



Ruscombe Mansion Community Health Center eNews

Issue #71

January 2013

Dear Friends of Ruscombe Mansion

Ruscombe Mansion is entering its 29th year serving as a sanctuary of healing unique to Baltimore and the East Coast.

We rely on donations from people like you to maintain our facility so we can attract a community of the highest quality holistic healers and boost their efforts by providing a nurturing space of peace and comfort.

Go online today to help us continue this mission with a **\$5 or more donation through Paypal.**

Even \$5 will help a great deal !



www.Ruscombe.org/donate.html

Thanks for supporting Ruscombe!

Your donation will be received by our non-profit arm, The AUM Center, Inc., and will be used to further our educational mission. Donations can be claimed as tax-deductible. Checks can be mailed to The Ruscombe Mansion, 4801 Yellowwood Ave., Baltimore, MD 21209.

Whole Life Weight Management with Audrey Guzik, Ph.D.



Health and Weight Management Coaching Groups Forming Now!

Many of us resolve every New Year to make changes in our lives to get healthier and happier. But changing is hard on our own. If you, or someone you know, would like to try a new approach this time, consider joining a health and weight management group.

Each group will be limited to 5 people. The introductory price for 2013 is only \$35 a session! Further discounts available if paid in advance.

The sessions will include education on topics such as weight and health, motivation, how and why habits are acquired and can be changed, the Whole Life approach to health, and intuitive eating. We will check in with every member - helping to set and revise goals, and provide support.

[Read More Online on our MeetUp page](#)

To schedule a free intake appointment contact me at:

audreyguzik@gmail.com

443-275-8020

Save Salads For Spring

and other tips on celebrating this sacred, dark, sometimes majestically cold time of the year as the days begin to slowly grow longer.

- Eat warm, cooked foods. Just say no to salads and other raw foods throughout winter. It's cold outside and your diet should reflect this to stay in harmony with the season. The foods to eat now are ones that naturally grow during this time of year or

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The Natural Beauty of Ruscombe Mansion



Ruscombe Mansion in Snow from Winter 2010.

This photo is one of many wonderful photos of the natural grounds taken by David Penney, Ruscombe Property Steward. David ensures the grounds are cared for without any harmful chemicals and the plant and wildlife flourish here.



Ruscombe Events on
Meetup.com

Have you tried Meetup.com? A fun and free way to find stuff to do! [Join our meetup group](#) to get updates on Ruscombe events from MeetUp!

have been harvested and dried during autumn such as root vegetables, squashes, wintergreens, mushrooms, beans and lentils. Your body wants and needs to stay WARM. Cooking methods should reflect this - bake, roast, braise, stew and slow cook to introduce more heat into your meals.

- Cinnamon, ginger, turmeric and cayenne pepper are all warming for the body and act as natural detoxifiers.

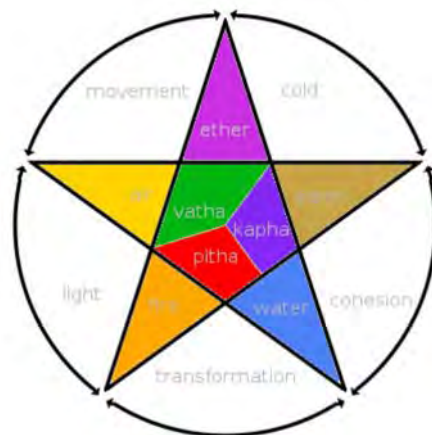
Easy to add to homemade dishes and find when eating out and on-the-go, these super spices pack some heat and help shed pounds.



- Slow down. This is not the season to strive and push through.
- Get extra sleep. This is such an active, social season for most people that we tend to get less sleep during a time when we need it the most. Where possible, try to add an extra hour to your sleep routine.
- Wash your hands. Wash your hands as soon as you get home, get to work, get to school and before and after EVERYTHING.
- Meditate on firelight
- Drink warm cider or other spiced, warming beverages

The Dosha Practice

A workshop with Maré Hieronimus



Sunday February 17th, 2013
1-3:30pm

The Community Hall at The
Ruscombe Mansion Community
Health Center.

\$30 Per person. Reservations
required.

To Register or for more
information please email
thebodyarchive@gmail.com or
call 443-416-6214.

Ayurveda ("the science of life") categorizes human beings into three basic different Dosha constitutions, or biological humors. In this workshop, we will investigate these three biological humors, and do a preliminary diagnosis to determine which Dosha you tend most towards. After determining this, we will investigate the kinds of practice that are suitable for each, and explore ways of working that will bring greater balance and harmony both within your practice, and within your life.

Ruscombe Practitioner of the Month



Harriette E. Wimms, Ph.D., Licensed Psychologist

Dr. Wimms provides individual, child, adolescent, family, and group therapy; meditation/mindfulness services, grief and loss support, and educational advocacy services.

More about Dr. Wimms at Ruscombe.org

For more information: 443-934-5067 or email
info@VillageFamilySupportCenter.com

About Ruscombe Mansion Community Health Center



The Ruscombe Mansion Community Health Center exists to meet the needs of holistic practitioners who value a strong sense of sacred place in which to do their healing work, as well as a community with which to do energetic healing work for the neighborhood. We do this by providing rental space only to

practitioners who are aligned with these goals, and by maintaining a safe and peaceful atmosphere where healing arts are supported. We also feature programs in holistic healing, movement and exercise systems, meditation, and inspirational guidance to enhance community and individual wellness.

410-367-7300 · wellness@ruscombe.org · www.Ruscombe.org

Directions to Ruscombe Mansion

Find us on Facebook

Ruscombe's AUM Center is the non-profit that works to keep this transformative property safe and comfortable so that trust and healing can occur. We rely on tax-deductible donations to sustain this healing oasis. All donations are tax-deductible.

Upcoming Classes at Ruscombe

[Friday Morning Slow/Mo + Restorative Yoga](#)
Every Friday at 10:30 AM

[NIA movement class Every Sat 9:30](#)
Every Saturday at 9:30 AM - 10:30 AM

[Winter Retreat - for a Woman's Heart and Soul](#)
Saturday, January 26, 2013 from 10:00 AM to 5:00 PM

- Gaia Healing Center
8002 B Dolly Hyde Road, Mt. Airy, MD
- fee: \$150.00/per person

[Wise Heart Meditation NOW ON MOST SUNDAYS from 5:30 - 7:15 PM](#)

Please see yamastudio's website for more:

- https://www.yamastudio.com/yama_studio_yoga_baltimore.php
- [Or Wise Heart on Facebook](#)

The Dosha Practice - A workshop with Maré Hieronimus

Sunday, February 17, 2013 from 1:00 PM to 3:30 PM

**See All Current and Upcoming
classes on Ruscombe.org or
search Ruscombe on MeetUp.com**