

Happy Summer Solstice from the Women's Quest Staff!

Our goal is to provide motivation to help you continue on your quest for health and balance. Each "muse-letter" includes practical tips and inspiration for the body, mind and spirit. See <http://www.womensquest.com/> for a description of our programs. We look forward to seeing you at one of our retreats this summer!

The topic of this issue of the newsletter is "AHHA, SUMMERTIME"

1. Summer Solstice
2. Summer Appreciation Tip
3. Summer workout suggestion
4. Women's Quest Special Horse Adventure
5. Poem by Anna Swir "I Talk to my Body"

1) SUMMER SOLSTICE is the longest day of the year in the Northern Hemisphere; it marks the official beginning of summer. YIPPEE! This is when the sun is at the height of its power!

On this day (typically June 21st) the daytime hours are at a maximum in the Northern Hemisphere-- nighttime hours are a minimum. This means we have more daylight hours to play and work out. Unfortunately, the sun can also burn us out at this time. We may be inclined to do too much. Are you like me?--I see the sun still shining and I think I can squeeze in one more activity.

"Solstice" is derived from two Latin words: "sol" meaning sun, and "sistere," meaning to cause to stand still. As the summer solstice approaches, the noonday sun rises higher and higher in the sky on each successive day. On the day of the solstice, it rises just a bit compared to the day before. In this sense, it "stands still".

We could also take some hints from the sun. It is a good time for us to reflect, stand still, find time for our self and reevaluate how are seeds are growing that we planted in the Spring.

2) SUMMER APPRECIATION TIP: RELISH YOUR SENSES:

Indulge in the summer splendor.....

Smell:

...Fresh flowers in the garden, pine trees, the scent of fresh dirt... If you live in an apartment, get a flower box for aromatic herbs.

Touch:

...Find time alone, take a luxurious bath, go for an evening walk with someone you love, get a massage... Go barefoot and feel the grass under your toes.

Hear:

...Listen to the sounds of nature. At our house the hummingbirds whiz around and remind me of joy. The streams have thawed out and are rushing once again.

See:

...Take time to think about what you want in your life. Observe the clouds-shifting always. Watch the trees sprout with new life each day and use it as a reminder that you can regenerate and rejuvenate as well.

Taste:

...Buy Fresh Foods from a Farmers market in your area. Have fun with the array of colors and textures.

3) SUMMER WORKOUT:

My favorite workout in the summer is running with my horses. I run with them down the hills and I jump on when we go uphill. But...well...if you can't do that...I have another workout that can boost your endurance.

Straights and Curves: a running track workout.

Warm up and...

Stride out the straights of the track. When you come to the curve, slow down and recover. Don't go hog wild on the straights-run comfortably but a little faster than race pace. Lift your chest and get up on the balls of your feet. Act like Fred Flinstone and turn your legs over and your speed will increase. You can start this work out with just one mile of "straights and curves" and then move up to doing 2 to 3 miles around your local track.

...Remember to cool down with some easy walking and a stretches for your calves and hamstrings.

4) There is still room in the FIFTH ANNUAL WOMEN'S QUEST SPECIAL HORSE ADVENTURE

Steamboat, Colorado July 26-31 (\$1,450)

\$100 off the horse adventure retreat if you sign up by July 1st.

This retreat is truly amazing. Imagine yourself riding along the Continental Divide where the flowers are waist high. Indulge and enchant yourself with women of like mind. Ride your horse through the forests to learn to live in close relationship with the heartbeat of the earth.

This retreat is designed to teach you about communicating naturally with horses. You will participate in learning to become a horsewoman, naturally. Experience riding and camping in the high country, yoga, and countless wonderful surprises from the earth and your adventure guides.

Base Camp for this trip is located in the luscious Mt. Zirkel Wilderness Area in the heart of the Routt National Forest. This lesser-known wilderness in the high country has unpopulated basins with pristine waterfalls, blankets of wildflowers and fabulous trout-filled streams. We will be accompanied on our adventure with experienced WQ staff, a professional guide, wranglers, cooks, and the best backcountry equipment for a fabulous experience.

Horse Adventure includes:

- lessons in communicating naturally with your horse
- lessons in catching your horse, then learn to halter, groom, saddle, and bridle
- personal instructions in riding fundamentals
- daily guided horseback trips into the fabulous high country
- high country camping at its' best' ...sleep in a tent or under the stars...
- bathing and playing in a mountain stream
- wilderness yoga
- journaling
- totally fabulous camp food
- professional guides, cooks, wranglers and horses
- professional equipment for riding and camping in the high country
- singing around the campfire

I TALK TO MY BODY by Anna Swir

My body, you are an animal
whose appropriate behavior

is concentration and discipline.
An effort
of an athlete, of a saint and of a yogi.

Well trained
you may become for me
a gate
through which I will leave myself
and a gate
through which I will enter myself.
A plumb line to the center of the earth
and a cosmic ship to Jupiter.

My body, you are an animal
for whom ambition
is right.
Splendid possibilities
are open to us.

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