

Take one step
toward wellness:

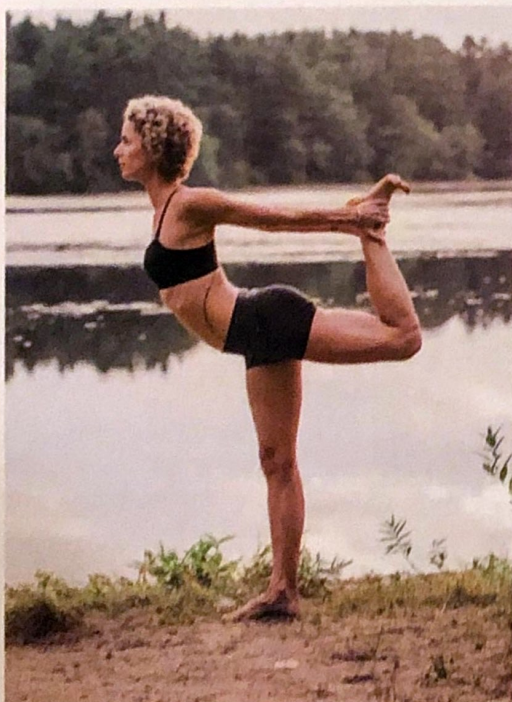
BE MINDFUL

Embrace the quiet

“**BEING PRESENT** in an over-stimulating world can be challenging,” says Marie Aspling, founder of Balans Wellness Studio and Balans Organic Spa.

This Boston-based wellness expert isn't kidding. Mindfulness is sorely lacking in our hectic lives. We cram as much as possible into our days, leaving our nights sleepless as we mull over jam-packed tomorrows.

To stay mindful, Aspling wants you to celebrate “single-tasking.” No matter how simple the undertaking (think cooking, walking or talking to a friend), focus on it.



EXPERIENCE IT

▶▶ Balans Organic Spa:

Organic skin care including facials, body treatments and massage, flotation therapy, nutrition consultations. 216 Newbury St., Boston

▶▶ Balans Wellness

Studio: The studio puts a postural focus on yoga, Pilates, therapy, strength and massage. Also offers meditation and mindfulness. 376 Boylston St., Boston

MS. MINDFULNESS

▶▶ **Marie Aspling:** Africa-born, Sweden-raised, Boston-based Aspling has an advanced degree in biomedical science and a history in stem cell research. Today, she uses her knowledge and her dedication to mindfulness and self-care to help women and men live healthier.

“It’s an illusion that by doing several things at the same time, we get more done. In fact, the opposite is true,” she explains, noting multitasking leads to feeling run down and time spent repairing mistakes.

“Doing one thing at a time, with full attention, is being mindful,” she says, a concept so near to Aspling’s heart that she teaches techniques on finding peace during her overnight Balans’ Lifestyle Retreats in Rhode Island. Even her brand echoes the sentiment, with the word *balans* being Swedish for balance.



Instead of fearing silence, Aspling also wants you to embrace it. “Many of us don’t know what quiet feels like anymore. Staying busy is a way to escape reality and the present moment,” she explains.

Try earplugs and an eye mask at night for sensory deprivation, or hitting “do not disturb” on your phone. If you choose when you’re available, each moment becomes more precious when you’re in it. “Enjoy life around you,” she adds. “And, while enjoying, take a breath.”

CHERYL FENTON