

memoryadvicenow.org

Early Detection & Confidential
Consultation



Free & Confidential Advice on
Dementia & Memory Loss

~DON'T WAIT, ACT NOW~



Mount Washington Valley
Adult Day Center

(603) 356-4980

What makes the valley ideal for yoga

By RICK CRISPO
SPECIAL TO THE CONWAY DAILY SUN

I sat on the beach at Davis Park, overlooking the Saco River on Saturday. I considered that enormous volume of liquid at one temperature and my body at ... well, at another. I didn't dip my toe in, either.

When I took that plunge, I gasped for air. My heart-rate jacked up. My adrenaline started flowing. In other words, my immune system kicked into gear to keep me alive.

To meditate with that extra blood flow was nice. I soaked up the glorious sun in a seated meditation pose (Siddhasana). I breathed quickly through my nose (Kapalbhati), to the bring my body temperature back up. The fresh mountain air made the oxygen crackle when it hit my bloodstream. My brain felt warm and cozy. And clean.

The medical community says cold-plunging leads to better blood circulation, improved mood, reduced inflammation and the recruitment of brown fat cells. And you should see what they say about meditation.

The health benefits of cold-plunging and meditation compound when paired together. That is why the Mount Washington Valley is ideal for yoga. It's because of its beautiful, cold rivers.

1. Rivers hold a mystical quality. Meditating alongside them is ideal.
2. Beaches are an ideal place to meditate for their sand. To ground the tailbone (Svadhsthana chakra), into the sand connects the body with the earth's voltage.
3. Doing short, regular meditation sessions is where it's at. Being able to quickly access a river



A man plunges backward into the Ossipee River in Effingham in April. Some medical professionals say cold-plunging can lower inflammation, and improve circulation and mood. (RACHEL SHARPLES PHOTO)

spot, to meditate in between daily activities, is a luxury.

And, as a cherry on top of the dessert, let's not forget the economics. Cold-plunging and meditating along the banks of the beautiful Mount Washington Valley rivers is not only healthy and convenient, but free.

Rick Crispo teaches yoga in Conway. He can be reached at rcrispo@yahoo.com.