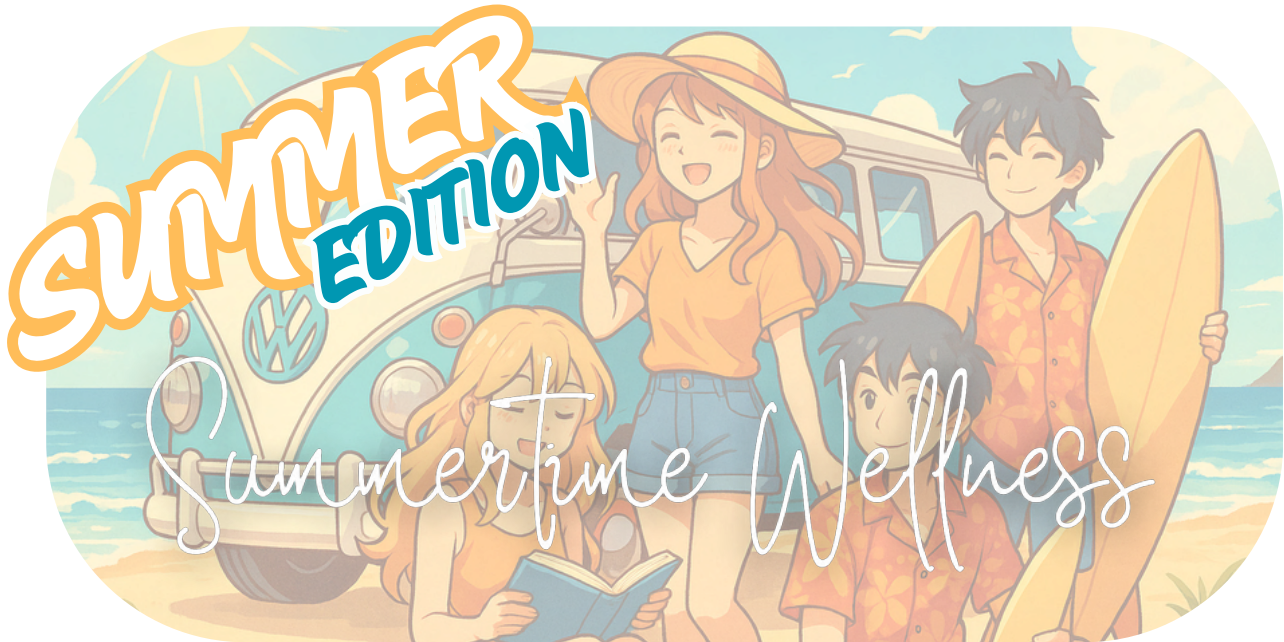




NEWSLETTER

AISA WELL-BEING



Summer break... but no break from well-being!

Dear members, friends, and well-being enthusiasts — thank you for being with us once again this year!

As every summer, AISA WELL-BEING is taking a well-deserved break. Our activities will resume in September, filled with fresh energy, revitalizing practices, and plenty of opportunities to care for yourself.

But don't let this pause take you away from your inner path, your breath, or your physical and emotional needs!

Summer is the perfect season to nurture gentleness, vitality, and simple joy.

So here are a few tips and resources to help you keep shining... even without your usual group yoga mat!

Wishing you a beautiful summer, one and all!

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!



JOIN THE AISA WELL-BEING TRIP!

We don't just do yoga in leggings while sipping matcha tea...
...but okay, maybe a little bit!



MOVE GENTLY: SUMMER EXERCISES FOR BODY AND MIND

No need for an air-conditioned studio to care for your physical well-being...



NATURE'S TREASURES: SUMMER HERBAL & AROMATHERAPY ESSENTIALS

A few "must-have" to tuck into your summer wellness kit...



TRADITIONAL CHINESE MEDICINE: SUMMER, THE SEASON OF THE HEART AND FIRE

In Chinese energetic tradition, summer is the season of Fire, associated with the Heart (organ) and the Small Intestine (viscera).



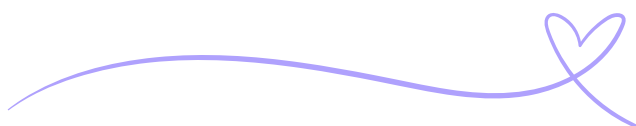
THE WELL-BEING QUESTION

Answer to May's well-being question

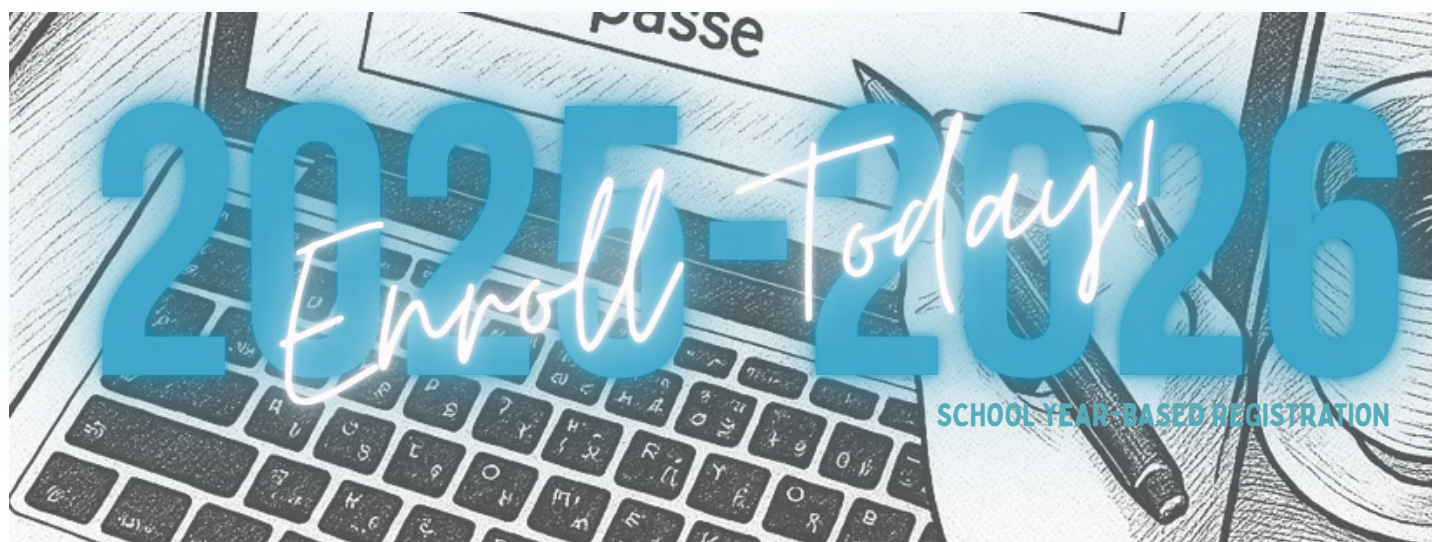


WHAT'S NEW ON THE BOOKSHELF?

Let's cultivate our joy!



WHAT'S NEW? REMINDERS, NEWS & ELSE



For Eligible Members ("OD" or "AD"):

- To join, the [AISA](#) membership fee is [€5/person/year](#). *(If you wish to take part in multiple activities within AISA, this entry fee is only paid once.)*
- You will then need to add the [AISA Well-Being](#) membership fee: [€20/person/year](#).

This €20 fee gives you access to the following services:

- Individual bookings (massages), with payment required at the time of booking (€20 for 30 minutes / €40 for 1 hour).
- Holistic Fitness sessions (included, no extra cost).
- Access to the media library (a €10 deposit by check will be requested).
- To access [group classes](#), you'll then choose the [MultiPass package](#), which costs [€105/person/year](#). The MultiPass allows you to join any of the following activities freely (up to 11 hours/week), according to your preferences, at no extra cost:
 - Sophrology (2h)
 - Hypopressive Postural Method (2h)
 - Yin Yoga (1h)
 - Nidra Yoga (1h)
 - Hatha Yoga (2h)
 - Body Deep Balance (1h)
 - Sound Relaxation (or Sound Journey) (2h)

You're welcome to try a class before deciding, especially if you're interested in one activity in particular.

To do so, please contact the person in charge of the activity you're interested in. Once your trial is approved, make sure to arrive early to the session so the instructor can give you a few explanations. Also, remember to bring a towel or a sarong to place over the mat.

In total, that's [€130/person/year](#) to access the [full range of Well-Being activities](#) (excluding massage fees).

For External Participants (Non-OD and Non-AD):

- A [specific request](#) must be made to the [president of the section](#) (via a form available at the AISA front desk). This document will then be forwarded to the president of AISA for approval.
- To join, the [AISA](#) membership fee is [€15/person/year](#). (If you wish to participate in multiple activities within AISA, this fee is only paid once.)
- You must then add the [AISA Well-Being](#) membership fee: [€80/person/year](#).
- To access the [MultiPass](#), an additional fee of [€105/person/year](#) is required.
- **Total: €200/person/year** to access the [full range of Well-Being activities](#) (excluding massage fees).

Required documents for your first registration at the AISA front desk:

- Our Terms & Conditions, including image rights consent – to be completed, dated, and signed: [Terms & Conditions](#)
- [Medical certificates – AISA](#), depending on the intensity of the activities chosen.

Required documents for renewal via **EXTRACLUB** *(recommended to avoid waiting at the AISA front desk and to streamline your registration):*

[Medical certificates – AISA](#) , depending on the intensity of the activities chosen.

Activity Schedule

- Available on our website [HERE](#).

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



JOIN THE AISA WELL-BEING TRIP!



**WE DON'T JUST DO YOGA IN
LEGGINGS WHILE SIPPING MATCHA
TEA...
...BUT OKAY, MAYBE A LITTLE BIT!**

Dreaming of [joining a team](#) that's as [zen](#) as it is [dynamic](#)?

**Do you love well-being, good vibes, and meetings that start with a Tibetan gong?
Then keep reading...**

[AISA WELL-BEING](#) – the association that nurtures body, heart, and mind – is [looking for volunteers](#) to strengthen its amazing team!

Who are we?

A cheerful crew of passionate folks into yoga, sound healing, sophrology, and all kinds of massages (Thai, Indian, Amma, Shiatsu, reflexology... you name it, we've got it!).

We love calm, active listening, kindness... and also laughing fits and brainstorming sessions with incense burning in the background.

Who are we looking for?

1. A Massage Activities Coordinator

Whether you know the difference between shiatsu and Amma massage, or just really want to learn – perfect!

Mission: coordinate massage sessions, manage practitioners' schedules, communicate with clients.

You don't need magical hands, but if you bring good cookies to meetings, we already love you.)

2. A Newsletter Writer

If you love writing with sparkle, creativity, and a touch of well-measured kindness, this one's for you.

Mission: write and send out the association's monthly newsletter, share the good vibes, and spotlight our wonderful values. *(Spoiler alert: the semicolon is your friend.)*

3. Just Good Vibes; really!

You're not a manager or a writer... but you want to help, bring your energy, or simply be part of a kind and caring collective? Come as you are *(yes, even if you can't sit in lotus pose without falling over)*.

Mission: be present, support, share ideas, pitch in... in short, be a Well-Being ally with a capital W! Even a one-time helping hand, a smile, or support at an event can make all the difference.

Important : These are volunteer-based positions

But in return, we offer you:

- A close-knit team that genuinely looks out for one another
- Laughter-filled meetings
- Unlimited energetic support and encouragement
- Access to well-being sessions at sweet, discounted rates
- And above all... a unique and heartwarming human adventure!

Interested? Curious? Motivated?

Write to us at aisa.wb@airbus.com and tell us why you'd love to join our beautiful tribe!



MOVE GENTLY

MIND SUMMER EXERCISES FOR BODY AND



**NO NEED FOR AN AIR-
CONDITIONED STUDIO TO CARE
FOR YOUR PHYSICAL WELL-BEING.**

**HERE ARE 3 MINI-PRACTICES YOU
CAN DO AT HOME, IN THE PARK,
OR BY THE SEA.**

1. Morning Stretch (5 minutes to start your day right)

- Stand tall, feet grounded. Inhale deeply as you raise your arms toward the sky.
- Stretch as if trying to touch the clouds, lengthening your spine.
- Exhale slowly as you release your arms back down.
- Repeat 3 to 5 times, then follow with a few gentle shoulder rolls and a side bend to the right and left.

2. Child's Pose (Balasana)

- Kneel down, sit back on your heels, forehead resting on the floor, arms stretched out in front of you or alongside your body.
- Breathe calmly. Feel your back open and your thoughts slow down.
- Stay here for 1 to 3 minutes, enjoying the stillness.

3. Cooling Breath (Sitali Pranayama)

- Sit comfortably.
- Roll your tongue (or form an "O" with your lips if you can't roll it) and inhale slowly through your mouth.
- Close your mouth and exhale through your nose.
- Repeat for 2 to 3 minutes — a natural form of air conditioning that soothes both body and mind.

NATURE'S TREASURES

SUMMER HERBAL & AROMATHERAPY ESSENTIALS

**NATURE IS FULL OF WAYS TO
SOOTHE, PROTECT, AND HEAL.**

**HERE ARE A FEW SUMMER
ESSENTIALS TO TUCK INTO YOUR
WELLNESS TRAVEL KIT.**



Herbal oil infusions: how to use them?

- **St. John's Wort** : Soothing for sunburn and minor burns. Apply a few drops in the evening on clean skin.
Photosensitizing — avoid sun exposure after application.
- **Calendula (Marigold flowers)**: Excellent for calming irritated skin, insect bites, and small cuts. Gently massage into the skin several times a day.
- **Carrot**: Tones the skin and promotes a healthy, golden glow. Use daily after your shower as a skin treatment.

Essential oils* (always diluted in a carrier oil!)

- **Java Citronella**: A natural mosquito repellent. Dilute 2 drops in 10 drops of vegetable oil and apply to exposed areas (avoid the face).
- **Spike Lavender**: Soothes bites, burns, and sunburn. Apply locally, well diluted (ideal in calendula oil!).
- **Peppermint**: Refreshing and invigorating, it helps relieve headaches and heavy legs. Apply a drop (diluted!) to your temples or calves.
- **Tea Tree**: Purifying and cleansing — great for blemishes caused by heat or sweat. Perfect in a homemade toner!

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

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

SUMMER, THE SEASON OF THE HEART AND FIRE



**CHINESE TRADITION TELLS US
THAT IN SUMMER, HEAVEN AND
EARTH FORM A PERFECTLY
UNITED COUPLE.**

(ISABELLE LAADING: "THE 5 SEASONS OF ENERGY")

**ACCORDING TO THE FIVE
ELEMENTS THEORY, THE FIRE
ELEMENT REPRESENTS THE
QUALITIES OF THE SUMMER
SEASON. IT IS ASSOCIATED WITH
THE ORGAN PAIR HEART / SMALL
INTESTINE.**

Summer is the [season of joy](#) in Chinese medicine — a time when humans are most active, when outdoor activities abound, when the days are longest and the temperatures highest.

Fire is the hottest of the five elements and also the least dense; it is linked to [spirituality](#).

Its movement is upward, and its [energy is yang](#), the opposite of winter's yin. Fire corresponds to the [South, midday, maturity, growth, and fulfillment](#).

The emotion associated with the Heart is [joy](#).

[Balanced joy](#) releases Heart Qi, promotes healthy blood circulation, calms the mind, and supports inner peace.

[But beware: excessive joy](#) can overly disperse Heart Qi and disturb the Shen (spirit), leading to symptoms like palpitations, emotional extremes such as euphoria followed by depression, and alternating fits of laughter and tears. On the other hand, too little joy resembles sadness, resulting in fatigue, a weak voice, tearfulness, and even a loss of desire to live.

[Red](#) is the color of Summer, of the Fire element, and of the Heart.

It symbolizes [strength and vitality](#).

Summer's energy encourages [movement and circulation](#).

It's the perfect time to seize the moment, embrace new activities, bring projects to life, and fully [express our joy of living!](#)

If your heart's not in it, then **do something light and uplifting** – watch a funny movie or comedy show, visit an exhibition, take long walks, garden, tinker, **move your body!** Keep yourself busy, brighten up your home and your inner world with beautiful colors and flowers. Let go of your routines – **express yourself!**

Laughter, speech, and the tongue are all associated with the Fire element. The tongue is called “the bud of the Heart”; it’s a vital tool for verbal expression and is considered “**the support of the mind**”, and thus of the **Shen of the Heart**.

“The heart of a fool is in his mouth, but the mouth of the wise is in his heart.” – Benjamin Franklin

Summer is also the perfect season to **cultivate adaptability** – in both our actions and our thinking.

It’s a **time to break free** from old habits and fixed patterns.

Many circulatory issues lessen or disappear when we allow ourselves to be more flexible.

Let go **of the need for control**. Stop believing everything must go exactly as planned.

Don’t let instability throw you off course or push you toward anger.

Life is constant change!

The key words for this season: **Vitality & Adaptability!**

This summer, let your inner fire shine!



Summer Organs: The Heart / Small Intestine Pair

The Fire organs are the **Heart (Yin)** and **Small Intestine (Yang)**.

The **Heart**, often referred to as “**The Emperor**”, plays this role on both a physiological and psychological level.

As the “**Master of Blood**”, it governs the circulatory system – veins, arteries, and blood flow – aided by its “ambassador”, the Pericardium (Heart Protector), which shields it.

The Heart is also the **dwelling place of the Shen**, often called the “**Vital Spirit**”. **Shen is the spiritual energy that manifests as consciousness, intelligence, and our ability to discern.**

Shen also integrates all the physical and emotional data coming from the other organs.

The **Small Intestine (SI)**, the yang organ paired with the Heart, has the role of **separating the pure from the impure**.

After the first stage of digestion in the stomach, the Small Intestine extracts the essential nutrients from the food and passes them on to the Spleen.

The impure waste is sent to the Large Intestine to be eliminated.

The **Heart/Small Intestine relationship** is most significant on a **psychological level**.

The **Heart**, as the seat of intelligence, **supports the mental clarity** needed for the Small Intestine's discerning function.

Thanks to this clarity, the Small Intestine is able to **judge and discern** what is beneficial from what is not.

The courage to make a decision must first pass through the filter of discernment...

A few (non-exhaustive) tips to help Summer share its full richness with you:



- **Eat fresh vegetables**, mushrooms, tomatoes, salads and sprouts, tofu, and fruit.
- **Balance raw and cooked foods** by favoring cooking methods that preserve the vitality of ingredients – such as quick stir-frying or steaming.

- **Limit cold cuts**, red meat, dairy products, alcoholic beverages, and foods that are too fatty, too spicy, or too sweet.
- **Avoid cold drinks**; opt instead for fruit infusions or homemade lemonades. The idea is to reduce the temperature difference between your body and the external environment – you'll feel the heat less intensely.
- **Don't overdo ice cream and sorbets**, as they can cause a cold attack in the abdomen, leading to digestive issues such as diarrhea. (Remember: digestion happens at 38°C/100°F!)
- **Summer is the season of leisure and pleasure**, of open-air living and discovery.
- **Make the most of nature, the sun, and use your energy freely** – while adapting your activities to the outdoor temperature.
- **Nurture your joy and your optimism!**



THE WELL-BEING QUESTION...

Answer to May question:

Which mineral can help curb your sugar cravings?

~~a) Magnesium~~ ~~b) Copper~~ **c) Chromium**



WHAT'S NEW ON THE BOOKSHELF?

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

Staying on theme, let's discover in this special edition a book by **Frédéric Lenoir: "LA PUISSANCE DE LA JOIE"** (French edition)

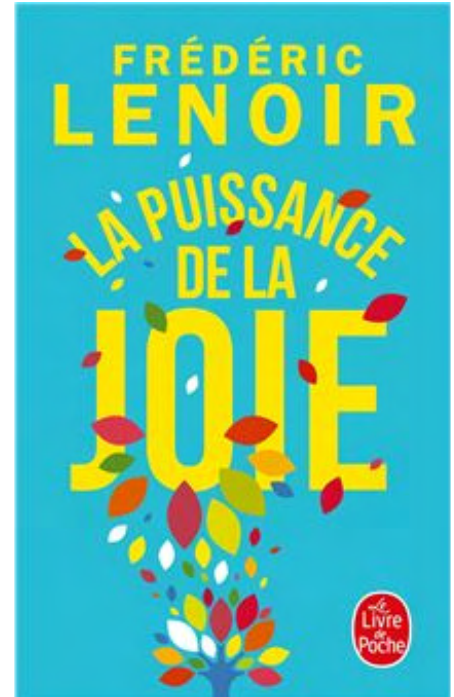
Summary by Frédéric Lenoir:

"More intense and deeper than pleasure, more tangible than happiness, joy is the expression of our vital energy.

Joy cannot be commanded — but can we tame it? Spark it? Cultivate it?

Here, I'd like to offer a path to self-realization grounded in the power of joy.

A path of freedom and love, far from the artificial happiness promoted by our narcissistic and consumerist culture, but also distinct from the ancient philosophies that aim for ataraxia, or the absence of pain and disturbance.



*Following in the footsteps of Zhuangzi, Jesus, Spinoza, and Nietzsche, this is a wisdom rooted in the power of desire and an embrace of life — all of life...
...to find or rediscover perfect joy, which is none other than the joy of being alive." — F. L.*

Tempted by our pick?

Don't wait — head over to the [Well-Being media library](#). [Cathy](#) will be happy to guide you!



**ENJOY EVERY RAY OF SUNSHINE, EVERY MOMENT, TO RECONNECT
WITH YOUR BODY, YOUR BREATH, AND YOUR TRUE NATURE.**

**WE CAN'T WAIT TO SEE YOU AGAIN IN SEPTEMBER — RESTED,
INSPIRED... AND AS RADIANT AS EVER!**

**TAKE GOOD CARE OF YOURSELF.
WITH ALL OUR HEART,**

THE AISA WELL-BEING TEAM

