

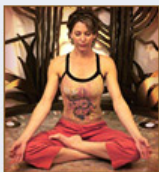


AJI SPA NEWSLETTER

JUNE 2007 EDITION

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Highlighted Treatment



Kioho - Burden Basket Meditation
Historically, Burden Baskets were used by Pima women as carrying baskets to "bear all burdens." They would carry loads up to 100 pounds, and if they had a baby, they would carry the baby in its cradle as well as the basket. Leave your "burdens in a basket" by working one-on-one with our meditation instructor to learn techniques for stress reduction, visualization and connection with your inner being. The session includes a private consultation and meditation session, including visualization and energy balance.

Contact Info & Hours of Operation

5594 W. Wild Horse Pass Blvd.
Chandler, AZ 85226
Phone: 602.385.5759

Sun - Sat
5:30 AM - 8:00 PM

Appointments
8:00 AM - 6:00 PM



Meet The Aji Staff!



Interview with Belen Cenicerros

Belen, how long have you been at the Sheraton Wild Horse Pass Resort and Spa? Since December 2003. I worked as the Cultural Greeter taking people on tours and explaining the highlights of the artwork in the resort. I became an historian on the Gila River peoples. I've also worked as a Resort Concierge and have held various positions throughout the resort and spa.

Tell me about the spiritual benefits of massage?
To help someone balance themselves in their every day walk of life that they feel needs to be rebalanced. Another spiritual benefit is that it helps one to listen to what their body is saying to them.

What is your favorite Native American cultural story infused in the Aji Spa? The name, Aji, which means "sanctuary." Aji is named after a sacred mountain that provided refuge for the Gila River peoples' women. It was a place of meditation. The Aji Spa now provides this refuge and place of meditation for people seeking a special kind of tranquility.

Tell me about your role as Aji's Meditation Provider? I conduct the meditations for groups, couples and individual guests. When weather is nice, these are facilitated in our Olas-ki, a traditional Native American house located onsite. It is an honor for me to conduct a Burden Basket Meditation for our guests, because people are seeking a way of releasing stress and tension - whether it be mind, body, or spirit. I love seeing people respond who realize the benefits of meditation. They leave and they want to practice and become more disciplined about meditating.

Aji Spa Info

"Kioho" is the Native American word associated with the Aji Spa Burden Basket Meditation. Because the vowel "i" is pronounced "ee," and the vowel "o" is pronounced "oh," the word Kioho is pronounced Kyee-OH-hoh. "Neith" is the Native American Word for visualization. Because the vowel "e" is pronounced "uh" and the vowel "i" is pronounced "ee," Neith is pronounced NUH-eeeth.

Fitness Tip

How often do I need to replace my gym shoes?

Replace walking and running shoes about every 300-500 miles, or about every three to six months if you use them at least three times a week. Set your shoes down on a hard surface and look at them from behind. If they cave inward or outward, it's time for a new pair. The same applies if the treads have worn thin, the stitching is torn, the mid-sole looks compressed, or your joints feel more achy than usual after a workout. Don't wait more than six months to replace your shoes, even if you don't think they need it. You may not realize how damaged your shoes are until you compare them to a fresh pair!

~ Submitted by Keri Dwyer, BS, CPT, LMT

