



May 2025



NEWSLETTER

AISA WELL-BEING



May, a breath of renewal!

The month of May is synonymous with blooming, awakening of the body, and lightening of the mind.

It is an ideal transitional period to reconnect with yourself, with nature, and with your inner vitality.

Days grow longer, temperatures rise gently, and with them comes the natural desire to move, to breathe, and to feel lighter.

In this newsletter, we offer you a holistic and gentle approach to embrace the spring energy and prepare your body and vitality to welcome summer with ease.

On the agenda: simple movements to gently sculpt your body, natural allies through herbal remedies, and nutritional advice to support your well-being.

Enjoy the read and take good care of yourself!

The 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!



HYPOPRESSIVE METHOD & BODY DEEP BALANCE

Our instructor Karine introduces you to her practice.



INDIAN MASSAGE

An ancestral ritual to welcome the renewal of May...



SUMMER BODY: GENTLE & MINDFUL PREPARATION

No need for intense workouts to tone your body — consistency and gentleness are the keys to lasting well-being...



MY MAY WELLNESS KIT

Natural detox, mineral vitality, and nourishing infused waters — sound tempting?



THE WELL-BEING QUESTION

Share your thoughts — keyboard ready!



WHAT'S NEW IN READING?

What if we learned how to be happy? That's exactly what the women's magazine Happeez invites us to explore...



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?
- [Sophrology](#): just a little more patience – you'll soon be able to sign up for [Chrystelle's workshop](#), scheduled for [June 14th](#)!



May 15th (6pm – 8pm) Pavillon AISA 1 & 2 Session "Throat Chakra"	June 5th (6pm – 8pm) Pavillon AISA 1 & 2 Session "Third Eye Chakra"	June 14th (6pm – 8pm) Pavillon AISA 1 & 2 Session "Sophrology"	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](#)!



HYPOPRESSIVE METHOD & BODY DEEP BALANCE



Karine DARRE: sports educator

"I lead sessions at AISA Well-Being, focusing on the [Hypopressive Method](#), with or without breath retention.

This specific bodywork targets [deep muscle strengthening](#), [improves posture](#), [breathing](#), and [overall well-being](#).

I also offer [Body Deep Balance](#) classes at AISA Well-Being, a practice focused on the body's deep balance.

This method aims to create a [harmonious connection between movement, breathing, stretching, and the strengthening of deep muscle chains](#)."

1. What is the Hypopressive Method?

The hypopressive method is based on [precise postures](#) and [specific breathing work](#), including breath holds after exhalation, with the goal of [creating abdominal vacuum](#) (a reduction in intra-abdominal pressure).

This method, developed by [Dr. Marcel Caufriez](#) and enhanced by the work of [Bernadette de Gasquet](#), is used both in [rehabilitation](#) and in [preventive care](#) and [physical conditioning](#).

It primarily targets:

- The deep core muscles (transverse abdominis, pelvic floor, multifidus),
- The abdominal wall,
- The diaphragm,
- And the postural muscle chains.



What does a session look like?

Each class follows a progression adapted to the participants' level:

- [Body warm-up](#): gentle movements to prepare the muscles and breathing.
- [Learning hypopressive postures](#): performed standing, kneeling, sitting, or lying down, with specific instructions for self-elongation, alignment, and activation of deep muscles.
- [Breathing work and breath holds](#): gradual guidance toward post-exhalation apnea, with intentional activation of the body's core.

Each movement is performed with [full awareness](#), at a [slow and controlled pace](#), promoting [concentration](#), [muscular efficiency](#), and [mental relaxation](#).

What are the benefits of the hypopressive method?

This method offers visible and lasting results, with a wide range of benefits:

- Deep core strengthening without pressure,
- Improved posture and relief of back pain,
- Reduced waist circumference (flat belly effect),
- Prevention and improvement of urinary incontinence,
- Pelvic floor protection and prevention of organ prolapse,
- Reduced stress and better emotional management through breathwork,
- Increased flexibility and mobility,
- Improved respiratory capacity and diaphragm function,
- Enhanced athletic performance, thanks to better core engagement and more stable posture.



The hypopressive method is a [comprehensive and effective approach](#), centered on [deep strengthening, posture, and breathing](#). It provides numerous health and well-being benefits.

However, it is not suitable for everyone.

There are some contraindications, particularly for individuals with heart conditions, unstable high blood pressure, or for pregnant women.

In these cases, the session is adapted:

We work without breath retention, using gentler postures and emphasizing conscious breathing and self-elongation, always ensuring safety and comfort for each participant.

The goal remains the same:

To help each person better [understand their body, strengthen their center, relax, and restore a balanced posture](#) — always with respect for their individual capacities.

Book your session on [EXTRACLUB](#) and join [Karine](#) every [Tuesday from 12:00 to 12:55](#) and [Thursday from 07:45am to 8:45am](#).



2. What is Body Deep Balance?

Body Deep Balance is a [global bodywork](#) method based on [four fundamental pillars](#):

- Range of motion,
- Muscular and joint flexibility,
- Deep strength, toning, and balance,
- Concentration and controlled breathing.

The aim is to trigger intelligent and functional activation of deep muscles through movement – particularly the core and postural muscles. The goal is to build a sustainable inner balance, both physical and mental.

What does a class look like?

Each Body Deep Balance session is built around [fluid, progressive sequences](#), with special attention paid to the quality of movement and breathing.

- [Body awakening and postural awareness](#): connecting to your axis, grounding, and natural breathing.
- [Movement and active stretching](#): every posture is designed to create positive tension – a deep stretch that naturally engages stabilizing muscles.
- [Controlled breathing](#): guided breathing helps release tension, enhance the movement, and activate deep muscles without compression.
- [Centering and relaxation phase](#): a moment of calm to anchor sensations and rebalance the nervous system.

Benefits of Body Deep Balance

This method offers many positive effects, accessible to everyone:

- Improved posture and body alignment,
- Deep muscle strengthening without impact,
- Release of muscle tension and relief from pain (back, hips, shoulders...),
- Enhanced body awareness and coordination,
- Increased flexibility of muscular chains,
- More functional, fluid breathing,
- Reduced stress and improved mental focus,
- A lasting sense of well-being and stability.



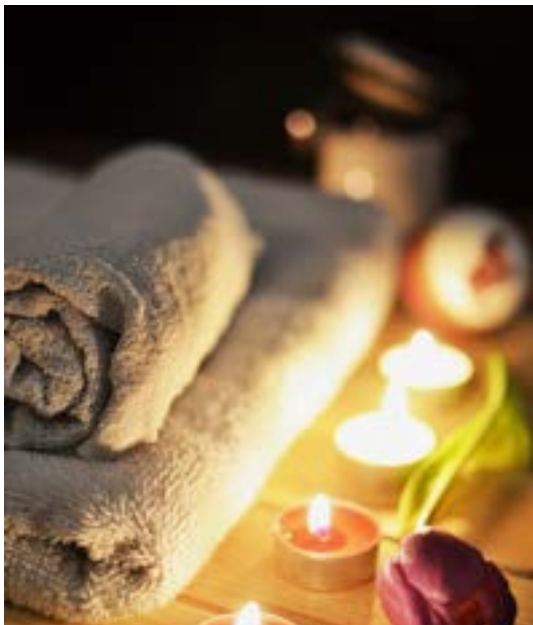
Body Deep Balance is a complete and accessible method that allows everyone to [restore their balance, optimize strength, flexibility, and breathing](#). It works deeply and can be adapted to all levels.

However, like any physical practice, it requires mindful listening to your body.

Sessions are [adapted to each participant's abilities](#), any pain, or physical limitations, to ensure comfort, safety, and effectiveness.

The goal is to help everyone [reconnect with their body, improve motor function, and move toward a more global, lasting, and mindful sense of well-being](#).

Book your session on [EXTRACLUB](#) and [join Karine](#) every [Wednesday from 6:15pm. to 7:05pm](#)



INDIAN MASSAGE

The month of May, with its lengthening days and nature in full bloom, is the perfect time to realign body and mind.

In this spirit of renewal, [Indian massage](#) — or [Abhyanga](#) — stands out as a valuable practice to [awaken vital energy](#), [release built-up tension](#), and gently prepare the body for the openness of summer.

What is Abhyanga massage?

Rooted in the Ayurvedic tradition, Abhyanga is a [full-body treatment](#) that may be performed [with or without warm medicinal oils](#), often infused with plants tailored to the individual's needs (known as doshas in Ayurveda).

It is practiced using [fluid, enveloping, and rhythmic movements](#) that aim both to [relax](#) and to [revitalize](#).

Why is Indian massage ideal in May?

Late spring is a transitional time when the body still needs support to eliminate winter toxins and to rebalance its internal energies. Indian massage works on several levels:

Gentle detox: The massage's specific movements, combined with the draining properties of certain oils (such as sesame or neem), stimulate lymphatic circulation, support the detox organs, and promote a gentle purification of the body.

Tension relief: After winter, many tensions remain in the back, shoulders, and abdomen. Abhyanga deeply relaxes muscle tissues and releases emotional knots, allowing for true inner liberation.

Energetic rebalancing: In May, we fluctuate between rising energy and lingering fatigue. Indian massage helps harmonize the body's energy centers (chakras), stabilizes imbalances (especially the mental restlessness of Vata dosha), and reactivates prana, the vital life force.



Preparing the body for summer:

Thanks to its toning effect, Abhyanga massage stimulates circulation, firms the tissues, and gently prepares the body for more sustained physical activity.

It's a natural ally in achieving your "summer body" — without intense effort.

To include in your wellness routine

- **Recommended frequency:** 1 to 2 times per month in spring
- **Self-massage:** Each morning, gently rub a few drops of warm sesame oil into the skin before your shower
- **Ideal after:** A yoga session, a walk in nature, or a warm herbal bath

Give your body the care it deserves

Indian massage is not just a moment of relaxation — it's a sacred ritual of **reconnection to yourself, to the Earth, and to the natural rhythm** of the seasons.

This May, let yourself be guided by this ancient wisdom and step into summer with **lightness, vitality, and serenity**.

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

SUMMER BODY: GENTLE & MINDFUL PREPARATION

The month of May is perfect for gently awakening the body, toning deep muscles, and regaining flexibility.

Here is a selection of simple, accessible exercises for everyone, along with illustrations to guide you.



Essential (and gentle) physical exercises

1. Knee plank (beginner Level)

- **Position:** Start on all fours, then move your hands forward and lower onto your forearms. Keep your knees aligned with your hips.
- **Execution:** Engage your core and hold the position for 20 to 30 seconds.
- **Benefits:** Gently strengthens the abdominal muscles.

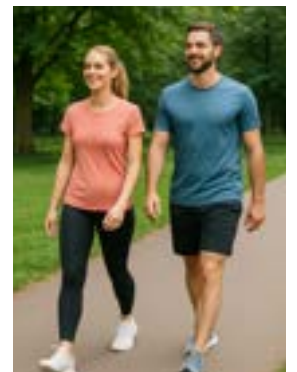


2. Bodyweight squats

- **Position:** Stand with your feet shoulder-width apart.
- **Execution:** Bend your knees as if sitting down, then return to the starting position. Repeat 10 times.
- **Benefits:** Tones the legs and glutes.

3. Brisk walking

- **Execution:** Walk at a steady, energetic pace for 30 minutes.
- **Benefits:** Improves cardiovascular endurance and supports weight loss.



Want to go further?

Contact [Carl](#) for a [Holistic Fitness](#) session!

Targeted yoga postures

1. Warrior II pose (Virabhadrasana II)

- **Starting position:**

- Stand with your legs wide apart, about the length of one leg.
- Turn your right foot 90° outward, and your left foot slightly inward (about 45°).
- Make sure your heels are aligned on the same line.
- Bend your right knee until it forms a 90° angle, with the knee directly above the ankle.
- Extend your arms horizontally, palms facing down, aligning your shoulders with your hips.
- Gaze over your right hand.

- **Execution :**

- Once in position, hold still for 5 to 8 deep breaths, inhaling through the nose and exhaling through the mouth (or through the nose in traditional yoga practice).
- With each inhale, feel your spine lengthen.
- With each exhale, ground your feet into the floor and engage your legs.
- Keep the arms strong and active, without tension in the shoulders.
- Maintain your gaze (drishti) on a fixed point beyond the front hand.



- **Switching sides:**

- To come out of the pose, inhale and straighten the front leg as you lower the arms.
- Turn both feet to face forward.
- Exhale, then repeat the sequence on the left side.

- **Benefits:**

- Strengthens the legs (thighs, calves, ankles).
- Opens the hips and chest, improving flexibility and posture.
- Enhances mental endurance, concentration, and emotional stability.

- **Tip :**

For beginners, it may be helpful to practice near a wall for proper alignment or to slightly reduce the bend in the front knee for more comfort.

2. Boat Pose – Navasana

- **Starting position :**

- Sit on the floor or on a yoga mat with your legs extended in front of you.
- Place your hands under your knees to keep your back straight and find your balance.



- **Execution :**

- Bend your knees, then slowly lift your feet off the floor so that your shins are parallel to the ground (intermediate pose). Keep your back straight, chest open, and gaze forward.
- Once comfortable, extend your legs to form a "V" shape with your body. The legs may remain slightly bent if needed.

- Extend your arms forward, palms facing each other, at shoulder height, without holding onto your legs.
- Engage your deep abdominal muscles, lengthen your spine, and avoid collapsing your lower back.

- **Breathing :**

- Hold the posture for 5 deep breaths:
- Inhale through the nose, lengthening the spine.
- Exhale, engaging your core and relaxing tension in the shoulders and face.

- **Releasing the pose :**

- On an exhale, bend your knees and gently place your feet back on the floor.
- Inhale and lift the spine to return to a seated position.

- **Benefits :**

- Tones the deep abdominal muscles, including the transverse and hip flexors.
- Improves balance and posture by strengthening the lower back.
- Builds willpower and concentration through mental stability.

- **Tips to modify the pose:**

If you're a beginner or lack core strength, keep the knees bent and hold the backs of your thighs.

You can also rest your toes lightly on the ground to reduce the intensity.

3. Bridge Pose – Setu Bandhasana

- **Starting position :**

- Lie on your back on a mat.
- Bend your knees and place your feet flat on the floor, hip-width apart.
- Arms are by your sides, palms facing down. Ideally, your heels should be about 20 cm (8 inches) from your glutes, within reach of your fingertips.
- Relax your shoulders and facial muscles.

- **Execution:**

- Take a deep breath in, and as you exhale, press into your feet to slowly lift your hips off the floor.
- Engage your glutes and thighs to support the lift. The goal is to create a diagonal line from the knees to the hips to the upper chest.
- Keep the knees aligned with the hips—don't let them move inward or outward.
- Distribute your weight between your shoulders, arms, and feet (avoid placing pressure on the neck).
- If comfortable, you can clasp your hands under your back and gently roll your shoulders toward each other to further open the chest.



- **Breathing :**

- Hold the posture for 5 to 8 deep breaths:
- Inhale, feeling the expansion of your belly and chest.
- Exhale, engage your glutes and feel your shoulders rooting into the ground.

- **Tip :** Imagine your knees reaching forward rather than upward – this protects the lower back and elongates the posture.

- **Releasing the pose :**

- On a slow exhale, gently lower your spine to the floor vertebra by vertebra, starting from the upper back down to the sacrum.
- Bring your knees to your chest if needed to relax the lower back.

- **Benefits :**

- Strengthens the glutes, thighs, and lower back.
- Stretches the spine, belly, hips, and neck.
- Opens the chest and encourages deeper breathing.
- Calms the nervous system and eases anxiety or mental fatigue.

Want to go further?

Book your session via [EXTRACLUB](#) with **Séverine**, our practitioner!



MY MAY WELLNESS KIT

May is a month of deep renewal: nature is lush, energy is rising, and our bodies are asking—more than ever—to clear space.

It's the perfect time to embrace simple, natural habits that support detoxification, vitality, and lightness.

Here is our May wellness kit, designed to gently and effectively guide you through this seasonal transition.

1. Herbal Medicine: Gentle Detox Time

Dandelion (*Taraxacum officinale*)

- **Parts used:** leaves and roots
- **Properties:** liver detoxifier, natural diuretic, digestive stimulant. Dandelion is also a rich:
 - Source of Vitamin C (supports immune system, collagen formation, energy, nervous system, iron absorption, and reduces fatigue)
 - Source of Iron (supports cognitive function, red blood cell production, immune system, energy, and reduces fatigue)
 - Source of Vitamin B1 (supports heart function, energy, and the nervous system)
 - Source of Vitamin B6 (supports energy, nervous system, protein synthesis, red blood cell formation, and reduces fatigue)
 - Source of Potassium (supports the nervous system, muscle function, and blood pressure regulation)
- **How to use:**
 - As an infusion: 1 tsp of dried leaves in 200 ml of hot water, 2 times a day
 - As a tincture: 15 to 25 drops in a little water before meals, for 3 weeks
- **Why in May?** It's ideal for cleansing the liver after winter and kickstarting elimination functions.
- **Bonus tip:** Dandelion is often mistaken for a weed — yet it's a true nutrient powerhouse that can even be eaten in salads!

Birch (*Betula alba*)

- **Parts used:** leaves, sap
- **Properties:** kidney cleanser, remineralizer, mild anti-inflammatory
- **How to use:**
 - As an herbal tea: 1 tbsp of dried leaves per cup, 2 cups per day
 - As a fresh sap cure: 10 to 20 cl each morning on an empty stomach for 3 weeks
- **Why in May?** It complements dandelion by acting on the kidneys, supports water elimination, and remineralizes the body.

2. Essential Minerals for Vitality and Balance

In spring, our need for micronutrients increases to support energy, mood, and metabolism.



Magnésium

- **Role:** reduces stress, relaxes muscles, supports the nervous system and digestion
- **Natural sources:** cocoa, almonds, spinach, bananas, legumes
- **Supplement form:** choose marine magnesium or bisglycinate (better absorbed)
- **Tip:** ideal during fatigue, stress, or when resuming physical activity

Zinc

- **Role:** boosts immunity, balances the skin, and regulates metabolism
- **Natural sources:** seafood, eggs, pumpkin seeds, lentils
- **Supplement form:** useful for acne, frequent infections, or low energy

Chromium

- **Role:** regulates blood sugar, curbs sugar cravings, helps stabilize weight
- **Natural sources:** brewer's yeast, broccoli, mushrooms, nuts
- **Supplement form:** often included in spring detox or weight-loss programs, especially when sugar cravings are frequent

3. Detox Waters: Freshness, Drainage & Vitality

Easy to prepare and beautiful to serve, detox waters are a refreshing daily ritual that stimulates hydration, drainage, and digestion.



Here are three simple and effective recipes to try this May:

Cucumber – Lemon – Mint Water

- **Ingredients :**
 - 1/2 cucumber, sliced
 - 1/2 lemon, sliced
 - A few fresh mint leaves
 - 1 liter of water
- **Benefits :** deeply hydrates, helps eliminate toxins, refreshes the body
- **Tip :** let it infuse in the fridge for at least 1 hour before drinking

Strawberry – Basil – Ginger Water

- **Ingredients :**
 - 4–5 strawberries, sliced
 - 2 basil leaves
 - 2 thin slices of fresh ginger
 - 1 liter of water
- **Benefits :** antioxidant, digestive tonic, anti-bloating
- **Perfect for :** May afternoons when you want something fresh without caffeine.

Pineapple – Lime – Rosemary Water

- **Ingredients :**
 - 3 to 4 chunks of fresh pineapple
 - 1/2 lime, sliced
 - 1 small sprig of fresh rosemary
 - 1 liter of water
- **Benefits :**
 - Supports digestion thanks to bromelain in pineapple
 - Tones the liver and supports elimination
 - Adds a subtly woody and energizing flavor
- **Tip :** let it infuse in the fridge for 2 to 4 hours so the rosemary can fully release its aroma



THE WELL-BEING QUESTION...

Which mineral can help reduce sugar cravings?

a) Magnesium b) Copper c) Chromium

Answer in the next newsletter...

Answer to the March newsletter quiz:

What is another name for the connective tissue network?

c) Fascia



WHAT'S NEW IN READING?

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

Spotlight on: The women's magazine "*Happinez*"

Open the doors to happiness — borrow an issue of *Happinez* today!

Sometimes you feel overwhelmed by life, by everything happening around you. And in those moments when everything seems dark, you never say no to a little boost of positive energy...

That boost is the women's magazine *Happinez*: a self-proclaimed mindstyle journal designed to guide its readers toward more happiness, serenity, and joy.

Each issue features uplifting photos, lifestyle advice, quotes and poems, columns, thoughtful articles, and much more... because happiness can be learned!



Tempted by our selection?

Don't wait — visit the [Well-Being 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

