

MICHELE LOEW OF YOGA SPACE

DECONSTRUCTS THREE CRUCIAL POSES.

BY HANNAH WALLACE



EKA PADA RAJAKAPOTASANA PREP (MODIFIED PIGEON)

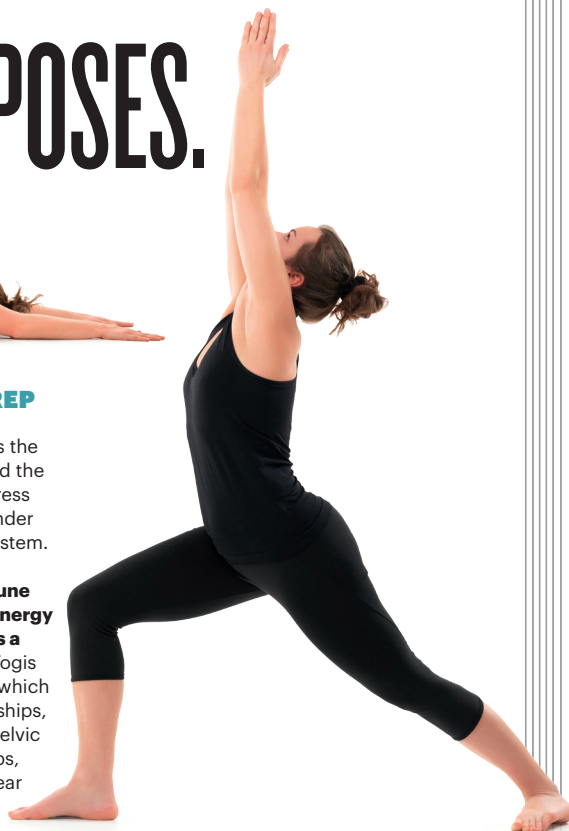
This intense hip opener stretches the glutes, the outer hip rotators, and the piriformis muscle. A powerful stress reducer, it's also a pose of surrender that is calming to the nervous system.

It supports the adrenals, which are important for a strong immune system, and brings blood and energy to the pelvis, which encourages a healthy reproductive system. Yogis also believe the second chakra, which is associated with work, relationships, and creativity, is housed in the pelvic region—so while opening the hips, this pose can also help release fear and frustration.



SIRSASANA (HEADSTAND)

This advanced pose improves mental power, focus, and concentration. "A natural caffeine," Loew says; she recommends practicing it in the morning. But the pose also stimulates the pituitary and pineal glands and is said to be anti-aging, reducing the effects of gravity. **It also promotes healthy lung tissue, which can relieve colds, coughs, and even bad breath.** It also quite literally turns your world upside down, jostling you out of stuck patterns and keeping you open to new possibilities.



VIRABHADRASANA 1 (WARRIOR 1)

This classic pose aligns and lengthens the psoas, a hip flexor muscle. The psoas attaches to all five lumbar vertebrae, and often causes back pain if tight or misaligned. **The overhead position of the arms has been shown to increase testosterone levels while reducing levels of cortisol, a stress hormone.** Of course, the pose also extends the spine and stretches the quadriceps and abdominals, as well as the arms and shoulders.



THOMAS DOHERTY,
A LEWIS & CLARK
COLLEGE
INSTRUCTOR WHO
HELPED PIONEER
"ECOPSYCHOLOGY"

For starters, what is it? The ecopsychology movement thinks about psychology in the context of nature and the natural world. It's the radical, therapeutic sister discipline to environmental psychology, which works on the connection between stress reduction and nature. I blend that science-based approach with humanistic, artistic, and subjective elements. At Lewis & Clark we're trying to figure out what a fairly new profession would look like. This is one of the few programs in the country where counselors can come to a well-recognized, accredited program and study it.

So does connecting with nature make us healthier?

There's good research to show that time outdoors correlates with mental health. I'd predict that for many people, a lot of their →

CIRCLE OF LIFE TWO LOCAL COMPANIES JOIN FORCES TO SEND A NEW KIND OF TOURNIQUET INTO COMBAT. BY ZACH DUNDAS

SAM SCHEINBERG, CEO OF WILSONVILLE'S Sam Medical Products, supplies surgical gear to US military forces. On today's battlefields, improvised explosive devices inflict new kinds of wounds—pelvic fractures with arterial bleeding, notably, have become the leading cause of preventable combat deaths. The standard-issue tourniquet for such wounds was an unwieldy multipart contraption, difficult to assemble in the field. Scheinberg saw his chance to sell the Marine Corps on a new product. It needed to be "bombproof and braindead."

Enter Ziba, the acclaimed Portland-based industrial design firm. Ziba's Niklas Gustafsson started making prototypes out of duct tape. "It's not about the coolest look," he says. "It has to be rugged, intuitive, light, and small, because the medic's bag is already 40 pounds. Something goes in, something else comes out." The belt-like device Ziba landed on straps around a wounded soldier, tightens to a maximum pressure of 33 pounds ("Overtightening is also dangerous," Gustafsson notes), and features an inflatable ball that pinpoints the arteries. Weight: 1.1 pounds. Time to apply: less than 30 seconds. The US Army approved the Sam junctional tourniquet for use in December, and it made its battlefield debut—saving a life—in January.



→ subjective sense of feeling positive, inspired, hopeful, or optimistic involves something outdoors. It may be outdoor activities, or their garden. Maybe they go up to the mountains for skiing, or they go to the coast.

Does an ecopsychologist prescribe outdoor activities? Yes. But all of the different tools of counseling or therapy are possible. I tend to integrate things. It isn't like, go hug a tree and everything will be better. It also may be looking deeper at the dilemma—using a cognitive behavioral approach. Let's drill down into what you're concerned about.

Do people come to you because of environmental guilt? Sometimes. But most of my clients come for classic issues. They have trouble with their mood; they're concerned about their future; they're dealing with weakness, or transition, or loss. They're struggling in their relationship or their job. But I talk about personal sustainability with all of my clients. Are you getting enough rest and exercise? Are you living in a sustainable manner? I think with most anyone coming in for therapy or counseling, something's not sustainable in their life. That's part of what's drawing them in.

What is your prescription for Portlanders who want a mental health boost?

The classic prescription for exercise is 30 minutes of rigorous exercise, three times a week. I'd say something along the lines of 30 minutes of quality outdoors time, three times a week. Get out under the sky, notice the clouds and the weather, be around greenery in a forested setting. That will give you an hour and a half of stress reduction, lower heart rate, lower blood pressure, more relaxed muscles—and if you're also exercising, you'll get the benefit of that as well. —Libby Clark



La Bella Vita

SOUTH WATERFRONT'S INNOVATIVE SENIOR-LIVING HIGH-RISE CREATES A LIFESTYLE OF ITS OWN. BY ALISHA GORDER

THE VIEW FROM RON AND MURIEL Mendonca's living room is spectacular. Large windows frame Mount Hood, and the Willamette winds 11 stories below. Step out on the patio, and St. Helens peeks out to the northeast.

Vistas like this are the rule at Mirabella, the South Waterfront high-rise luxury retirement community opened in late 2010. The 30-story, LEED Platinum-certified tower is home to 350 generally well-heeled seniors like the Mendoncas. (Entry fee is \$309,000, with monthly dues starting at \$3,772.) Aside from a stunning setting, Mirabella offers comprehensive long-term programs, on-site rehab—not to mention an ambitious slate of activities that would daunt even a much younger set.

A potential day in the life of a Mirabellan:

MORNING When it's nice out, resident Beverley Healy, 78, gets her blood pumping with a walk around the South Waterfront. She and three fellow residents follow a three-mile loop beginning with a climb up **132 stairs** and ending along the waterfront. During winter months, Healy switches to the treadmill and joins other fitness-inclined residents in the **gym**. Senior-friendly exercise equipment uses air-resistance

technology, which reduces strain on joints and connective tissues and promotes a safer workout. Mirabella also offers a wide range of group fitness programs, including **chair fitness**, **tai chi**, **Zumba**, and **mat Pilates**, as well as **aqua aerobics** in the 50-by-20-foot **indoor pool**.

AFTERNOON Midday makes the perfect time to sit down with a book in the **7,000-volume library**, entirely resident-donated and resident-organized. On-site classes range from **Mandarin to oil and still-life painting to needlework**. Resident Bob Ivey, 86, teaches **woodworking** on an individual basis on his own equipment, donated to Mirabella after he and his wife moved to the retirement community from their Lake Oswego home.

NIGHT Social hour begins at 5 p.m. and goes until 7:30 or 8 p.m. Residents can take advantage of drink specials or enjoy a bottle of wine, uncorked free of charge, with friends. No reservations required to dine at the Aria West buffet on the 24th floor, and **movies** are shown several times a week in Willamette Hall, Mirabella's auditorium, where outside acts like the Portland State University Choir also perform. The room is large; resident interest is larger. "Willamette Hall needs to be doubled in size," Muriel Mendonca says.