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Early CRUISER




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2020 Buick Encore - 2,783 miles - **\$27,995** #93576A



2019 Buick Envision - 14,798 miles - **\$32,995** #37596A




2018 Chevy Equinox - 68,825 miles - **\$24,995** #87294A



2017 Buick LaCrosse - 50,326 miles - **\$22,995** #79235A




2016 Buick Cascada - 11,828 miles - **\$22,995** #87219A




2016 BMW 328i - 77,001 miles - **\$22,995** #95581A




2015 Chevrolet Malibu - 76,434 miles - **\$13,995** #16871A



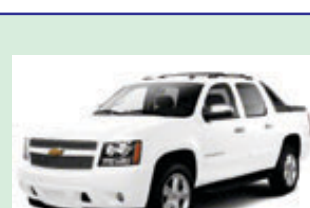
2014 Chevrolet Cruze - 96,118 miles - **\$8,995** #35417A




2014 Chevy Impala - 137,386 miles - **\$12,995** #96815b



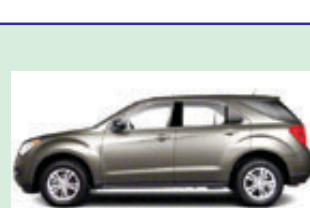
2011 Avalanche - 209,499 miles - **\$14,995** #20545B



2009 Chevrolet HHR - 7,798 miles - **\$7,995** #93295C



2012 Chevy Equinox - 107,000 miles - **\$10,995** #72150A



The healthy benefits of meditation

by **Alicia Oberholzer**
Physical Therapist
W.S. Holistic Health

Meditation is a practice used all over the world to positively impact physical and mental health.

Research has shown various benefits of meditation including reduced anxiety, better sleep, stronger relationships, and improved pain management.

When beginning your practice of meditation, it is important to find a quiet and peaceful place. Close your eyes and focus on your breath. This is your anchor. Each time your brain naturally drifts away, return your attention back to your breath. Be patient with yourself and learn to appreciate the simplicity of stillness.

Meditation can be guided or unguided. A guided meditation involves a narrator who leads the meditation and gives tips on how to interpret and apply your experience. There are several videos of guided meditations on youtube as well as downloadable phone apps.

An unguided meditation is self directed and can be more challenging for beginners. One method of performing an unguided meditation is called a body scan. You can practice this mindfulness journey through the following steps:

Position yourself comfortably. This can be seated or lying down. Close your eyes and focus on the sound and movement of your breath.

Start at your head and

mentally scan your body, working your way down towards your toes.

Through the scan, stop to appreciate each body part and how it feels. Is it light, heavy, tense, relaxed, or restless? Take time to connect to each region before moving on.

Repeat the scan over and over until you have a good idea of how your body feels separately and holistically within the present moment.

It is human nature for the mind to wander. Allow thoughts to come and go without getting caught up in them. Recognize the distraction and bring yourself back to the body part where you left off. Reconnect with your meditation experience through your breath.

Meditation is a skill best practiced consistently. Set up



a time where you can check in with yourself on a routine basis. This can be for 2 minutes, 5 minutes, 15 minutes or longer. It's up to you. There is no right or wrong way to experience mindfulness.

Just showing up to acknowledge yourself daily is a good start!

If you have further questions regarding the benefits of sleep, feel free to contact a physical therapist at Warm Springs Holistic Health for more information.

Warm Springs Holistic Health is open 8 a.m. to 5 p.m., Monday through Friday. Appointments are required. Call 541-777-2663 to learn more. The center, a program of Managed Care, is located on campus next to the courthouse.



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