

Issue Number 5 – January 2016



Greetings!

Intention to Transform your Life

What is the difference between a resolution and an intention? Sure we have made New Year's resolutions and find that each year we stick with it for a few weeks and then our goals slip away and we never return to what we set out to accomplish. Life is back to our normal routine. What if your intention was to be kinder to others and to yourself? Having these thoughts is the first step. Next you write down your desire for growth to create another layer of commitment. Telling a close friend or loved one about your plans for growth gives you someone to hold you accountable. The final level of commitment

is to sit down and close your eyes and do deep breathing exercises to quiet the mind. Distill the words in your head so that you are clear and concise as to what it is you desire. Breathe your intention into every cell in your body.

Now start your yoga practice with this clear intention and breathe deeply in every pose--aligning the body, mind and spirit. "When we direct our mind and heart in one direction, it gives our actions great power. This is the power of intention." I compile a few words that represent what it is that I want more of and breathe it deeply into my entire being and breathe out that which does not serve me. For example, breathe in kindness and breathe out anger. Every time I practice yoga I hold my intention in my heart and breathe myself to a higher level of acting on the transformative power of focusing my energies to accomplish what I set out to do. Recite your intention throughout the day in your head. Look for ways in your daily life to support these higher ideals of living. Only you have the power and control to change your life. Today is a great day to start living the new you.

~Brian Delaney

Teacher Highlight



David Kessinger

On a sunny afternoon in Salt Lake City, Dave's life changed forever. He fell 60 feet while rock climbing, breaking both of his legs and his right wrist. He spent a month in the hospital and six months in a wheelchair. He suffered through multiple surgeries to repair his broken body and learn to walk again. As a result of that incident, the idea of living life one step at a time took on a whole new

Events at Vibrant Life Yoga



January Schedule Updates

Vibrant Awakening: Tuesday & Thursday

6-7am with David Kessinger

Joyful Yoga Flow: Sundays at 9:15-10:30am with Jessica Kessinger

Mindful Flow (all levels): Saturdays at 9:15-10:45am with Brian Delaney

Beginner Yoga Series (6 week series)

Jessica Kessinger

perspective. He was fortunate that yoga was part of his therapy, and he began to see yoga as a way to move forward and live an inspired life.

He and his wife Jessica moved to Greenville in 2008 and started attending classes at Greenville Yoga, where the breath-centered teaching inspired him to delve deeper into the practice of yoga and self-care. He learned how to modify poses to accommodate his limited range of motion. His heavy heart opened and he started to live a life of joy and gratitude. Dave teaches that yoga is not only what you do on your mat, but a form of mindfulness that you can carry out into the world. He is inspired to share yoga with others, as it has been the best form of self-care that he has ever experienced.

*David teaches Vibrant Awakening every Tuesday & Thursday from 6-7am. He is a great friend and dedicated yogi and I am honored to have him teach at Vibrant Life. What a great way to start your day.
~Brian Delaney*

**Happy Chinese
New Year!**

January 5th - February 11th, Tuesdays and
Thursdays 7:15-8:30
\$10

Bhakti On The Mat

Sean Johnson and the Wild Lotus Band
January 23, 2016 from 3-5:30pm
\$45

Upcoming Events in February

Community Kirtan with Erick & Ali

February 13th from 7-9pm
Donations accepted

Mindful Connection

Valentines Day Couples Workshop
with Brian Delaney & Alicia Bliss
February 14th from 4-5:30
\$30 per couple

**On our website we now offer *Paypal*
for special events and printable gift
certificates. Check it out.**

Recipe of The Month... **Ayurveda's Perfect Food**



Kitchari **(Mung Beans & Rice)**

Ingredients:

- 10 cups water
- 2 cups basmati rice
- 2 cups whole mung beans(soaked in water for at least 6 hrs., but up to 24 hrs.)
- 1 medium onion(diced)
- 4 cloves garlic (finely chopped)
- 1-2 inches ginger (finely chopped)
- 3 Tbsp of ghee or olive oil
- 1 Tbsp turmeric



"Leap" Year of the Monkey 2016:

"The year of the monkey starts on the new moon of February 8th. This Monkey year is ideal for the quantum leap year in your life! Now is the time to shake things up, create change, and innovate a new path. In this year it is fine to simply make it up as your go along. People born of the Monkey years (1932,1944,1956,1968, 1980,1992,2004,2016) are clever, sharp, and entertaining. They are wonderful to be around because they are fun, creative, and fearless. It's technically the Red Fire Monkey - Red means Go! Fire brings passion, creativity and joy."
~ an excerpt from the Wemoon Calendar

I find this so

- 1 Tbsp cumin seeds
- 1 Tbsp coriander powder
- 1 tsp of red chili flakes (omit if you have a low spice tolerance)
- 1 tsp black pepper
- 1/2 cup Bragg's liquid aminos
- 1 lb spinach or green leafy veggie of choice

- *Use largest pot in your house for this recipe
- *Turn heat to medium and add the cumin seeds. Stir them occasionally until they start to pop
- *Then add ghee, turmeric, coriander and black pepper and stir to create sauce. Mix together about a minute
- *Add the onions, garlic, ginger and stir. Let cook for about 3-5 mins. until you can smell the onions and garlic cooking
- *Add 8 cups water and soaked mung beans (the mung beans should have doubled in size while soaking)
- *Cover and bring to a boil. Once the water is boiling, tilt the lid slightly but keep covered. Turn the temp down to med-low and allow to cook 2-3 hours, adding water if necessary to keep it slightly soupy.
- *After an hour add spinach
- *In a separate pot, you cook the rice. Combine the rice with 5 cups water. Add the crushed red pepper flakes. Bring to a roiling boil and let boil for 7 minutes. Then turn off heat and cover for 20 minutes.
- *When the mung beans are soft they are done. You then turn off the heat and mix the rice in with the beans. Add the 1/2 cup of Bragg's Liquid Aminos and stir together. Your Kichari is ready.
- *I usually add fresh cilantro and plain yogurt.

Kitchari is a complete protein and easy to digest which helps to nourish all of the tissues in the body. Kitchari is excellent for detoxification on a cellular level.

*I recommend using this recipe as a part of your intention to increase self care this year. Try a **mini fast** with the Kitchari as your main source of food for 3 days - one week. Start your day with 1 cup of plain yogurt and 1 piece of fresh fruit, enjoy plain basmati rice with steamed veggies for lunch or 1-2 cups of Kitchari, for dinner have 1-2 cups of Kitchari. You will be amazed at how great you feel after this cleanse.*

*interesting because I
am a 1968 Monkey.
I love the thought of
more fun, creativity
and energy to create
positive changes this
year.
~Brian*

~Alicia Bliss, N.D., RYT

Forward this email

STAY CONNECTED

