

J & K Thymes:

In good food we trust

Introduction to our Newsletter:

We are excited to share our so far yearly spring newsletter! Our goal is to share things that are both fun and informative while increasing exposure to what we are passionate about, which includes many areas in the realm of holistic health. We want to keep you periodically (not more than a few times per year) updated on events and offerings. If you'd like to check out our last two newsletters that share life updates for Josh and Kalindi and other fun tips, feel free to find those here:

<http://neuromuscularbalancing.com/videos-tips-more.html>

Email Josh@NeuroMuscularBalancing.com to sign up for any of the below offerings (space limited):

Free Benefit Wellness Events: June, July, August & September 2025

Donations Welcome to Benefit Different Causes

**No Experience Necessary: Email below to Sign-up and get directions. If an event is full there will be a waitlist.*

Sun. June 22, 5 PM Vegan Potluck followed by 6–7:30 PM Community Kirtan:

Call and Response Chanting *first 25 people to sign up

Join the growing community of devotional chanting to help uplift the spirit and drop into the ever-unfolding present moment. Bring a chant or song to share or just come to listen and relax.

100% donations to A Well-Fed World: Plant-Based Hunger Solutions.

Sat. July 12, 5 PM Vegan Potluck followed by 6–7:30 PM Sound Bath *first 8 people

to sign up for lying down option, additional 8 more people can have seated spots.

Relax in this immersive sound bath led by Eileen Mielenhausen, M.A., Reiki practitioner & sound healing guide on singing bowls, percussion and more, Joshua Ehrlich, PhD, psychologist and violinist who coaches leaders on resilience and mindfulness, and Josh Warren & Kalindi Dinoffer on the chakra bowls, gong, harmonium, and more. 100% donations to World Central Kitchen to benefit Ukraine.

Sun. Aug 17, 12 PM Vegan Potluck followed by 1–4 PM Empathy for Everyone:

Practical Neuroscience & Warm Accompaniment *first 25 people to sign up

Peggy Smith, M.A., is a certified trainer with the International Center for Nonviolent Communication and is the co-founder of the Maine NVC network. A student of Mindfulness since 1991, Peggy was ordained as a teacher by Zen Master Thich Nhat Hanh. Participants will learn practical strategies for accompanying strong emotions in themselves and others. Together, we will delve into verbal and somatic strategies to move away from brittle reactivity and into resilient responsiveness. Participants will leave with practical strategies to implement Relational Neuroscience and Resonant Language.

100% donations to Empathy For Everyone: non-profit professional development in Maine schools.

Mon. Sept 8, 5 PM Vegan Potluck followed by 6–8 PM NeuroMuscular Balancing and Phoenix Rising Yoga Methodology in Pairs *first 16 people to sign up

Josh Warren, MS, LMT, & Kalindi Dinoffer, Yoga Teacher & Mindfulness Leader, will co-teach this interactive and exploratory class. Josh will give a brief overview of basic care for the human frame, then participants will pair up (you can sign-up individually or with a partner) to be guided to assess imbalances, tailor a couple exercises for your partner to release key muscles to bring the body toward balance, followed by reflections. Kalindi will guide partner exercises, meditation, and co-listening.

100% donations to A Well-Fed World: Plant-Based Hunger Solutions.



Pictured are two large bays in our open-air seasonal wellness space for these special evenings. We have mats, blankets, & chairs.

Location: Lamoine, ME

Email Josh To Sign-up since limited space & to receive our home address:

Josh@NeuroMuscularBalancing.com

More info: NeuroMuscularBalancing.com



Hot and Cold Contrast Therapy:

One of the most powerful ways we have been learning to deeply relax has been going through a thermal circuit at over twenty different Nordic spas that we've researched and tried out primarily in Canada. We can't wait to see these therapies become more accessible in our communities and are always happy to chat more about it! In the meanwhile, we created our own mini version in our bedroom and have been using the steam tent and cold plunge every morning. It has been a gamechanger!

Before splurging on the cold plunge, we wanted to make sure we had something that would satisfactorily get us hot enough. After trying numerous products, we can say that the SaunaBox steam tents create a consistent desired temperature that is better than most commercial steam rooms that we've tried. We went with the BoxPlunge company for the cold plunge due to an excellent price point, customer support, customizable options and skin colors, an integrated chiller that is quiet and low cost to run, has a filter, timers, and generates ozone. While waiting for it to arrive, we would practice taking cold showers after our steam session. Cold showers or safely utilizing a cold body of water are excellent options. We do love the proximity of the cold plunge to our steam tent and have noticed greater benefits with the full body cold immersion.

We enjoy steam over dry and infrared saunas since it has the added respiratory benefits, and we prefer the humid environment. Nordic Spas typically have both steam and dry saunas that you would do for about 10-15 minutes followed by a 15-second to a few-minute cold plunge, followed by relaxation for about 20 minutes. Doing this cycle two or three times in a session is ideal when time allows.

We add essential oils like eucalyptus to the inside steamer box to enhance the experience and further open the airways. Contrast therapy improves circulation, reduces muscle soreness, enhances relaxation, induces detoxification, improves mental clarity, and just the cold plunge alone can boost dopamine over 200% with effects lasting several hours and can even help with long-term insights due to the profound experiences that can occur. Using a sauna just a few times a week can nearly halve the risk of heart issues and Alzheimer's. You can find numerous articles and benefits online, yet nothing has compared to our own experience.

A tip we discovered for cleaning and monitoring humidity levels for the steam room is when you are out of the steam room and finished with your session, keep the zipper door shut for at least 30 minutes. Once opened, run a small fan in there to dry it out. A mini dehumidifier can help too in the humid months. In the winter, it rarely went over 50% humidity in our room, and this is without a dehumidifier. We also recommend a hand towel placed on your chair to catch sweat and moisture. It's common to lose about ½ pound of water weight in just 10-15 minutes in there! Make sure to rehydrate! Doing the thermal circuit can create a beautiful sanctuary to practice breathing exercises and meditation.



If interested in the SaunaBox or BoxPlunge company pictured above, we use the illustrated SaunaBox Go steam room for a 2-person low profile tent. If you prefer a sitting and standing model that fits in a corner, then they have that option as well. SaunaBox steam tents range from about \$300 to \$600 depending on the model and sale going on. SaunaBox also makes a cold plunge that we use outside for guests, yet it requires more frequent changing of water since it doesn't have a filter etc. This link and/or code below will save you 10% at SaunaBox and kick that same amount back to us so feel free to use and/or share the link and code as you see fit....

<https://www.saunabox.com/Balance108>

At checkout, hit the order summary drop down to apply this code: **Balance108**

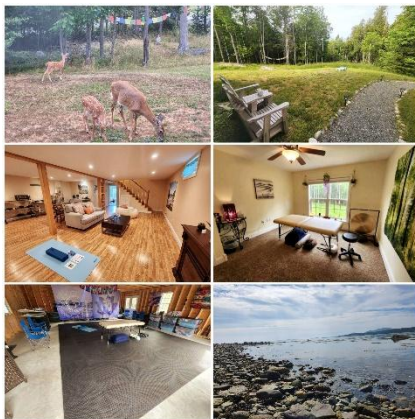
For our cold plunge by BoxPlunge, we purchased the 14 size pictured above with the dark wood skin, which is perfect for us! I would not want anything smaller. The next size up is quite a step up in size if you prefer larger. We recommend adding the color-changeable light, six filters, and additional timer for the filter, (only if it's in a room that you don't want it running at a certain time otherwise 24/7 is good) and add any skin for a nicer appeal in a room. For the 14 model above, the hinged lid is on a slight angle, which works better for our setup, plus it's easier to open and close, yet a removable lid is also an option. Simon is the owner of BoxPlunge, and he can help talk anything through as well. It is assembled and ships from Florida in a crate.

<https://www.boxplunge.com/product-page/pe-1?srltid=AfmBOooDuu4c3opBNvdztg9h0B1nR-GpITSvJ09LFaS0Aqq6kNnqXvMG>

You would enter the promo code **Balance108** as well to save over \$700.

If you want to try out contrast therapy, a couple awesome options include in Downeast Maine, our good friends Rachael and Trevor at www.roselightsanctuary.com with one of the hottest and best we've experienced wood-fired sauna (their first 3-hour private experiences coming this summer), and Dan at sonicshow.live/ with the world's first live electric sound bath with the option to book the sauna and cold plunge in an amazing and tranquil indoor space after the epic sound journey!

Plant-Based Wellness Nature Retreat:



If you or anyone you know are interested, feel free to inquire. Dates can be custom coordinated. The price is per room for 1-2 people and includes gourmet meals, king bed, group and private sessions, and time on your own to relax and/or explore Acadia. Learn more about the details and sample itineraries with either of the below all-inclusive options.

<http://airbnb.com/h/plant-based-wellness-retreat-private-entrance-near-acadia-national-park>

<http://airbnb.com/h/plant-based-wellness-retreat-master-king-bedroom-near-acadia-national-park>

Nourishing the Thymes:

We are passionate about eating as many plant-based foods as possible to help support animal rights, the environment, and personal health. When we moved to Lamoine in our first home together, we made the step to keep the household plant-based and eat vegetarian out of the home. More restaurants and stores are jumping on this bandwagon. Since last year's newsletter, we have been able to make the full transition to a vegan diet. Increasing excellent sources of protein and sprouting daily, especially throughout the Maine winters, has been instrumental to this change. Amongst some of our favorite protein powders, we have loved Mikuna chocho. Chocho is a plant that grows in the Andes mountains at such a high elevation that it has learned how to survive, thus making it a superfood. What's even better is that it has all nine essential amino acids to create a complete protein. You can get it as a single-ingredient powder or with a few ingredients to have it flavored. It works well in smoothies or in your baked goods. Below is a picture of a few different brand powders that we like to cycle through. Pictured are a couple of probiotics that we've also enjoyed alternating and a D3, K2 supplement that we take daily in the winter and occasionally in the other months...



Recipe of the Thymes!

Eating vegan can be a lot of fun and depending on your lifestyle and where you may be living or traveling to, we have found it crucial to have tasty and nutritious sources of protein on hand. Below is an example of ingredients explored to create a simple and awesome way to make this a reality.

Protein Balls or Protein Granola bars shaped your way with the amount and types of ingredients you prefer! Toss all ingredients in a bowl to your desired liking and then form into balls or cut into bars. Feel free to play with ratios. Refrigerate or freeze if wanting longer storage....

- Oats, about 2 cups
- Peanut butter or any other nut butter, about ½ cup
- Maple syrup, about 1/3 cup
- Dash of non-dairy milk, about 3 tbsp or so if desired
- Apple sauce, about 1/3 cup
- Handful of sunflower or other seeds as desired

- Non-dairy, low or no sugar chocolate chips as desired
- Chopped dried fruits as desired
- Mikuna chocho powder (about ½ cup), has a complete protein in just 1 ingredient or any other protein powder.
- 2 tbsp flax or chia seeds if wanted
- Dash of Celtic and Himalayan salt as desired
- Small amount of almond and vanilla extract, about half teaspoon each
- Cinnamon, about 1 tbsp and/or any other powders such as ginger

Raw Thymes:

In this section, Kalindi will share her heart on a plate with a post from her blog...
<https://mindfulkalindi.com/inspirations-from-nordic-spa-culture/>

Free Webinar:

Everyday Wellness: Training Smarter and Debunking Myths:
<https://go.oncourtoffcourt.com/everyday-wellness-webinar/>



Josh's Offerings:

Josh is doing NeuroMuscular Balancing sessions in Lamoine and consulting with different businesses. Check out NeuroMuscularBalancing.com to learn more. If interested in Josh's video download with E-Manual, feel free to use the coupon code **introductorydiscount** for \$10 off. This approach helped Josh finally resolve his low back pain of about seven years when nothing else was working. Josh is forever grateful for his dear friend and mentor Lee Albert for sharing this knowledge.



Kalindi's Offerings:

Kalindi recently completed the Phoenix Rising Yoga Therapy Fundamentals certification and she is offering donation-based sessions for 1-4 people both online and in person until at least the next newsletter. Please feel free to get in touch with her at kdinoffer@gmail.com if interested.

Kalindi works for her family company and since she has a passion for yoga and holistic health, she has recently helped launch a yoga line with two unique eco-friendly mats. One is a foldable yoga mat that can function as a bolster, seat, or add extra support under your hands or knees and the other mat is extra wide and extra grippy. They pair well together and are currently retailing for \$68, which is much less than comparable quality mats that are well over \$100. Since we're trying to expand awareness of the mats, if interested you can use and share this coupon code **SAVE20** to get either the [Foldable Yoga Mat](#) or [Get-a-Grip-Mat](#) for \$48 with free shipping. The website to learn more is oncourtoffcourt.com/wellness.

If interested, Kalindi also shares heartfelt and honest musings on her blog at MindfulKalindi.com.

Feel free to share this newsletter with whomever you see fit. If you have any feedback or would like to learn more about certain areas of interest, please let us know!

With Warmth,

Josh & Kalindi