



WELLNESS,  
ADVOCACY,  
& SPIRIT

## FAMOUS WOMEN IN WELLNESS

"I met this wonderful woman in Yanni Bistro early last fall. Yanni had been singing her praises to me for weeks and hoping to introduce us. Well, one day when I dropped in for a cuppa, there she was. It took 30 seconds for us to recognize each other as fellow "bendy bodies" 60 as kindred spirits.

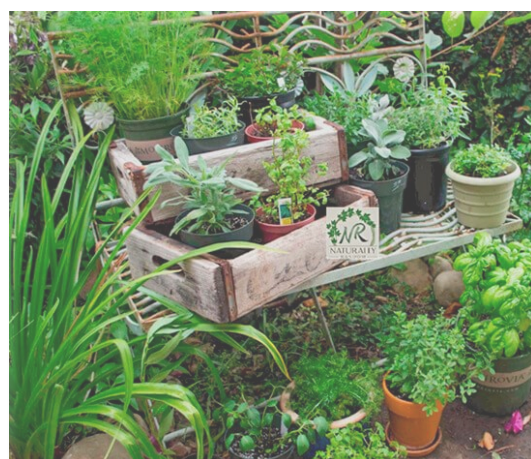
Ever since that time she has been cheering us on at Umi and waiting for a few necessary health items and recoveries to take place so she could engage her whole heart.

it is my GREAT pleasure introduce to you all one of our "Famous Women in Wellness" and founding providers, Theresa Random of Naturally Random!

We are sharing a few of her many incredible talents this month with a series of lymphatic massage educational videos, and she will be teaching a series of online classes to be announced later this month!

Rachel Lee, Director

*Photo Right: Theresa's Herb Garden*



## ~Women's History Month~

### ~A Famous Advocate~

St. Brigid was a young contemporary of St. Patrick, born into slavery around 450 A.D. Her mother was a Portuguese slave, her father a druidic chieftain. Even as a child she was known for her fearless generosity. One story even recounts how she gave away her father's prize sword to a beggar to sell for food. Brigid became a nun at 15, and in 471 founded the famous monastery of Kildare, one of many churches she would plant in her lifetime.

Along with the famous St. Patrick, Brigid traveled around the country feeding the poor, practicing healing, promoting respect for both men and women in the faith, and giving everything she had to those in need. Rather than press abandonment of culture, Brigid was famous for advocating Christ's redemption within the daily lives of the lower class peasants and slaves with whom she could relate, and with whom she longed to share the joy and hope of her faith.

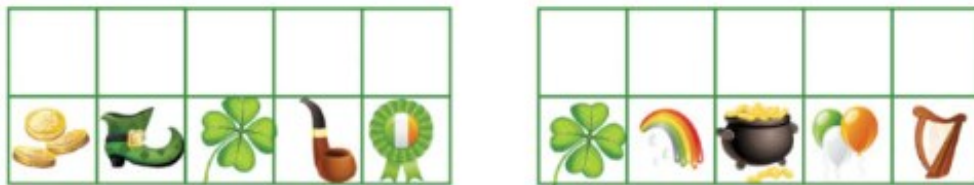
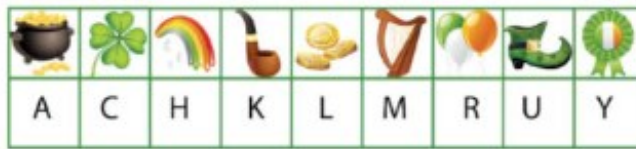
*Photo Center: St. Brigid's humble cross, woven of straw.*





**KIDS  
CORNER**

**CAN YOU DECODE THESE SECRET  
ST. PATRICK'S DAY MESSAGES?**



**HERE'S A DIFFERENT CODE TO TRY**



**Try Your Luck  
with these Tongue  
Twisters**

I wish for an Irish  
Wrist Watch  
What's your four  
leaf clover folder?

***How to write a  
Limerick:***

*5 Lines of Words  
Lines 1, 2 and 5  
Rhyme with each  
other.  
Lines 3 and 4  
rhyme with each  
other.*

**CAN YOU CHANGE THE  
LETTERS, AND MAKE YOUR  
OWN CODE?**

*Read ours on page 4!*



Everything in the Universe has a rhythm, everything dances.

Maya Angelou

Famous woman of spiritual wellness and advocacy of the soul.



# MARCHLY UMI HAPPENINGS

## ROADS WE TRAVEL LECTURE SERIES

DR. ALAN SPANOS TO BE SPEAKING IN CHARLOTTE, NORTH CAROLINA THIS APRIL!

- TALK TO INCLUDE COMMENTS ON THE NEW GROUNDBREAKING EDS/HSD TEXT *SYMPTOMATIC*, AND HOW TO USE IT TO ADVOCATE FOR CARE.
- *DETAILS TBA VERY SOON, REGISTRATION ONLINE.*

ALSO BEING SCHEDULED FOR ROADS:

- AHURA WELLNESS
- AND NATURALLY RANDOM

### Umi-Moves

- SESSION 2: HANDS, FEET AND SURPRISING GRAVITY
- THURSDAY NIGHTS, ZOOM, 7:00 TO 8:15PM EST
- RECORDINGS AVAILABLE AFTER EACH CLASS.

### Sound Sanctuary

**WEDNESDAYS FROM 5:30 TO 6:30!**

- DROP IN FROM ANY DEVICE FOR A SPRING SOUND RETREAT.
- SOMETHING FOR ALL AGES!
- SIGN UP ONLINE FOR REGULAR REMINDERS ONLINE.

## **The Young Woman of Leinster Read Aloud for Best Results**

THERE ONCE WAS A YOUNG WOMEN OF LEINSTER,  
 WHO GAVE AWAY ALL OF HER DINNER.  
 HER MOTHER, SHE PRAISED,  
 BUT HER FATHER, QUITE DAZED,  
 TRIED TO MARRY HER TO A MAN IN KILLESTER.  
 HIS PLANS, THOUGH, SHE THWARTED  
 WHEN A TO GOD SHE PURPORTED  
 TO BECAME A MIDSUMMER'S WIFE.  
 AND OFF SHE THEN TROD,  
 WITH HER STRAW CROSS AND ROD,  
 TO GIVE AWAY MORE OF HER LIFE.

UMI WELLNESS STAFF

**IF YOU NEED ADVOCACY & WELLNESS IN YOUR LIFE TODAY,  
APPLY ONLINE. WE'RE WAITING TO DANCE WITH YOU.**