

HEALTH & WELLNESS

Breathing and the big top

BY JENNIFER MONTPLAISIR
ATLANTIC NEWS
CONTRIBUTING WRITER

SEACOAST | The word "yoga" usually inspires images of a darkened room, people drawing in deep breaths and the only sounds being soft music and gentle exhalations.

Maybe, if the class is all adults.

But introduce the phrase "two-year-olds" and suddenly the picture is quite different.

"Oh, it's noisy," laughs Lisa Flynn, owner and instructor at ChildLight Yoga. She actually began the business in response to her own children and nieces' and nephews' interest in her yoga routines.

"The children would ask to 'do yoga' whenever they were over. Even the babies would crawl in and roll around. There were no classes at that time for children in this area, so I traveled and I learned."

ChildLight Yoga has classes that work with children as young as three weeks old with one or both parents and has a curriculum designed for infants and families up through age 11. The classes for the very youngest participant give parents calming routines and techniques that can be used to help a fussy baby, improve sleep patterns and even help digestion. As the children age and become more active participants they help design poses and

learn skills that improve their concentration and self-confidence.

"The younger they are, the more they take in," Lisa points out, and adds that children adapt the yoga techniques to fit their lifestyles, such as the girl who uses "ocean breathing" to help her fall asleep at night.

Now throw the word "circus" into the mix. Circus, as in clowns and elephants and acrobats. ChildLight Yoga has two upcoming Circus Yoga workshops that will be the first in the area.

"Yoga is all about connection," Lisa points out. "It connects you to who you are, then connects you to others and to the world around you."

In the upcoming workshop it connects families with the small community of the class and draws out the ability to clown around be silly and be absolutely in the moment. There are acrobatics and juggling but there is also a build on the

more traditional aspects of yoga: "All yoga poses," Lisa explains, "are based in things in nature, like animals."

Another feature of the workshop are "Partner Poses" that link participants together and build on cooperation and trust. Lisa promises that there will be "flying" as well. There will also be opportunities for creative expression and performing in front of other attendees; however, there will not be cotton candy or junk food.

These are family workshops for children age six

and older with a parent. They will be held on Sunday, February 3, and repeated on Sunday, April 6. Each workshop is scheduled to run from 10:30 a.m. to 12 noon. The cost is \$25 per family and pre-registration is required. These sessions will be held at the Dover Yoga studio but ChildLight's regular classes run at five different sites in the Seacoast area.

For more information on ChildLight classes or to register for the workshops, visit www.childlightyoga.com or call Lisa Flynn at (603) 781-3323.



Stop noroviruses in their tracks

SPECIAL TO THE ATLANTIC NEWS

SEACOAST | The winter season is typically the time of year when there's an increase in the incidence of noroviruses, so the New Hampshire Department of Health and Human Services (DHHS) is offering tips to help guard against the spread of this illness.

Noroviruses are a group of viruses that cause gastrointestinal illness or what many people refer to as "the stomach flu." Noroviruses are highly contagious and can be responsible for large outbreaks in communal settings such as long-term care facilities, schools, and in daycares.

"New Hampshire residents can play an important role in helping to stop the

spread of norovirus and other illnesses," says State Epidemiologist Dr. Jose Montero, "but it requires that all of us be vigilant in our personal hygiene habits."

Noroviruses can be transmitted a number of ways, including through person-to-person contact, consumption of contaminated food and water, airborne droplets of vomit, and contact with contaminated surfaces, such as doorknobs and faucets.

Symptoms of the illness include vomiting, diarrhea, abdominal cramps, nausea, fever, and headache. There is no treatment for norovirus, but symptoms typically resolve within 48 hours.

DHHS's Division of Pub-

VIRUS Continued on 23A•



hampton vision center

A GALLERY OF UNIQUE FRAMES

We'll help you determine the best frame and lens selection for your prescription. We will then craft the best pair of glasses using the latest lens technology and frame materials. We care about the way you see and are seen. Come visit us at our location. We look forward to meeting you.

OPTOMETRIST:
K. B. Boyer, O.D.

OPTICIANS:
**WM. "Sully" Sullivan • Liz Sullivan
Alison Bisognani • Tom Murray
Sara Funk • Wendy Steinmetz**

Alain Mikli • Casanova • Cazal
Flair • Lafont • Pro Design
Maui Jim • Oakley
& more

SULLY & LIZ

28 Depot Square (In the Park), Hampton, NH 03842
603.926.2722 • www.hamptonvision.com

**Constipated? I.B.S.?
Parasites? Toxic? Overweight?**



Did you know that you could be carrying 10-30 pounds of old fecal matter in your intestines?

Try AIM Herbal Eserbium for great end results!

Attention this sale from 1/18/08 with our purchase

603-679-9595 or 888-504-2623
www.BetterWayToHealth.com



Individual Counseling
Group Education
Home Visits

Invest in your health & vitality today, because Nutrition Matters!

Susan Engle, MOE, RD, LD

1 Hampton Rd, Ste. 303
Exeter, NH ~ 603.658.0440
www.nutritionmattersnh.com
susan.engele@comcast.net

you know who we were...we are NOW



HEALTH & FITNESS CLUB




- Full Service State-of-the-Art Fitness Centers
- Nonintimidating Atmosphere
- Yoga, Pilates & Spinning*
- Cardio Theatres
- State-of-the-Art Locker Rooms
- Kids World Child Care*
- Tanning*
- Indoor Track
- Senior's Programs
- Children's Programs
- Personal Training*

Join US FOR ONE DOLLAR*

*Restrictions may apply. First month, last month & \$1.00 due at enrollment. No other fees. Must present coupon at time of purchase. Expires Feb 3, 2008

Free 7 DAY PASS*

*To receive 7 Day Free Pass, must be a local resident and over 18 years old. Need to be used within 7 consecutive days. First time users only.

Expires Feb 3, 2008

603.474.8200	Mon-Thur	5:00 am-9:30 pm	*Additional fees may apply
Route 1, 920 Lafayette Rd Seabrook, NH	Fri	5:00 am-9:00 pm	
	Sat - Sun	7:00 am-5:00 pm	

Cyan Magenta Yellow Black