



The Carnelian Center Newsletter

The mission of the Carnelian Center is to provide the community with affordable holistic health care while nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.



Goat Yoga.

THE ESSENCE OF
OUR FIRST GOAT
YOGA CLASS WAS
CAPTURED BEAUTIFULLY
BY ONE OF OUR
PATTICIPANTS
IN HER BLOG
.....THANK YOU TARI B.

Baaaaaaa. In a lost setting through the small rustic towns of New Mexico, if you drive high enough, and keep on going through patches of shiny cliffs, and yellow farms just the day before Spring peaks its little head, you come to the land of the laughing goats.

Local residents drive on up to an obscure piece of property; park their cars about half a miles away they walk down the hill where you see in the distance a fenced area with the blue yoga mats spread in rows about. So far only dogs run freely and folks begin to gather around an area where delicious foods, goat cheeses, wines, cold brewed coffees, water, and sweets await. Not your usual pre-game before a yoga class. This yoga class is meant for those who want to laugh, roll around, play, and allow each moment to freely react. As you get to know your fellow yogi's and explore about the fields you continue to wonder, "...but where are the goats?" as the anticipation is high. And then suddenly the goat herder appears, and dozens of goats make their way across the plain to their corridor where the mats are already laid out. Meet 'n greets with each goat take place as you wish or as the goat may wish. There are Cashmere goats, Nubians and Alpines. The Cashmere goats are the softest and the friendliest. Just there to be loved. I guess that is why they grow cashmere coats, to invite the hands of affection.

It was Kirk, the goat herder's, idea to begin these open yoga classes. Ancient yoga practices using goats were first initiated centuries ago through Mayan ceremonies and eventually migrated over to the Egyptians. Goats were respected as sacred animals as they provided so much prosperity from milk, cheese, meat, navigation, and --to some--walking companions. But most of all they give us laughter through their friendly and infectious souls. So you see why goats were the ultimate sacrifice to the gods. These ceremonies showcased similar poses to our modern animal yogi postures recognizing chakra, chi, Earth's elements and the different phases of the moon. By adding in the animals, they began to feel something different, something less serious, fun and really good. Children and others in the community joined in. Goats became then an important offering in the community. And it's just as good for the goats as it is for people.

Roxie facilitates the yoga class and is the shining light showing others the new yet ancient way. Through out the class you are invited to stop and pet the goats as they roam through upward

facing dog and imaginary bow and arrows being shot in a warrior pose. They will fart, graze and chew grass near your head and toes. Their presence is comforting and silly. The sun is bright as you lay in Savasana, peak your eyes open and somewhat feel like you've been taken back in time to yellow fields of euphoric moments of the sixties. This was my meditation, squinting through rays of sunshine, looking at distant hills, watching the goats roam, and the person next to me take in the real meaning of happy baby pose.

POSTED byTari Bonhert.

PLEASANT DISTRACTION IN YOGA CLASS??

Goats' prancing around the mat is such a phenomenon

in Vadito, NM located in Northern New Mexico

What is so special about goat yoga.. ?? Spending time in a field with goats and nature is not only therapeutic for us human beings but also for nature and the animals involved in this positive event. It is definitely a form of animal therapy. Whether your suffering from a disease, cancer, death in the family, mental illness, physical illness or plain every day hustle and bustle blues ... Doing goat yoga is a mindful practice that is full of laughter which is not your typical "yoga" class. Yoga is about connecting mind body and soul so when you are out in the middle of nature surrounding yourself around beauty, mountains, sunsets and friendly , social, loving animals; you feel a sense of innocence and happiness in this world. This is the true meaning of yoga. Living life for the experience!!! Remembering that we all have an inner child that wants to be reconnected to humor and playfulness, curiosity, fun and experience something new. Having goats pee on the matt, suckle on your fingers, play fight and climb on you really brings the mindfulness to another level to your practice. Goats just automatically have this sense of calming meditative state.

So what is goat yoga? What are the benefits of breathing and stretching among goats? Animals are known to have so many health benefits for humans; it raises levels of serotonin and dopamine and decrease cortisol. It has also been linked to increasing longevity and a healthier heart; this may also combat diabetes and attention deficit disorder... This is a practice that will bring purification and peace to the soul. A great place to let go of the pain and sadness and stresses from your daily life. .. So it is a legitimate fact... our furry friends can really enhance our yoga experience. Does it really surprise you that the innocence of animals is something people want to connect with? All around the world Africa, the Himalayas, India, goat yoga has been a norm for 100's of years... Doing yoga with goats is a back to basics move that helps you find something deeper. Nature is the deepest experiences we can have.

What is animal therapy? They provide affection and comfort to people who need it. They are often used in hospitals, assisted living homes, nursing homes, schools, rehabilitation centers, hospices, and other areas to help improve their wellbeing. Therapy animals are not required to be certified. They are different than service animals. Therapy animals are not trained to assist specific individuals and do not qualify as service animals under the American with Disabilities Act. Research indicates interaction with therapy animals can temporarily affect the release of various neurotransmitters in the brain. Oxytocin level, which is linked with bonding, and dopamine levels, which involves the reward- motivations system, cortisol levels are decreased ANIMAL ASSISTED THERAPY & WHAT SCIENCE SAYS:

- The simple act of petting animals releases an automatic relaxation response

- Lowers anxiety and helps people relax
- Provides comfort
- Reduces loneliness
- Increases mental stimulation
- Can provide an escape from stresses
- Can act as a catalyst in the therapy process
- Lowers blood pressure and improves cardiovascular health
- Reduces the amount of medications some people need
- Diminishes overall physical pain
- Many children with autism feel a deep bond with animals and feel that they are able to relate better than humans



Is there such a thing called a healthy happy distraction? ABSOLUTELY!!=) How can we bring more play into our lives? ABOUT US =)

.. Bring the familia and come do some goat yoga at Namagoat yoga Farm. This session is dedicated to wellness and healing. We offer a multi-dimensional experience that is fun, enriching, therapeutic, and so much more. Combining a professionally led yoga workshop, with being in with a group of friendly goat energy as they graze and make noises is an experience you will likely never forget. You are almost guaranteed to forget about your worries.

The first workshop was several months ago. Each Sunday we have seen wide eyed, yet unsure, participants wonder out toward the “yoga pen” and not know what to expect. The warmth of the goats immediately sets minds and hearts at ease. It’s not long before the two groups become one, on the ground, in a pasture.

Roxy leads a fun and diverse yoga class full of knowledge and wisdom of all things yogic. Kirk manages all things goats. Together they serve to provide a great and unique experience for you the participant. We encourage you to enjoy the class however you like, heavy on goats, heavy on yoga or a mix of each. We believe a connection to nature and animals can be a great facilitator of wellness and healing. Our beautiful setting is only a couple miles from the Zen Buddhist monastery, in the same valley. It’s a special place to be and the goats are wonderful hosts. We hope to see you one day soon

Sessions are RESERVE YOUR SPOT ONLY. When you call you will receive the secret treasure map to our gem in the woods location...

We have our sessions every Sunday at 5pm.

You can contact Roxy at 505-417-6135

or email at roxannesanchez54@gmail.com for any questions,

concerns, input, and suggestions or just to chat .=)

Visit our face book page at: Namagoat Yoga

A Break from Gravity

On a day earlier this summer there was a visit to Playa De Los Muertos over the hill from Saiulita named for the nearby graveyard.

There is a net around a wide section of water here that makes a swimming section. The water here in this cove is very calm. I swam and floated here for longer than I ever have in the ocean or anywhere. There were quite a few people here, a busy beach, many families but everyone was so happy. The water seemed extra buoyant and each time I came off the ground my pain melted away. Before a seafood picnic I hung from a tree at the edge of the jungle where we had set up our place in the shade. Playfully opening the spine. I returned to the water a 4th time. The sun was close to the horizon now and sank behind the far jungle-covered bluff of the next cove. As I swam and floated the sounds of joy and laughter guided my special perception. Floating I could hear the sound of the sand



gently slipping over the sea floor. Slowly the blush of sunset filled the sky then faded. The high clouds like an intricate stitching across the sky. I raised my head and a young man with glasses who was also floating about asked me “que tal?” “Muy buien”, I replied. He smiled brightly in agreement and we returned to floating about. Slowly people left the beach my friends and I swimming together, our belongings now gathered near the waters edge with our Doberman on guard. The stillness was so sweet; only one other family still left laughing in the waves. The sky darkened and the lights came on in the jungle high above. The lights streaking across the water to where my eyes rested blending the three worlds earth, water, sky. The clouds now unstitched and here the first star, then a second. We pulled ourselves back to the shore, returning to the pain of gravity. To gather our things and return to the car, the headlights illuminating the graveyard as we left. Some candles flickering here and there in the shrines as we returned to the slim dirt track over the hill through the jungle. Now filled with the sounds of nighttime. Stopping for a bright orange crab to cross the road.



Meet Your Newest Carnelian Center Therapist

My name is Valerie Gonzales I'm from San Diego CA and graduated from United Educational Institute in 2007. Moved to Northern New Mexico in 2013 with my husband. I specialize in deep tissue massage and have experience in prenatal massage, geriatric massage and Swedish massage. As a mother, wife and massage therapist my goals are to help my family and community live healthier lives. Call: (505)692-3565 for an appointment

Carnelian Center Practitioner list

Lluvia Lawyer Aby (License #1902) Massage therapist and Core Synchronism blended to meet your needs. Infants through end of life. **Contact:** 505-689-2641

Sarah Grant (License #1038) practices Japanese style Acupuncture
Contact: 505-992-1963 or
sarahg@farmersmarketsnm.org

Cathy J. Robison, (License #6599) is a licensed massage therapist who offers anatomy based therapeutic massage for health. **Contact: 505-670-6124**

Maria Chilton (License #1830) Massage Therapist since 1995 including hot stone massage also the owner and operator of *Little River Remedies*, a small herbal apothecary.
Contact: 505-579-4321 or
mariachilton@hotmail.com

Rodrick Oknick, Acutonics® Meridians stimulated with tuning forks and other sounds

Contact: (575)613-3245 or
rodrickkok@hotmail.com

Elizabeth (Liza) Carson (License #2206) Massage Therapist since 1995, comprehensive understanding of human anatomy. Her specialties include, Lomi Lomi (traditional Hawaiian Massage and Prenatal Massage. **Contact: 505-579-9131**

Cindy Stone, TTtouch® Animal Therapy and Western Herbalism using locally wildcrafted herbs. Teas, salves, oils, eye pillows and creams.
Contact: 575-613-0211 or
www.wildearthcreams.com

James (Hal) Dyer, (License #6329) Treating acute and chronic pain issues using combinations of Manual Therapeutics (as taught by Jan Sultan), deep tissue.
Contact: 505-689-1226 or jhaldyer@gmail.com

Disclaimer: The ideas and opinions expressed in this newsletter are not necessarily the opinions of anyone in particular. These articles are for entertainment purposes and we hope you enjoy!

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