

Issue Number 3 - November 2015

THE VIBE

OUR YOGA COMMUNITY'S NEWSLETTER



Greetings!

"Take The First Step"

The day my son Henry was born was one of the many triumphs in my life. I have incredible memories of him falling asleep on my chest and spending time in the kitchen with me as I prepared our family meals. The first time we traveled in the car together is a day I will never forget. I looked back at him in the car and thought, how am I going to keep him safe? My body, mind and soul told me to drive slowly. To be aware of what was around me. To be consciously alert. I have tried to apply this "live slow mantra" to all that I do. The practice of slowing down gave me the awareness I needed to be fully present in each moment. I felt my body relax and my breathing become more regulated—just like in yoga class. I looked and felt taller. If you feel like your life is just rushing by, this is a great first step in taking control of your life. Start today—you can learn to relax into life and enjoy.

Moving consciously in all of your daily routines is the exact same practice as moving with intention in yoga class. We immediately start to notice more of what is around us and the people we share our life with. The body softens and we see the positive qualities of what is around us with new clarity. This conscious movement creates focus on the present moment. We see more beauty in each other and in the world we live in. We become immersed in the positive and the whole body vibrates at a more positive frequency. This is an active moving gratitude practice. When we are immersed in gratitude we are fully content. All of this can happen by setting your intention each morning. Keep it very simple. This is a life-long work in progress. Some things are more difficult to do slowly which really become opportunities to become more aware. Life is our job to experience. Bryan Kest calls it "sucking the juice out of every moment." This is how I do that. Live slow.

Teacher of the Month



Melissa Helms

Melissa learned to disconnect from her life

About Vibrant Life Yoga



Vibrant Life Yoga is a place for personal growth and self-care. We teach yoga

and her body as a coping tool to endure her traumatic childhood. Like many others, Melissa was still holding on to those habitual behaviors of protection as an adult. Yoga empowered her to peel away the layers of tension and discover who she was—allowing her once again to live with an awareness of her body and an open heart.

She has learned through her studies that much of the power of yoga is transmitted in silence, and much of what is taught in yoga must be felt and experienced individually by each student in his or her own body. Melissa will encourage you to find a deep, loving connection with yourself.

Check out Melissa's *Radiant Heart Yoga* class at Vibrant Life Yoga every Tuesday & Thursday at 5:45–7:00pm.

Recipe of The Month...

***Be the hero
TONIGHT!***

postures, breath work, and relaxation techniques to help you feel more alive! There is no experience needed to attend most of the classes on the schedule. The classes labeled level 2/3 are intermediate classes designed for those students who understand the deep breathing technique we teach in all classes and have a knowledge of basic yoga postures. All of the other classes on the schedule are perfect for beginners and experienced yoga practitioners. The teachers at Vibrant Life Yoga have extensive training in yoga postures and yogic principles. Each teacher has a unique style and will share how their yoga practice has improved their lives. We will guide you and support you as you grow towards living a higher version of yourself.

The atmosphere of the studio is comfortable, accepting, and will put you at ease as soon as you walk in. This is a great opportunity to connect with a community of people from all walks of life who have the common desire to be healthy in body, mind, and spirit. It's a great place to make new friends.

Students are required to leave their shoes and extra clothing in the designed cubbies. Phones are not allowed inside the practice space. The best practice is to leave your phone in your car so you never have to remember to turn the phone off. You deserve 75 minutes with no text messages or voicemails to return. We have yoga mats and props to borrow for free. Class price is \$10 or \$100 for monthly unlimited classes. Monthly unlimited can start any day of the month. Gift certificates are available for purchase at the studio. We accept cash or check only.

You can learn to stand tall and feel more confident in all aspects of your life. Imagine being calm in situations that would normally cause a huge reaction. You can be the calm grounding force in your family. Yoga asana (posture) practice will strengthen all areas of



Lentil Soup

1 tsp cumin seeds
2 medium onions, dice
small then chopped
1 garlic clove, minced

warm up soup kettle
over medium heat for
1 minute
add 2 Tbl of oil
add onions, garlic, cumin
and cook for 7-10
minutes until brown

add 1/2 cup celery,
small diced
1/2 cup carrot, small
diced
1 tsp indian curry
powder
1/2 tsp ground
coriander
cook for 2 minutes

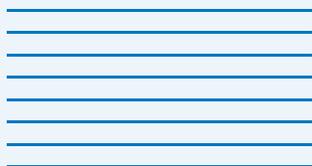
add 6-7 cups chicken
or vegetable stock and
2 cups dried lentils

simmer until tender
about 30 minutes

season with sea salt

add 1 Tbl fresh thyme,
minced

serve with basmati rice
and papadam



your body giving you the stamina to play with your kids or enjoy a long walk with a friend or loved one. Life will become more full as you start to appreciate the world with a grateful open heart.

Upcoming Events:

Special Thanksgiving Day Class 11/26
with Brian at 9:15-10:30am, only class
for this day

\$10

Holiday Recovery Stress Reduction:
Restful Yoga, Essential Oils and
Sound Healing, Sunday 11/29 with Lila
at 2-4pm

\$35

Community Kirtan, Saturday 12/5
with Erick, Ali & special guests at 7-9pm
Donations welcome

Laughter Yoga Workshop, Sunday 12/6
with Lindsay Carroll at 2-4pm

\$20



"Relax and let your life flow like a
leaf on a stream with the absolute
certainty that the stream knows
exactly where it is going."

-Robert Wilkerson

Forward this email

STAY CONNECTED

