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## Center helps people reduce stress during holiday season

By Ivy Farguheson

Journal staff November 19, 2007

With the holiday season quickly approaching, there must be a way to keep fit and sane during this stressful time of year.

Artha Sustainable Living Center, with locations in Amherst and Waupaca, offers area residents the tools to maintain their peace of mind as well as keep up their fitness levels by doing something a little different. Their tools focus on the importance of meditation through yoga, walking and other forms.

"During the holidays things, can get pretty stressed out, and to have these few moments when you're not thinking about all those things (are important)," said Marguerite Ramlow, a yoga instructor and co-owner of Artha. "Moving the body really releases some of the tension that's inherent to a stressful lifestyle."

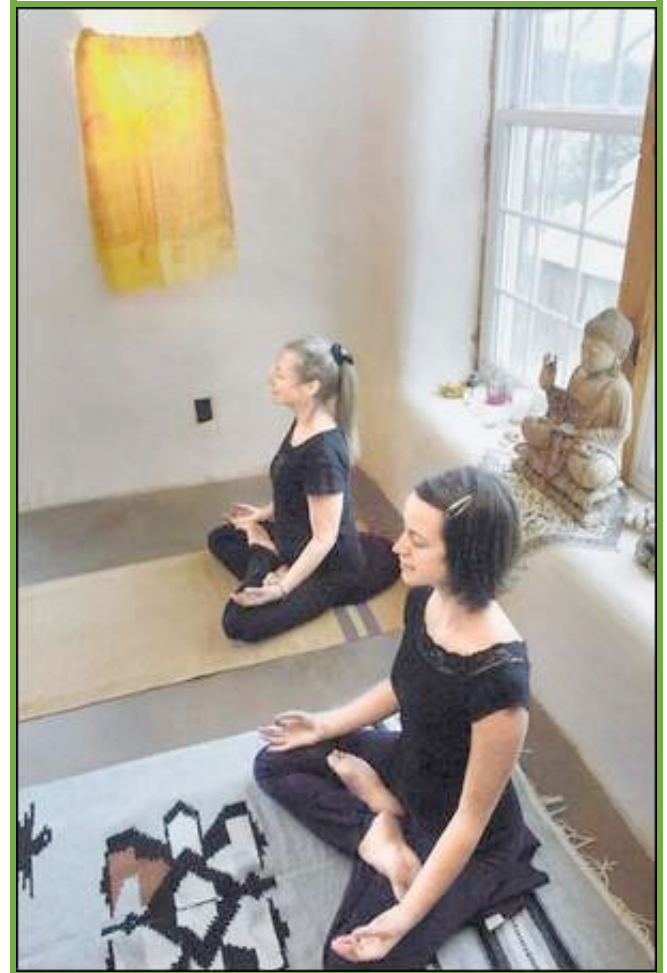
Although it does not offer the same cardiovascular intensity that running and elliptical machines may, meditation offers an inner peace, equally as important to maintain a healthy lifestyle.

"Finding an inner peace, taking time for yourself gives you the ability to do better in your day-to-day life and your relationships with other people," said Chamomile Nusz, the program and marketing director for Artha. "It's a great way to just give time to yourself."

Artha's Amherst location is 10 miles from Plover, on Highway K off of Highway 54. It sits on 90 acres of land in the Amherst countryside, which hold many trails as well as a walking labyrinth.

"Walking is a great fitness exercise for people of many levels," Nusz said. "The great thing with walking meditation is in the walking, it's easier to concentrate on your steps or your breathing and separate yourself from the busyness of your mind."

Yoga classes and workshops also are available at Artha, as are yoga retreats. In the summer, they hold their yoga classes outside amidst their beautiful surroundings, another pleasant aspect



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Chamomile Nusz, back and Marguerite Ramlow walk in the meditation labyrinth at the Artha Sustainable Living Center.  
THOMAS KUJAWSKI/STEVENS POINT JOURNAL

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of the center.

"People just love coming out to our location because it helps with the whole calming and centering and getting away from the busyness of life," Nusz said. "It's just a very peaceful, serene environment."

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