

HOLISTIC NEWS 2010

HOLISTIC NEWS Celebratory Issue February 2010

幸福

Happy 2010

May this
New Year
be filled with
many a New
Exploration,
Plenty of
Joy and
Great Health
for Spirit,
Mind and
Body



Welcome to the Golden Tiger Year!

... and our New Newsletter

According to the Chinese Zodiac which consists of 12 animal signs, **the Year 2010** is dedicated to the 3rd sign: **The Metal or Golden Tiger**. It is a sign of courage! The Chinese Year follows the Lunar Year, so the first day in 2010 falls on a new moon: February 14th: Happy New Year to all of us again!

General Predictions for a Tiger Year

Traditionally Tiger years have been **associated with massive changes and social upheavals** on the world scene as well as on a personal level. Therefore 2010 is inspiring us, **Russell E. Trott and Ela Lua H. Albisser** to take bold action by putting our

forces and talents together to create a social venture that will bring out the best in you and us: inspiring life changes and growth, openness, loving kindness and compassion for all of life and all beings.

Although our tiger here almost looks like it's enjoying a little hibernation nap and truly we are not quite ready to introduce our new company, website or logo we are trying to **blow some fresh wind** into our sails as we embark on this exciting journey by **presenting you with a Newsletter on Spirit, Mind and Body.**

The Golden Tiger Year

By Ela Lua H. Albisser and Russell E. Trott

... a new year and a new business

First Step

New Newsletter

We are **starting our project with this Newsletter** which we are planning to release at least 4 times a year. As you can see it is now a "PDF" - **perfect for a print-out** so you can read it at your leisure and even start a collection in a folder. We hope you like the format, the **skimming friendliness**, the pictures (many of them our own) and the diverse topics we cover.

Next Steps

A Web Presence

In this day and age it seems impossible to start a business without creating a web that connects all our threads.

We are **currently working on a new site** which we are excited for you to see. It will help us stay connected with you no matter where in the world we are teaching.

Besides **all kinds of articles on spiritual, mental and physical health in modern day to day life**, there will be **information about upcoming courses and events, treatments and classes**. Blogs on latest fitness recommendations, seasonal dietary tricks of the trade, recipes and meditations to challenge and inspire you with different views, methods and practices.

New Programs & Courses

As a result of combining our passion, experience and knowledge we are **offering workshops/classes/courses in Shiatsu, Movement and Meditation**. Some of these will be held this year **in Europe** (Switzerland and Greece) and **North America** (Vancouver and Calgary) to start with. We are also offering **continuous educational courses over weekends and during the week in Kyoto Japan** - see schedule on page 15.

Private training, lessons and treatments are available as of now - please contact:

ela.lua.elements@gmail.com

russell.trott@gmail.com

Updating of client data base

Please **let us know if you would like to receive the next newsletter, our new web link and the course itinerary for 2010 by sending an email to:**

holisticnews2010@gmail.com

We will offer you a **5% discount on any one workshop you join during this year if you respond by March 14th**. Looking forward to hearing from you soon. This also applies to **partners and friends, family and acquaintances** you have previously so kindly been forwarding *Ela's Holistic Newsletter* to - **please invite them to join personally!**

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Opportunity!

You can contribute to our New Social Venture Company - if you'd like to share your article:

- 1) let us know why you think it would be beneficial for our readers,
- 2) attach your article to the email
- 3) If we like it we will turn your energy into cash.

email to: holisticnews2010@gmail.com

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Norman Vincent Peale

“Action is a great restorer and builder of confidence.

Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps action or adjustments will have to follow.

But any action is better than no action at all.”

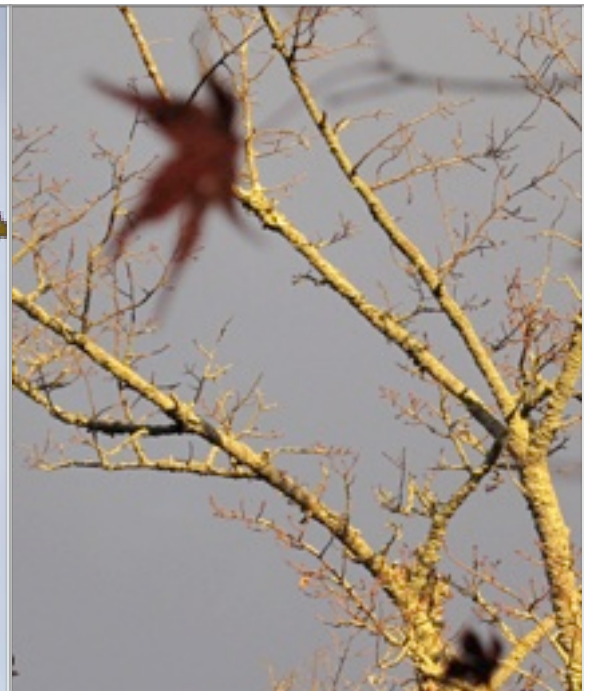


Photo Ela Lua H. Albisser

SPIRITHOLISTICS

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HOLISTICNEWSPIRIT

Stay tuned to
MeditationX
by following it
on [Twitter](#)



MeditationX

By Russell E. Trott

... meditating during the calm of Winter

My grandfather used to tell me about the time he was stationed in Japan with the Royal Navy. At one point his ship was off the coast during winter. He said it was warm enough in the sun to wear short sleeves, but they had to be careful not to touch a bare arm to metal or it would stick to the skin.

*Cottleston, Cottleston, Cottleston Pie,
A fly can't bird, but a bird can fly.
Ask me a riddle and I reply
Cottleston, Cottleston, Cottleston Pie.*

*Cottleston, Cottleston, Cottleston Pie,
A fish can't whistle and neither can I.
Ask me a riddle and I reply:
Cottleston, Cottleston, Cottleston Pie.*

*Cottleston, Cottleston, Cottleston, Pie,
Why does a chicken? I don't know why.
Ask me a riddle and I reply:
Cottleston, Cottleston, Cottleston, Pie.
A. A. Milne*

examine where that negative reaction to the cold comes from, with a little help from "The Tao of Pooh" by Benjamin Hoff. In this book Pooh recites the poem "Cottleston Pie" by A. A. Milne. Hoff interprets the words "Cottleston Pie" as meaning "things as they are."

It's not quite like that in Japan these days but **we still hear complaints about the cold.** This month we'd like you to **take the time to**

For example, in the first verse, a fly doesn't act like a bird nor does a bird act like a fly, they don't need to and if

Meditation during the calm of Winter

By Russell E. Trott

... leaving things as they are

they did things would get all wonky. **So this month we'd like you to try leaving things as they are.**

Before diving into what "things as they are" means in terms of meditation though, **I'd like to share a personal story.**

Once upon a time I was cycling back from work. In the rain. And the cold. In my best suit. Without rain gear. Or an umbrella. Needless to say I was feeling quite unhappy with my lot, wanting to get home quick so I could warm up with a shower, a cup of tea and hopefully rescue my poor suit from its soaked condition. Miserable.

Coming to a red light I stopped for a moment (yes this is a true story, a cyclist in Japan did

in fact stop at a red light, hard though that may be to believe) and during the pause inspiration dawned. The cold was not so bad. The wetness was merely a discomfort. The suit would not be ruined. In fact it was only the desire **not** to be cold and wet that was making me miserable.

Looking at things as they were, not how things **ought** to be I suddenly felt a great relief. My whole body, which had tensed up and shrunk down to try and escape the rain, relaxed and opened.

I still wasn't comfortable, but my desire for a "better" situation had been replaced with acceptance; since nothing could be changed immediately, at that moment there was no reason to fight what was actually going on.

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The Tao of Pooh

by Benjamin Hoff. Published by Penguin Books.

You might also be interested in the

Te of Piglet

which discusses the Taoist concept of the Virtue of the Small

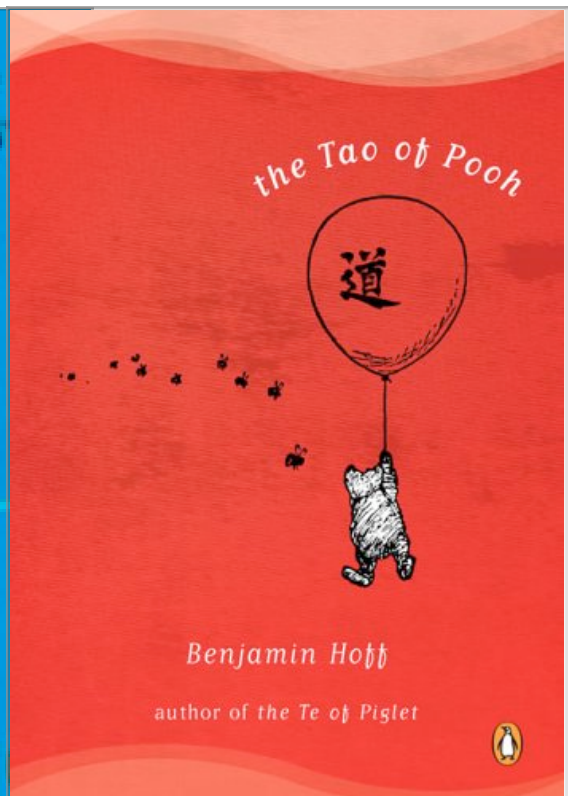
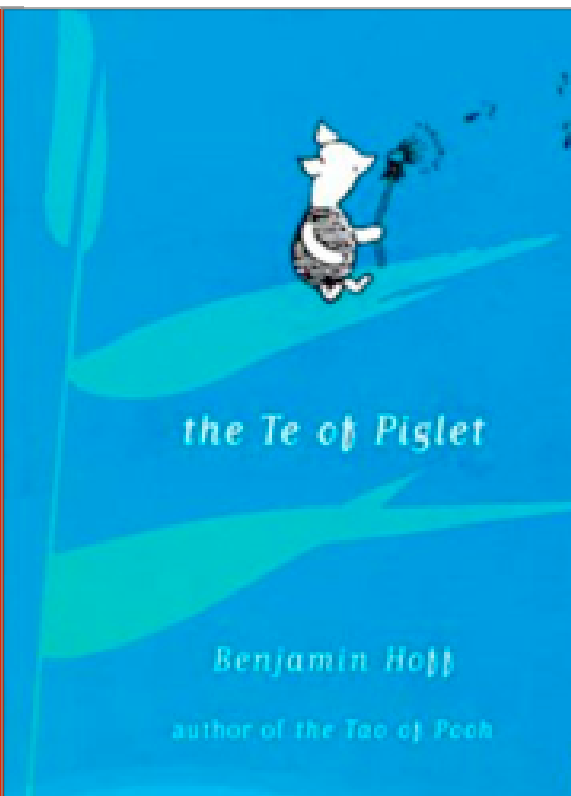




Photo Ela Lua H. Albisser

So how do we leave things as they are in meditation? First of all it's important to realize that **when we meditate the mind and body will not be calm.** Which isn't to say we should let them do what they want, but **we have to know that the desire to move both mentally and physically is going to arise and isn't going to go away immediately.**

Now, forearmed with the knowledge that you are going to want to move: **"Be ye not moved!"** either mentally or physically. Following the thread of a thought, or moving

due to the impulse to scratch or find a more comfortable/less painful sitting position plays straight into the idea of there being something better than what is happening right now.

We can **use the calm and quiet of winter as a guide for this practice.** If the urge to move comes up, **concentrate instead on that calm winter quiet, the sinking of energies** into the earth **waiting patiently and with forbearance,** for the chance to move again once the time is right.

This is important too when we take our meditation practice out into the "real" world. The ability to focus on things as they are, at the moment we are doing them, without being moved by our desire to go on to something better or different, gives us real power to work more effectively, interact with others truthfully and enjoy life; even when the rain has graduated from merely soaking your suit to trickling down your legs and pooling in your shoes.

**You gain strength,
courage and confidence
by every experience in
which you really stop to
look fear in the face.
You must do the thing
which you think you
cannot do.**

Eleanor Roosevelt

Meditation during the calm of Winter

By Russell E. Trott

... *meditation basics*

On November 5th last year I started a new meditation website meditationx.com - as I had noticed how effective a recommended daily practice was in helping me to exercise regularly thanks to [Crossfit](#). I wanted to offer a similar service to help people build a regular meditation practice. Below you can find the "how to's" regarding a meditation session taken from my website. If you'd like to follow my daily meditation update for free you can easily follow it on [twitter](#).

Meditation basics

Warm Up

If you're sleepy or lethargic go for a run to get the blood moving and some oxygen into your lungs. At the very least do some light stretching, roll the shoulders, shake things out, pull faces and make a bit of noise. I'd post a movie of some of the things my meditation group gets up to but it would probably freak you out.

Sit Down

on a cushion on the floor or in a chair. You don't need to be in full, or even half-lotus, just make sure that your back is unsupported and your bum is higher than your knees. If you're on a chair sit square with your feet flat on the ground and knees at 90 degrees.

Tune In

(Yes, now we're getting cliched, but please keep reading)

State your Aspiration and Motivation, traditionally something along the lines of

"May I awaken speedily for the sake of all sentient beings".

But it could be "May I be inspired so this newsletter is a success".

Question

If the Meditation of the Day tells you to use a question, this is where it comes in.

Ruminate on its various possible meaning for a minute, drop it into your unconscious and don't actively consider it again during the meditation.

Turn On

The body of the meditation - don't just zone out, meditation is active; bring your mind back to the focus of the session (be it the breath, a flower, or the itch just above your left nostril) as soon as you notice it's gone, without kicking yourself for having lost it.

Rewind

Review what happened during the meditation for a couple of minutes. Try to do it in order from start to finish. This is where you can reflect on whether there was any response to the *Question*. It helps strengthen memory and builds awareness.

Step Out

Before you get up to dance, dedicate the benefit of the session to something other than yourself, traditionally this would be something like: "May any merit that comes from this meditation be for the awakening of all sentient beings" or whatever dedication you like, as long as it takes the focus off you.

Make sure
you take a
break and
refocus or
even reboot
your mind



Photo Ela Lua H. Albisser

Poetry

Chosen by Ela Lua H. Albisser

... as warming balm for cold winter days

Winter-Time

by Robert Louis Stevenson

Late lies the wintry sun a-bed,
A frosty, fiery sleepy-head;
Blinks but an hour or two; and then,
A blood-red orange, sets again.

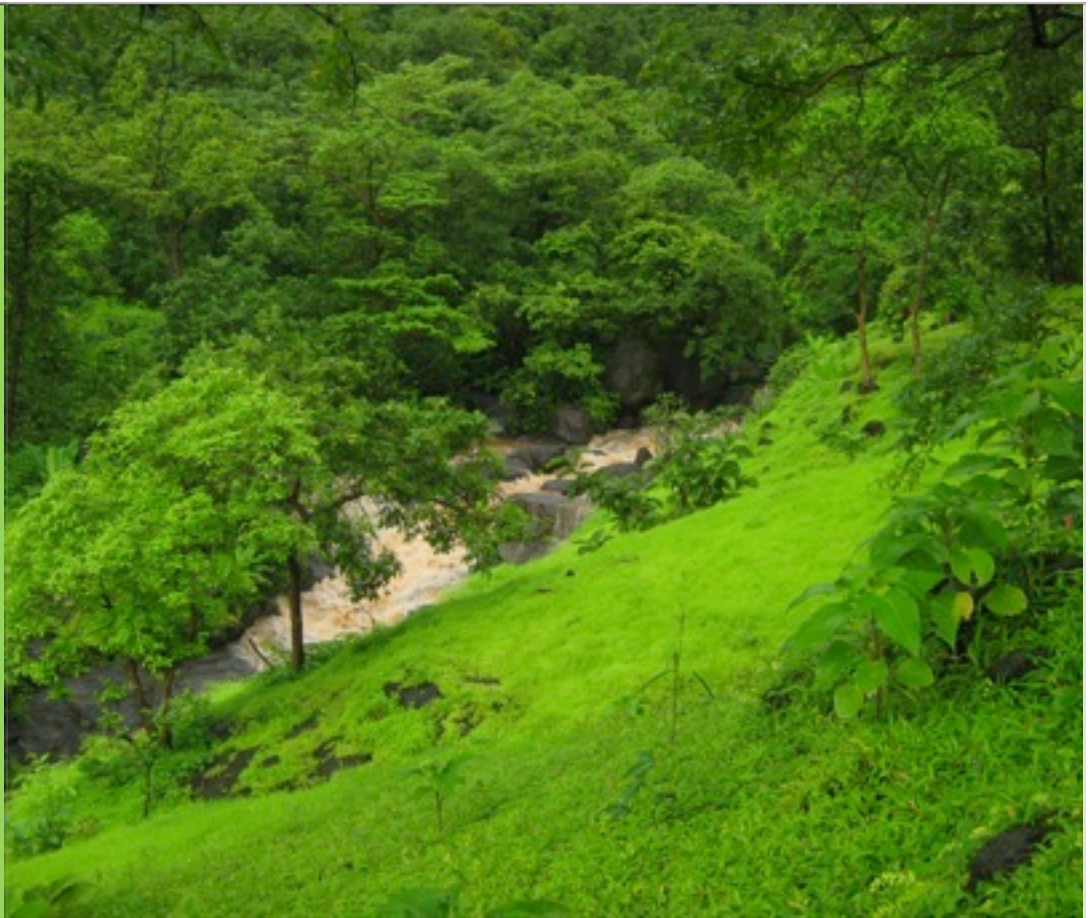
Before the stars have left the skies,
At morning in the dark I rise;
And shivering in my nakedness,
By the cold candle, bathe and dress.

Close by the jolly fire I sit
To warm my frozen bones a bit;
Or with a reindeer-sled, explore
The colder countries round the door.

When to go out, my nurse doth wrap
Me in my comforter and cap;
The cold wind burns my face, and blows
Its frosty pepper up my nose.

Black are my steps on silver sod;
Thick blows my frosty breath abroad;
And tree and house, and hill and lake,
Are frosted like a wedding-cake.

Looking at
this picture
don't you
naturally
feel inspired
to drink
Green
Drinks even
in Winter?



The Power of Green Nutrition

By Ela Lua H. Albisser

... how to turn leafy greens into a yummy cocktail

As a Green Geek I am totally devoted to **eating raw greens - even in winter!** “What-?!” do I hear the macrobiotic fanatics scream in utter disbelief.

Yup, even in the depths of winter - ‘cause tell you what: If you have a good strong constitution not only can the body deal with the cold raw food - better even, it will be delighted about the **boost of freshly juiced or blended greens** because of the **high vitamin & mineral content** they provide us with. After all, **true health** doesn't have just one single formula but **is all about knowing your body,**

mind and spirit, learning about food combining, the effect the seasons have on us and choosing the best timing!

I cannot emphasize enough how important it is to **make greens and green juices a regular part of our diet.** Their **high nutritional value and positive effect on health** has been proven many times.

This is especially true for the dark greens like **kale, watercress, the Japanese Mizuna and Mibuna, even carrot or daikon top, parsley, basil,**

lettuce, etc... not only do they provide us with all the important minerals and vitamins but **they also have anti-inflammatory power and their glycemic load** (a ranking system for carbohydrate content in food portions based on their glycemic index) **is super low**. Most of us don't realize that they even **contain protein and essential fatty acids** (omega 3&6), they score great on the amino acid charts, too.

My dilemma was **how to get enough greens** to fit into my busy life and **connect something tasty without much effort**. Because if we get plenty of these nutritional superchargers (which you can buy in any food store or even have them delivered to your house) our **digestive tracts will work smoothly, our skin shine, cholesterol levels sink and energy levels increase**. Those chronic deficiencies that create problems we cannot seem to put a finger on? They start to diminish, if not disappear, after the first month. It's simple and easy. Just take out that blender that's been buried somewhere on a back shelf and leaf it out on the counter ready for your **daily Green Power Drink!**

I personally feel the difference: almost unnoticed my **cravings have**

lessened and good clear moods increased. All in all my quality of life has improved remarkably by just adding a green smoothie to my diet.

Right, so **how do we make these miracle drinks?** Well, there are a few rules I'd like to share with you – just so you **experience a simple green smoothie and its actual effects** before you go off experimenting.

For a start I do recommend you **follow the suggestions on the**

following page. Not only because **the taste and results will be better but also to save you from wasting funds or ingredients...** it is almost like playing with colours –

remember how excited we got about our first

water-colouring set full of untouched paints? Right, and then we started mixing yellow with red creating this fantastic orange – oh yes, add a touch of green... and why not blue? Yes, and that gorgeous turquoise or... maybe some more yellow will save this creation from turning muddier and muddier...??

Well, smoothies are a bit like that, too: **Simple is best.**



Photo Russell E. Trott

Four simple rules and a toast

By Ela Lua H. Albisser

... to a tasty Green Power Drink

Rule I –

use only three ingredients...

One kind of seasonal fruit, one kind of green leafy vegetable and water. Yes, it's okay to mix fruit with greens since they belong to the leaf and blossom family. **But not vegetables because they contain starch** and can create bloating when mixed with fruit. (If you still do get bloated try not mixing the different kinds of fruit and in particular have melons on their own – by the way melons are not in season so I cannot really recommend them at this point in time).

Rule II – *kiss!*

While it is tempting to throw all kinds of readily available *Amazon-Himalayan-Superfoods* into Green Juices – they will jeopardize quick digestion. **KISS - Keep It Super Simple** gives the best end result. Too many ingredients can create bloating or even cancel each other out in taste and effect.

Rule III – don't try to be too perfect too quickly...

drink more greens but know your limits or else you might be setting yourself up for failure.

A recommended generic **beginner's recipe** is **50-60 % fruit** (remember avocado, tomato, and cucumber are fruits) and **40-50 % greens by volume**, plus water to blend. That way you make sure you actually drink **and**

enjoy it. After a while your body will have cleaned out and naturally ask for a less sweet juice. I personally enjoy a good bunch of greens with a quarter apple and a squeeze of fresh lemon the most.

Rule IV – rotate the greens daily...

because nature engineered green leafy plants with different **alkaloids**. In small amounts they are beneficial but **can accumulate to unhealthy proportions** so it's **best to rotate**: green kale, next purple or green lettuce, spinach, chard, flavour it with parsley, celery or wild edibles for a change... the list is endless.



If you go green you can go wild on juices and rather than your mind going in circles - let the blender do that for you. Plus with all the extra time you now have because you don't need to go through the fridge and cupboards in search of something to snack on why not **invest in something more wholesome instead: have a green juice while listening to meditation teacher Doug Duncan Sensei's latest pod-casts:**

<http://awaken.inthislifetime.net/>

BODYHOLISTICS



Punakha
Children we
met on our
[Dharma Trip](#)
through
Bhutan
2008

Photo Bat Fung

Air Squats

By Russell E. Trott

... *the most fundamental exercise for daily survival*

Why squats?

They are a natural, functional movement and can rehabilitate damaged, delicate or just plain grumpy knees. **The bottom position is the natural sitting position** for most of the people of the world for the majority of their daily activities (see the Bhutanese children in the pic above) - chairs, on the other hand are not natural at all.

I can imagine you've heard squats below 90 degrees are dangerous (I certainly have) but **try getting up off the floor without bending the knees more than 90 degrees**, very difficult. In fact getting up off the floor puts a force on at least one of the knees that is much greater than squatting. **Standing up from the bottom of the squat position is a natural movement**, why should it be in any way dangerous?

Squats are also perhaps the best, easiest and safest hip extension exercise, and hip extension is the foundation of almost all good human movement. We need hip extension to run, jump, throw, and safely pick things up from the floor, not to mention getting off the toilet.

What do we mean when we say hip extension? **It is the opening of the angle between the front of the thigh and the front of the body.** Hip extension is accomplished not by the quads (the muscles in the front of the thigh) but the glutes and hamstrings (the buttocks and back of the thighs). Unfortunately most people are unaware of this and will tend to over-use their quads, which is a double shame as not only are **the glutes and hamstrings the largest and most powerful muscle groups** in the body, but engaging them during the squat will really help shape your butt.

OK, I'm sold - how do I do Air Squats?

Please check out the **Squat sequence** description to the right of this page. The pictures illustrate the descent phase, just reverse the order to stand. **Don't forget that the power comes from the bum and back of the thighs, not the quads in front.** If you'd like a more dynamic example of the squat please follow the link below www.youtube.com/watch?v=3CJ9ajHkmTE

Start with 4 sets of 5 repetitions and increase daily from there.

Promise, not only will you be nicely warmed up for the morning, gently relaxed for the night, or rejuvenated for another session at the computer in that darned chair, over time your center will get stronger, **you'll learn the perfect position for lifting objects off the ground in daily life...** like loaded shopping bags into the back of cars or onto bikes... and you will become aware of the power the glutes and hamstrings can bring to other daily activities like climbing chairs or the career ladder.

In addition, and at no extra cost, **you won't suffer droopy butt syndrome and your pants will begin to look a whole lot better.**



Squat sequence

Stand with legs shoulder width apart, toes pointed out, weight on the heels.

Push your bum out backwards as you bend your knees.

Bring your arms out in front for better balance as you descend.

Make sure your knees move out over your toes rather than collapsing in.

Keep your chest upright (lean forwards as little as possible)

Your spine should be slightly arched, bum sticking out, even at the bottom of the squat.

Look straight ahead throughout the movement. Looking down makes your back round.

Try to squat as low as you can*. It's best for the hips to go below the knees.

Squeeze your glutes and hamstrings to rise.

At the top of the squat, stand as tall as you can.

*See (Ch)air Squats on the following page

Air Squats

By Russell E. Trott

... or (Ch)air Squats

For those of us who cannot squat without knee pain we suggest the (Ch)air Squat. This is a lot like the Air Squat, but funnily enough we use a chair.

Start by standing in front of a chair in which you can sit comfortably. **Sit by pushing the bum out backwards**, making sure your knees bend at the same time as the hips begin to move. Reach back with your bum until it comes to rest on the chair. **Try to keep your shins almost vertical throughout the movement.**

Reset your posture. Check that your back is still straight.

Stand by leaning forward from the hips (back straight) and peeling your bum off the chair. Keep your shins as vertical as possible on the way up. **Try to feel the glutes and hamstrings engaging throughout the movement.**

If you need help visualizing the movement click on the link below or copy and paste it into the address bar of your browser.

www.youtube.com/watch?v=gyF5Q5a2Va0

*Most common faults?
hmm, let's see...*

- not keeping the lumbar curve (back arch)
- not going below 90 degrees
- letting the chest and shoulders drop forward
- not keeping the weight on the heels (especially at the bottom)
- not standing tall at the top of the squat



Russell is available for personal consultations.

You can contact him **by clicking here**

or
by cell phone
080 3846 0074

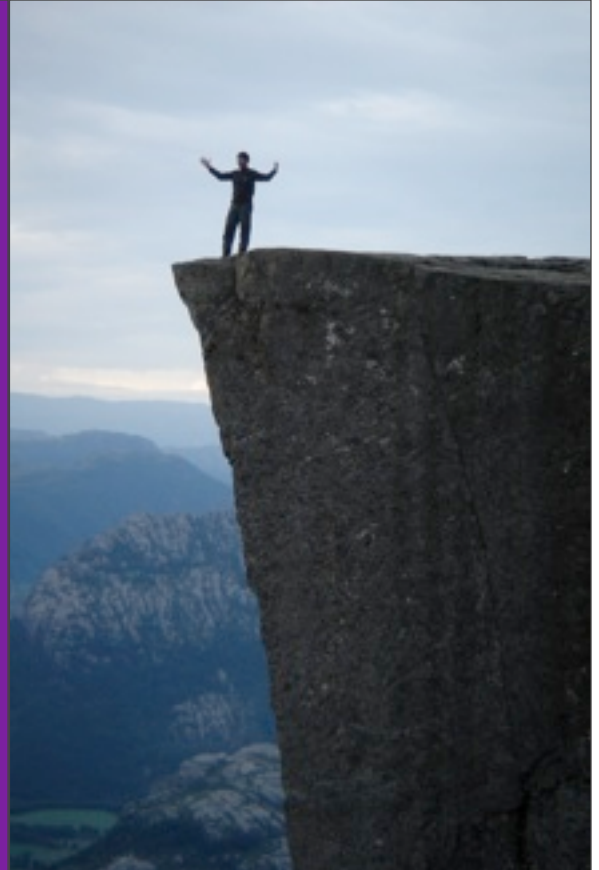
HOLISTICNEWS

Classes

... e-mail us and join now!

You can't do anything about the length of your life, but you can do something about its width and depth.

Shira Tehrani



Print me out for daily inspiration

Photo Andi Vick

February 2010

First Issue

HOLISTICNEWS SPIRITMINDBODY

Schedule

Day	Time	Class	Teacher	Place
Tuesday	3 hours (time to be decided)	<i>Holistic Health</i>	Russell and Ela	Ela's home and clinic
Wednesday	3 hours (time to be decided)	<i>Holistic Health</i>	Russell and Ela	Ela's home and clinic
Friday	afternoon (time to be decided)	<i>RussFit and Meditation</i>	Russell	to be announced
Saturday & Weekend Workshops	13:30-15:30	<i>Shiatsu Basic Form</i>	Ela	Ela's home and clinic



Ki training
class at
Clear Sky
Canada
2006

Photo E. Diavolitsis

Classes

... and what they're all about

Holistic Health Classes

Based on the Chinese Five Element Theory these classes are aimed at returning us to a state of optimal health in Spirit, Mind and Body. Through **a combination of Meditation, Movement and Bodywork we build a basis for awareness, focus, sensitivity, exploration, humor and last but not least relaxation** even in the midst of modern life - easing the toll it tends to take on our bodies.

The Holistic Health Classes are three hours and include:

- **Meditation Sessions** in line with Russell's [MeditationX](#) Program (see links)
- **Movement** to learn about Ki, Fitness, Posture, Breathing and Balance
- **Seasonal attunement** through Nutriment and the Study of Natural Cycles
- **Shiatsu and Massage** for Empathy, Sensitivity & Relaxation
- **Exploration** (...and Humor ;) through Individual and Group Challenges

Click [here](#) for more info or to sign up.

for Class Schedules check Page 15

RussFit and Meditation

These classes show you how **little time and money** it takes to **stay in shape and healthy** both **mentally as well as physically**. Learn to **be creative doing exercises at home with a meditative twist** that **you won't find at a gym or sports club**.

Russell inspires you with his innovative and humorous approach to **constantly varied workouts** and **awareness practices** which will never leave you feeling stuck in the old routine. Frozen shoulders melt, lower back pain shifts and neck problems are no longer a pain in the ...well ...neck.

Short and focused sessions give the greatest benefit with no **wasted time or effort**. **Emphasis** is placed **on awareness, posture and integrated movement, balancing the right and left sides** of the brain and body. What you will learn in **these classes** will soon **become indispensable to your daily routine**. **Join us any time!** Click [here](#) for more information or to sign up.

Shiatsu Basic Form

Join in at the beginning of each month and **learn a simple Basic Form of Shiatsu in four weeks** and take part in the weekend workshops held once a month to deepen your understanding.

The weekly classes are held Saturday afternoons 13:30 to 15:30 and are a wonderful opportunity to **ease into the weekend** with a combination **of study and relaxation**. We start the classes with some **centering and stretching exercises**, learn about **Ki, its flow or obstruction** and then have the chance to **give and receive powerful Shiatsu touch**.

Looking forward to seeing you either on Saturday afternoons or on the weekend of **February 27th/28th for the workshop** version of the weekly classes. Click [here](#) for more information or to register.

Custom Programs!

We specialize in custom-tailoring classes for different groups and needs. Don't hesitate to contact us and find out how your company, dance or theatre group, co-workers, sports or hiking club, band, haiku or language class could benefit from a workshop with us.

for Class Schedules check Page 15

HOLISTICNEWS

Born in Switzerland, Ela Lua H. Albisser has spent the last 20 years travelling around the globe, studying various healing and health related arts, including 8 years of dedicated study with a Japanese Shiatsu master. For the last 7 years Ela has worked intensively with meditation teacher Achariya Doug Duncan Sensei and she was head chef and nutritional advisor for the Clear Sky Meditation and Study Center where she now is closely involved in creating a food forest and vegetable garden.

In the course of her 8 years as a professional Shiatsu Therapist, teacher and health author, she has developed an international program to teach and assist beings in staying healthy and radiant as they travel the globe, needing to adapt to the changing environments and conditions of this fast-paced modern world.



Photo Russell E. Trott

Treatments, Massages and Classes

... by Ela Lua H. Albisser

Shiatsu / Holistic Treatments

Single treatments: Yen 7'500.—

Ticket-Deals upon request:

- 5 for Yen 35'000.--
- 10 for Yen 65'000.--

Aroma Therapy Oil Massages

A wonderful treat!

For yourself or as a gift voucher for your partner, friends & family:

100% pure organic Sweet Almond or Sesame Oil and your own chosen or tailored blend of "Young Living" pure Essential Oils to calm or invigorate and cool or warm your being - try it next time!

- Single treatments: Yen 9'500.—
(allow 75 minutes)

Classes

- monthly fee for 4 classes: Yen 20'000.-- (group discount possible)

Click [here](#) for more information or bookings. Find our schedule on page 15

Russell started his meditation career at an early age, except at school in England it was called daydreaming and was frowned upon, so he decided to become an Olympic rower. After seven years of training and one National Gold Medal he was introduced to Aikido while studying in France. Aikido soon took him to Japan where he gained his third "dan" and taught in Kobe for two years before moving to Kyoto. Russell has also practiced Yang style Tai Chi, Kendo, Iaido and Shorinji Kempo. In 2002 he qualified as a Kiatsu massage therapist, one of only a few non-Japanese to receive this certification in Japan. Russell is also a certified mat Pilates teacher and level 1 **Crossfit** trainer.

For the past 6 years he has worked intensively with meditation teacher Achariya Doug Duncan and was retreat manager of the **Clear Sky Meditation and Study Center** in British Columbia for three years.



Photo Ela Lua H. Albisser

RussFit and Meditation

... constantly changing exercises that fit into busy schedules

Personal Training Sessions

Singles

Single session: from Yen 7'500.-- (not including transport)

Packages

Rather than one single session we recommend a package of at least five sessions. It will show greater results and allow a clearer, more applicable understanding of the principles.

5 Tickets from Yen 35'000.-- (not including transport)

Classes

- monthly fee for 4 classes: Yen 10'000.-- (first trial class on donation basis)

Click [here](#) for more information or bookings. *Find our schedule on page 15*

HOLISTICNEWS

HOLISTICNEWS

is an electronically distributed Newsletter aiming to help readers discover greater potential for transformation of Spirit, Mind and Body.

If you have any questions or comments, please send them to

holisticnews2010@gmail.com



When planning for a year, plant corn.
When planning for a decade, plant trees.
When planning for life, train and educate people.

Chinese Proverb

February 2010

First Issue

HOLISTICNEWS SPIRITMINDBODY

Contacts

for treatments
for russfit/meditation
for workshops/classes
and feedback

Phone Number

Cell Phone Number

Editors

Project Manager/ Design/Layout

Photography

Inspiration

Media/

Technical Support Circulation

E-mails

ela.lua.elements@gmail.com

russell.trott@gmail.com

holisticnews2010@gmail.com

075 712 6836

080 3847 0413 Ela

080 3846 0074 Russell

Russell E. Trott / Ela Lua H. Albisser

Ela Lua H. Albisser

E. Albisser, E. Diavolitsis, B. Fung,
R. Trott, A. Vick

Doug Duncan Sensei / Sangha of
Dharma Japan / Crossfit
Clear Sky Center / Our Clients

Russell E. Trott

Ela Lua H. Albisser / Russell E. Trott



Next Issue
remember to
add

- moa meditation
- extra exercises
- simple soup stock
- spring sprouts
- some keys to ki