proprioception), pain regulation, inflammation, and immune response.**

Officially acknowledged as the body's 80th organ, fascias—or connective tissue—are also considered the **most “wired” organ in the human body.**

Forming an interconnected network from the top of the head to the tips of the toes, fascias wrap around, penetrate, and **link together every part of the body**—bones, organs, muscles, joints, blood vessels, nerves, ligaments, tendons, brain, and even cells.

The fascial system is **involved in all major vital functions** because it's connected to every system in the body—cardio-respiratory, digestive, nervous, and more.

A dynamic and essential system

Constantly adapting by stretching and reshaping themselves, fascias have multiple key properties:

- Support the skeleton and internal organs
- Absorb and distributes physical stress
- Maintain the body's flexibility and elasticity
- Keep the body alert and responsive through its tonicity
- Aid in muscular contraction while reducing muscular effort (especially during prolonged or repetitive activity)
- Produce regenerative proteins like collagen, elastin, and hyaluronic acid

Why support your fascial health?

Fascias are sensitive to stress, a sedentary lifestyle—or on the flip side, overly intense activity.

When under strain, fascias can become stiff, sticky, and dehydrated, leading to tension, rigidity, and pain.

Unlike muscles, fascias contain no motor nerves, which means we can't consciously contract or relax it.

The fascial system requires specific forms of movement and care to stay healthy.

Supporting the fascial system means enabling more efficient movement—[improved body awareness, coordination, precision, stability, strength, and energy efficiency](#)—along with a greater sense of fluidity and ease in your daily life.

It also [promotes detoxification, stimulates the immune system, and reduces inflammation](#).



Start spring in the best way: take care of your fascias!

Join us every Tuesday at 6:15 PM in the Lotus Room at B55 with our practitioner [Karine!](#)

(Activity available through the Well-Being MultiPass)



THAI MASSAGE

Spring is a season of awakening—nature comes alive, energy rises to the surface, and our bodies too feel the need to shake off winter's inertia. It's the perfect time to reconnect with yourself, reactivate your energy flow, and invite more fluidity into your daily rhythm.

Among the many practices that beautifully support this transition, Thai massage stands out for its depth and its ability to [harmonize body and mind](#).

Origins and principles of Thai Massage

Thai massage (or Nuad Bo Rarn) finds its roots in traditional Thai medicine, drawing influences from yoga, Ayurveda, and Chinese medicine. It is practiced [on the floor, on a futon](#), and is [received fully clothed](#). The practitioner uses their hands, elbows, knees, and sometimes even feet to apply pressure, perform stretches, and mobilize joints.

The fundamental principle lies in the [stimulation of energy lines](#) (called Sen) that run through the body.

By working on these lines, Thai massage aims to [release blockages, reactivate the flow of vital energy \(prana\)](#), and bring about a [global rebalancing of the body](#).

The benefits: a boost of vitality for body and mind

- [Revitalizes vital energy](#): Perfect for emerging from winter lethargy, Thai massage stimulates the entire energy system.
- [Releases muscular tensions](#): Through pressure and stretching, it helps relieve tight areas often caused by stress or a sedentary lifestyle.
- [Improves breathing](#): By opening the chest and stretching the spine, it encourages deeper, more conscious breathing.
- [Mental clarity and inner calm](#): Its deep relaxing effect helps quiet the mind and cultivate a sense of lightness.
- [Alignment with the body's natural rhythm](#): By rebalancing internal flows, Thai massage helps align with spring's rising energy.



A gentle invitation to be reborn...

Receiving a Thai massage at the beginning of spring is like offering your body an **energetic deep cleanse**.

It's **awakening flexibility, lightness, and vitality** within—everything you need to welcome the coming months with **greater awareness and serenity**.

So why not give yourself this time, just for you, to stretch like nature awakening—and reconnect with your inner momentum of renewal?

Try the experience and book your session via [EXTRACLUB](#) with **Martine, our practitioner!**

CACAO MEDECINE

As Easter approaches... Let's talk chocolate (and Sacred Cacao!)

As Easter approaches, chocolate joyfully fills store shelves and delights our taste buds.

But did you know that cacao, long before it became a sweet treat, was considered a [sacred medicinal plant](#)? Used for millennia by Mesoamerican peoples, cacao was a [remedy, a bridge between worlds, and a powerful heart ally](#).

Today, this tradition lives on through cacao medicine and cacao ceremonies, which are increasingly popular in [wellness and self-connection practices](#).



What is Cacao Medicine?

Here, the term medicine doesn't refer to Western medicine, but to ancestral wisdom—[healing through energy, presence, and awareness](#).

The cacao used in this context is pure, raw, unsweetened—far from industrial chocolate.

It's typically prepared as a thick, warm drink and consumed mindfully, often in a ritual or meditative setting.

Rich in theobromine, magnesium, antioxidants, and tryptophan, sacred cacao energizes the body while calming the mind.

It acts as a gentle activator: it [warms the heart, opens intuition, and supports meditative states](#).

The benefits of a cacao ceremony

A cacao ceremony is a space for [reconnecting with oneself](#), often accompanied by music, meditation, free movement, or shared intentions.

Here are some of the benefits:

- [Heart opening](#): Cacao encourages feelings of love, gratitude, and kindness toward oneself and others.
- [Emotional release](#): It helps release buried emotions and embrace the present moment without judgment.
- [Mental clarity and grounding](#): By slowing down mental chatter, it enhances focus and presence.
- [Spiritual connection](#): In a ritual setting, cacao can be a bridge to expanded states of consciousness.
- [Digestive and immune support](#): Thanks to its antioxidant and stimulating properties, it also nourishes the physical body.

What if this year, we celebrated Easter differently?

Easter symbolizes rebirth—light after shadow, life after stillness.

So what if, beyond chocolate eggs, we honored this transition with a moment of presence and gentleness through sacred cacao?

Whether in a guided ceremony or a personal ritual at home—a cup of raw cacao, a few candles, a journal nearby—this plant invites us to slow down, listen to our heart, and be touched by the magic of the moment.

Because yes, cacao can also be a path back to yourself... as delicious as it is profound.

PRACTICAL GUIDE: HOW TO ORGANIZE A SACRED CACAO CEREMONY

Objective

Create a space for reconnection, heart opening, and full presence through the wisdom of cacao.

Ingredients (1 person)

- 25 to 40g of pure raw cacao block (ideally from ethical farming)
- 150 to 200 ml of hot water (not boiling, approx. 70–80°C / 158–176°F)
- Optional: 1 tsp of maple syrup or raw honey
- Gentle spices (optional): cinnamon, mild chili, cardamom, vanilla, ginger...

Preparation

- Heat water without bringing it to a boil.
- Slowly melt the cacao in the hot water, stirring with a wooden spoon or whisk.
- Add spices and sweetener if desired.
- Mix until smooth, creamy, and enveloping.
- Serve in a sacred cup or bowl, with intention.



Preparing the Space

- Create a soft, sacred ambiance: rugs, cushions, candles, incense or sage, meditative music, symbolic objects (crystals, flowers, cards, etc.).
- Invite participants to dress comfortably, bring a journal, and set a personal intention before the ceremony.

Ceremony Flow



1. Opening the space (5–10 min)

- Light a candle / read a poem / welcoming words
- Present the spirit of cacao and its sacred role

2. Drinking the cacao mindfully (10–15 min)

- Silence, eyes closed
- Sip the cacao slowly while breathing deeply
- Visualize the cacao warming and opening the heart

3. Guided meditation or silence (10–15 min)

- Meditate on the set intention
- Or simply be present with whatever arises

4. Free movement or creative expression (15–20 min)

- Intuitive dance, soft singing, drawing, free writing...
- Follow the heart's impulses

5. Sharing or integration time (15–20 min)

- Participants may share their experience if they wish
- Quiet time to journal or rest in silence

6. Closing the space (5 min)

- Thank the plant, yourself, and others
- Blow out the candle, symbolic closing gesture

Important notes

- Cacao works gently, but can **open deep inner spaces**. Welcome whatever arises, without forcing.
- **Stay well hydrated** before and after the ceremony.
- **Avoid caffeine** on the same day and **eat lightly** beforehand.

MY APRIL WELLNESS KIT



Between chocolate, heavy meals, and Easter treats, our digestive systems can take a hit.

Bloating, heaviness, acidity, digestive fatigue... These seasonal discomforts can be eased effectively with natural remedies.

Here's how herbal medicine, aromatherapy, and gentle yoga can help you regain balance and comfort...

Herbal medicine: digestive-friendly plants

Some plants are true allies for the liver, stomach, and intestines. Most helpful after a rich meal:

♥ Rosemary

- Properties: liver-protective, digestive stimulant, anti-bloating
- Use: as a tea (1 tsp of dried leaves in hot water, 2–3 times a day)

🌼 Roman Chamomile

- Properties: antispasmodic, calming, ideal for abdominal pain
- Use: mild infusion after meals or before bed

🌿 Milk Thistle

- Properties: protects and regenerates liver cells, aids elimination
- Use: in capsule or liquid extract form, as a short post-excess cure

🌱 Fennel

- Properties: carminative (reduces gas), aids digestion
- Use: as an infusion or by chewing seeds after meals

Aromatherapy: essential oils for digestive relief

Three must-have digestive oils:

🌿 Peppermint

- Effects: cools, boosts digestion, relieves nausea and cramps
- Use: 1 drop in 1 tsp of carrier oil, massage clockwise on the abdomen

🍋 Lemon Zest

- Effects: liver tonic, supports detox
- Use: 1 drop in honey or warm tea after meals

🌿 Exotic Basil

- Effects: powerful antispasmodic, effective for digestive pain
- Use: local massage (always diluted) or diffusion to soothe mind-gut tension

⚠️ *See essential oil safety precautions at the end of the article*



Yoga: breathe and release to aid digestion

Yoga is a wonderful practice for relieving digestive issues, as it works on both the nervous system (relaxation) and digestive system (gentle stimulation). Here are a few simple postures to practice 1–2 hours after a meal:

Apanasana (Knees-to-Chest Pose)

- Bend your knees and gently bring them toward your chest.
- Wrap your arms around your legs, either by placing your hands on your knees or interlacing your fingers under the knees or over the shins.
- Relax your shoulders and neck while keeping your head on the floor. The back remains flat on the mat.
- Close your eyes and relax your face.
- Breathe deeply through your nose, feeling your belly rise on the inhale and fall on the exhale.

=> Helps stimulate elimination energy and support digestion; relaxes the lower back (relieves gas and reactivates peristalsis).



Supta twist (Reclining Spinal Twist)

- Lie on your back with your legs extended and arms alongside your body.
- Bend your right knee and gently bring it toward your chest.
- With your left hand, guide this bent knee across your body to the left, letting the right knee rest on (or near) the floor.
- Extend your right arm out to the side (either straight or in a cactus shape), palm facing up.
- Gently turn your head to the right, if your neck allows, for a full spinal twist.
- Close your eyes, relax your shoulders, and breathe deeply.

- Hold the pose for 5 to 10 deep breaths, then slowly return to the center before repeating on the other side (left knee to the right).

=> Stimulates the liver, kidneys, and digestive organs

=> Promotes toxin elimination

=> Relieves tension in the back and spine

=> Soothes the nervous system

=> Improves digestion and reduces bloating

Balasana (Child's Pose)

- Kneel on your mat with your big toes touching behind you.
- Slightly spread your knees (hip-width or wider, depending on comfort).
- Sit back on your heels, then fold your torso forward until your forehead touches the mat.
- Stretch your arms forward with palms down (active version), or slide them alongside your body with palms facing up (resting version).
- Close your eyes, release all upper-body tension, and breathe calmly.
- Stay in the pose as long as needed, for at least 5 to 10 deep breaths.

=> Calms the nervous system, ideal for stress or indigestion

=> Releases tension in the back, belly, and shoulders

=> Encourages deep abdominal breathing

=> Relieves bloating and digestive cramps

=> Calms the mind and brings a sense of safety

To go further, book your yoga session through [EXTRACLUB](#) with [Séverine](#), our instructor!

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.



THE WELL-BEING QUESTION...

What other name is also used to refer to connective tissues?

- a) Fascias b) Harvest mites c) Glial cells

Answer in the next newsletter...

Answer to March's newsletter question:

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

c) Nettle



WHAT'S NEW IN READING?

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

New Release: La Magie de la Digestion Dr Kahina Oussedik & Dr Karim Ferhi (French version)

Do you often suffer from stomach aches or feel bloated after meals?

Do you always get sleepy after lunch?

Are you struggling to lose weight despite strict diets?

What if these issues stemmed from a lack of understanding of your digestive system?

Dr. Kahina Oussedik, a food biochemist and nutritionist, and Dr. Karim Ferhi, a urologist surgeon, explore the complex chemical reactions of our inner factory and reveal how to ease the digestive troubles that disrupt our lives.



All food groups decoded to help you reconnect with natural, delicious eating; learn how to detox from sugar and discover menus and recipes to regain your figure... and your energy!

Tempted by our selection?

Don't wait—come visit the [Well-Being Media Library](#); [Cathy](#) will be happy to 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

