

## A Vacation State of Mind

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In a recent interview of Dr. Ben Benjamin, a famous body worker with whom I get to associate these days, Tom Myers (Author of Anatomy Trains) asked, “What do you do to keep yourself healthy and comfortable?”

His answer—“I try to integrate a little vacation into every day.”

When I think “vacation” I think of playing in the sun, preparing and enjoying special foods with interesting flavors, dancing, swimming, reading a good book. Simply contemplating these activities brings a certain release from the concerns of my day. I have not yet mastered the art of vacationing a little every day. I’m just a beginner though, and intend to practice till I get the hang of it. Picnic lunches, a little badminton in the park, a game of bocce ball, dancing to some good music on the patio in the evening. Disc golf...

Take some time right now to get in that vacation state of mind, and see if you don’t start to feel a little freedom creeping into your day.

Massage can help nourish you similarly. Stop in or call to arrange yours today.

30 minute massages were a big hit in May. So--I have decided to make a new punch card that includes massages of all lengths. That way everyone who gets any length of massage, on a regular basis, can have the fun of a free one when their card is full. Remember to ask for yours at your next massage!

Enjoy your June. Let me hear about your mini-vacations if you try them.