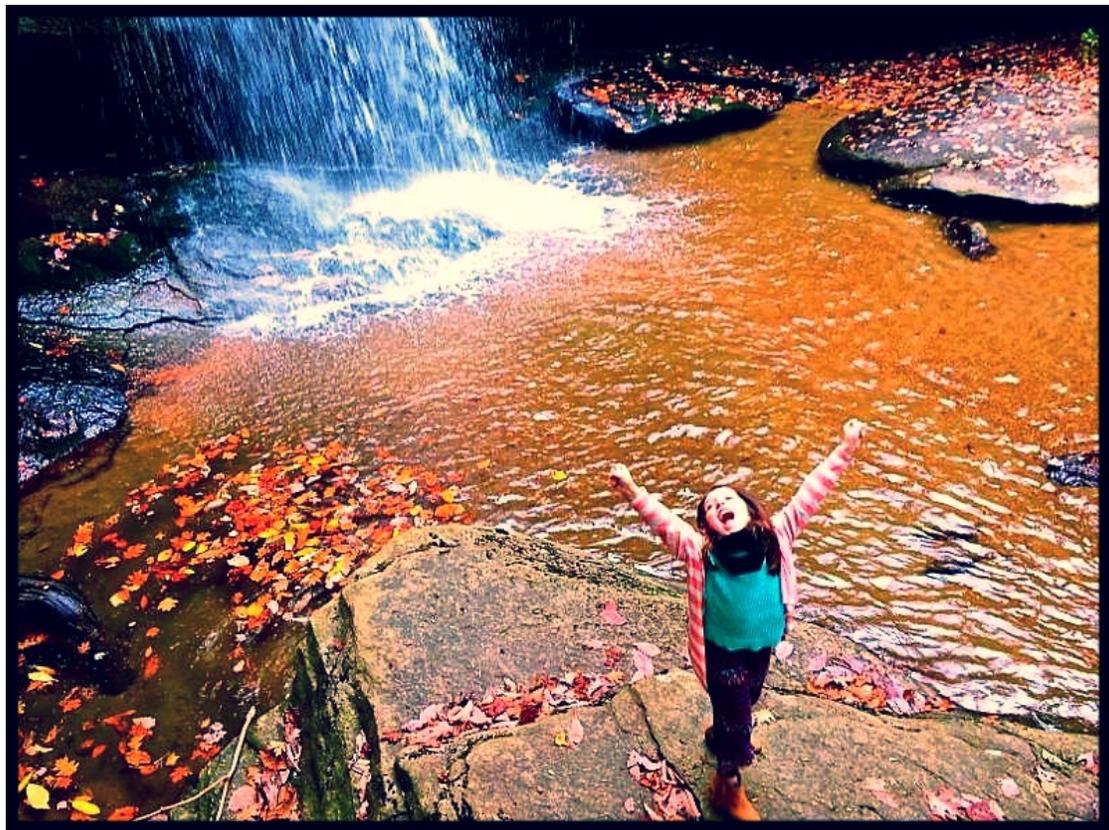


Issue Number 6 – February 2016



Surrender and Live Now

Greetings!

Merriam-Webster defines surrender as:

a : to yield to the power, control, or possession of another upon compulsion or demand <surrendered the fort>

b : to give up completely or agree to forgo especially in favor of another

This is the word that kept coming up as layer upon layer of challenging situations unfold during the sixteen days that Vibrant Life Yoga was closed. The first line of this definition most accurately describes the experience I went through. Water pouring out of the ceiling in five spots-surrender. Four hundred square feet of the yoga room floor buckled due to water damage-surrender. Witnessing the beautiful cork floor boards being removed only to find water under the entire sub-floor-surrender. Waiting for the shipment of new flooring-surrender. The worst part for me was greeting students and being unable to teach them due to the complete disruption of our sacred space-surrender. I met six potential new students that I had to turn away-surrender.

A huge part of me wanted to react to the power that these situations presented. Being upset and losing your center are two different experiences. Yoga has trained me to respond with breath and look for the positive in all situations. I continually told myself "I can accept this, this is what needs to happen. The universe will support me, I just don't know how yet." I watched the building maintenance crew of five repair the yoga space as if it were their own. The leader of the crew is the building owner David Stone. He made every decision with the highest level of integrity. He cut no corners on the restoration. I could not have done a better job if I were in his position.

The studio is open again and is in the best structural shape that it has ever been. I have no remorse for erratic ranting, complaining or blaming. I created relationships with five people that I will always speak highly of. Students are returning with smiles on their faces and are telling me how great it feels in the practice space. Alicia told me many times, "this needed to happen." Acceptance, relaxing into life, and calming the body down in a challenging situation are choices that you can make if you look at life objectively. Let go and surrender to the small issues that we create and the experience will prepare you for the life-changing events we all go through. We have the choice to be happy no matter what.

~Brian Delaney

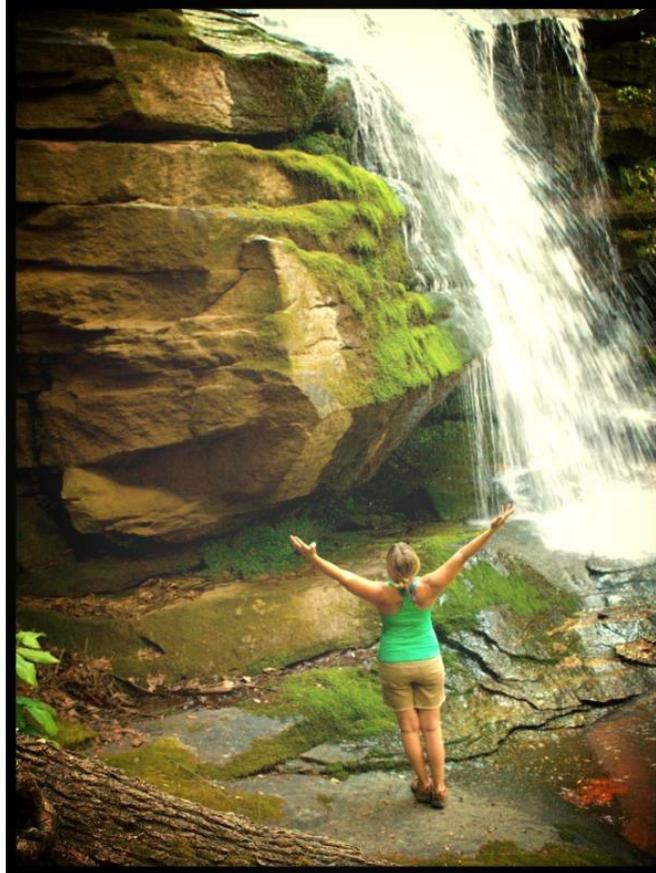
**Student
Highlight**

Upcoming Events



Signe Grushovenko

In April of 2015 my life-long anxiety came to a peak and I suffered a major health scare. All of my joints hurt and my back pain was increasing. It was difficult to get out of bed in the morning because my feet hurt so badly. I was diagnosed with plantar fasciitis and felt emotionally and spiritually negligent. The time to focus and redirect my life's path was now. First step-yoga asana practice. I started taking Brian's class and worked up to 4-5 times per week practicing at Vibrant Life Yoga. The results have been amazing! All of my body aches are completely gone and I lost 75 pounds in ten months. The more that I prioritized self-care the more I was able to do. I felt energized and learned how to manage my anxiety. Yoga replaced the crutches I had in place to deal with the challenges of life and taught me to make better choices. I live each day with joy as my foundation.



Special Events in March

Restorative Yoga with Alicia Biss

Sunday March 13th

4:00-5:30pm

\$20

Yin Yoga and Vibrational Healing Sounds with Kerry McKenzie

Saturday March 26th

4:00-5:30pm

\$20

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

Recipe of The Month

And I Quote...



"As one progresses on the spiritual path with faith, surrender, and equality, it is not a hope but a certitude that the transformation of the nature from human to divine will occur."

~Sri
Aurobindo



Jerk Marinade

Ingredients:

- * 8 scallions, chopped coarse (use the entire scallion)
- * 1/4 cup vegetable oil
- * 2 habanero chilies, stemmed and seeded
- * 1 (1-inch) fresh ginger, peeled and sliced 1/4 inch thick
- * 2 tablespoons molasses
- * 3 garlic cloves, peeled
- * 1 tablespoon thyme
- * 2 teaspoons allspice
- * 1/4 teaspoon cardamom
- * 1 teaspoon coarse salt

Place all ingredients into a food processor or blender until smooth. This marinade yields enough for four pounds of chicken, pork, salmon or tofu. Spread marinade all over meat and cover. Refrigerate for 2-4 hours. Grill or broil. Excellent served with mashed sweet potatoes and black beans.

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