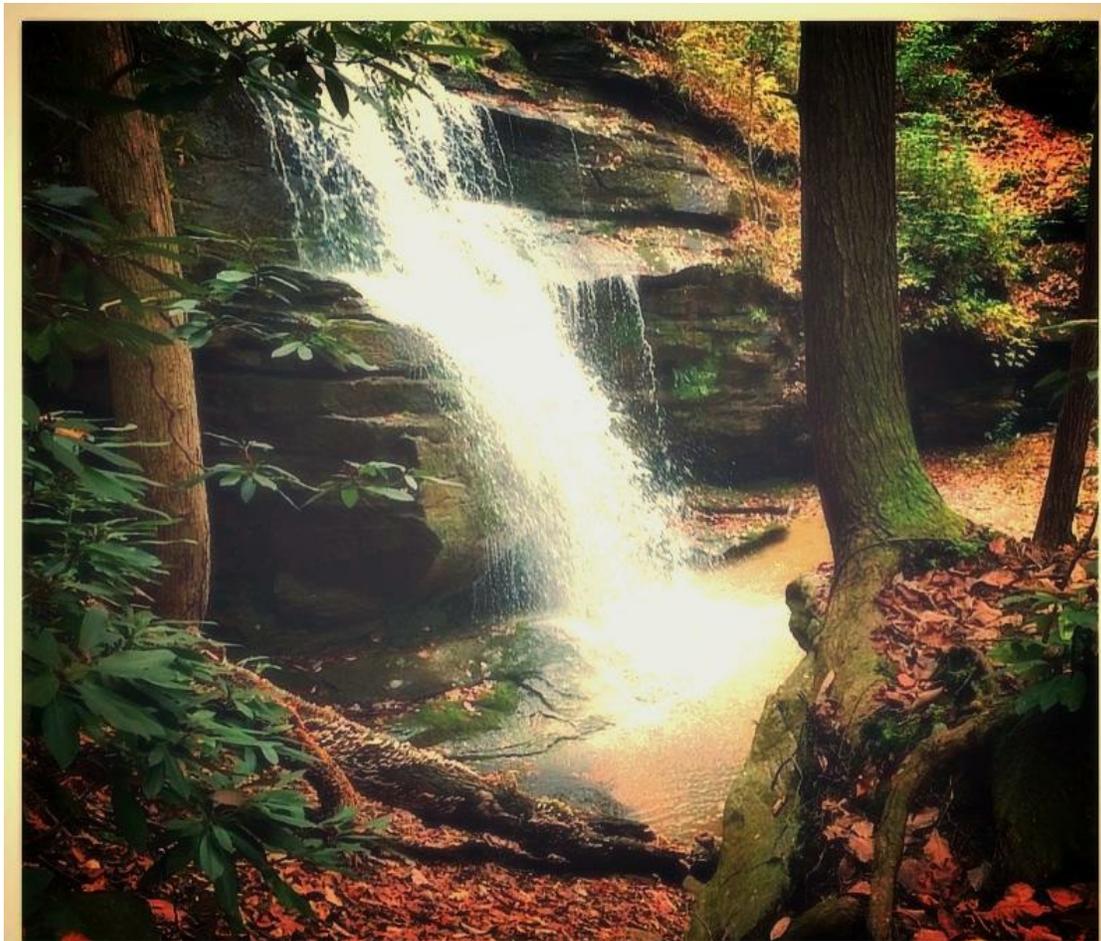


Issue Number 7 – April 2016



"The quieter you become the more you are able
to hear" ~ Rumi

Greetings!

There are times when a strong yoga sequence will open our hearts and lead to personal transformation or be the catalyst to get unstuck.

Other times we need a gentle practice in order to be put back together to heal and become whole again. We need both types of yoga to live a healthy, balanced life. Over the past three months I have invited Michelle Baker, Kerry McKenzie and Alicia Bliss to teach us how to restore our bodies and minds. Each workshop was different, but all proved to be effective paths to renewal. I am excited to announce that Melissa Helms will be teaching two regularly scheduled restorative classes each week at Vibrant Life Yoga on Tuesday and Thursday evenings from 5:45-7:00. Now is the time to experience the effects of deep rest.

Merriam-Webster defines restoration as the act of bringing back something that existed before. How does that pertain to you? What have you lost over the course of raising kids and establishing your career? Spring is in full force, so we get outside and do all of the warm weather activities that we love to do. This could be a distraction from the deep-seated rest the body and mind need for optimal performance. We work very hard in our lives, and while we may sleep, we rarely take time to rest. Restorative poses help us learn to relax and rest deeply and completely.

Most of us suffer at some point with the difficulty of sleeping soundly at night. Our nervous systems are overtaxed with stresses from work and trying to be perfect all the time. The list of stresses seems to be never ending. What can we do to live more at ease? How can we take the pressure off? Restorative yoga stimulates the parasympathetic nervous system, allowing the central nervous system to calm while the body is fully supported with bolsters, blankets, and blocks. This deep relaxation restores and renews your mind, body, and spirit. Restorative yoga gives us the opportunity to put ourselves back together and become a whole person again. After every session you will feel like you did something good for you on a deep level. Regular practice of restorative yoga will make your body less vulnerable to stress-related illnesses and boost your general sense of well-being. Restorative yoga will also help you recover from illness and injury or overcome emotional depression and anxiety that are caused by traumatic events.

There are no prerequisites to participate in a restorative yoga class. In fact, restorative yoga is described as the "Yoga of Non-Doing." The most challenging part is to allow your body to do less. We must get out of the mindset that more is better. "If three pushups are good then ten must be better ..." This way of living is the main reason we need restoration. We need to find our unique balance of effort and ease in

all that we do. Yoga becomes our training for living a balanced life.

~Brian Delaney

Student Highlight



Debra Price

Debra has lived with back pain for years. "I thought it was genetics, most of my family has suffered from back pain," she says. Her back pain made it difficult to get a good night's sleep, which left her drained with no vital energy to enjoy each day. Debra also has a competitive side that she tries to keep in control and hidden from coworkers and family. This created a stressful daily situation for her. Adding to her stress, she is the type of person who often takes on more than her nervous system can handle. "This takes me out of the present moment and I worry about the future," she says. This is common for so many of us: the constant worry of bad things that may or may not happen in the future. Debra calls it "practiced catastrophe."

Debra applies what she

Upcoming Events



Restorative Class every Tuesday & Thursday from 5:45-7:00pm

with Melissa Helms
\$10

Mindful Stillness every Tuesday & Thursday morning from 9:15-10:30, & Friday evening 5:45-7:00pm

with Brian Delaney
\$10

Yoga Nidra and Vibrational Healing Sounds with Kerry McKenzie

May 22nd
4-5:30pm
\$20

A Kirtan Sing-A-Long with Krishna & Gershone

May 7th from 6:30-8pm

Community Kirtan with Erick & Ali

June 4th
7-9pm

learns in the yoga room to transform these typical daily sufferings. "Now when I can't fall asleep," she says, "I do my yoga breathing and I drift off easily and stay asleep all night! Going through my work day I can hear your voice in my head-- 'relax your shoulders down and back.'" Debra has learned to be aware of her body and how it reacts to the challenges of life. "I have tools to get me through the day with less tension," she says. The awareness that Debra has gained through a regular yoga practice now empowers her to respond to what comes up each day. She has learned a new way to navigate life: she lives in the present moment. "I know what to do if I start to worry about the future. I can get back to the present moment."

This grounded feeling that Debra describes is a choice. She has trained herself to choose more wisely. She can see the big picture and how she fits in. Living in the moment is a choice that we all can make each day. Look around right now and see, feel, experience all that is around you. Take it in with a warm embrace.

**And I
Quote...**

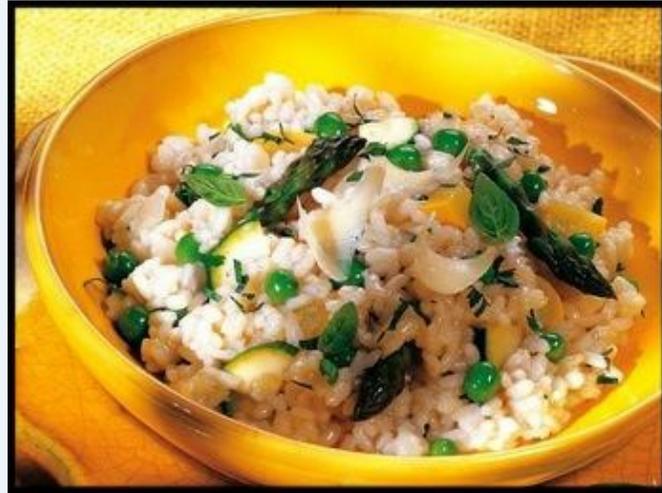
Restorative Yoga with Alicia Bliss

June 5th

4:00-5:30pm

\$20

Recipe of The Month



Spring Risotto

GREMOLATA

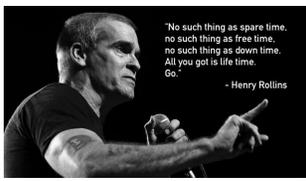
- 2 Tbsp minced fresh parsley leaves, stems reserved
- 2 Tbsp minced fresh mint leaves, stems reserved
- $\frac{1}{2}$ tsp finely grated zest from 1 lemon

RISOTTO

- 1 pound asparagus, tough ends snapped off and reserved, spears cut on bias into $\frac{1}{2}$ -inch thick pieces
- 2 medium leeks, white and light green parts halved lengthwise, washed, and sliced thin (about 4 cups),
- 2 cups roughly chopped greens reserved (see note)
- 4 cups low-sodium chicken broth (see note)
- 3 cups water
- 5 Tbsp unsalted butter
- Salt and ground black pepper
- $\frac{1}{2}$ cup frozen peas
- 2 medium garlic cloves, minced or pressed through garlic press (about 2 teaspoons)
- $1\frac{1}{2}$ cups Arborio rice (see note)
- 1 cup dry white wine
- $1\frac{1}{2}$ ounces grated Parmesan cheese (about $\frac{3}{4}$ cup), plus extra for serving
- 2 tsp juice from 1 lemon

INSTRUCTIONS SERVES 4 AS A MAIN COURSE OR 6 AS A FIRST COURSE

To make this dish vegetarian, replace the chicken broth



"No such thing as spare time, no such thing as free time, no such thing as down time. All you got is life time. GO."

~Henry Rollins

with vegetable broth. Onions can be substituted for the leeks. If substituting onions, use 1 roughly chopped medium onion (1 cup) in the broth and 2 minced medium onions (2 cups) in the risotto. At the end of cooking, you may have up to a cup of broth left over.

1. For the Gremolata: Combine ingredients in small bowl and set aside.
2. For the Risotto: Chop tough asparagus ends and leek greens into rough 1/2-inch pieces. Bring chopped vegetables, reserved parsley and mint stems, broth, and water to boil in large saucepan over high heat. Reduce heat to medium-low, partially cover, and simmer 20 minutes. Strain broth through fine-mesh strainer into medium bowl, pressing on solids to extract as much liquid as possible. Return strained broth to saucepan; cover and set over low heat to keep broth warm.
3. Heat 1 tablespoon butter in large Dutch oven over medium heat. When foaming subsides, add asparagus spears, pinch of salt, and pepper to taste. Cook, stirring occasionally, until asparagus is crisp-tender, 4 to 6 minutes. Add peas and continue to cook 1 minute. Transfer vegetables to plate and set aside.
4. Melt 3 tablespoons butter in now-empty Dutch oven over medium heat. When foaming subsides, add leeks, garlic, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Cook, stirring occasionally, until leeks are softened, 4 to 5 minutes. Add rice and cook, stirring frequently, until grains are translucent around edges, about 3 minutes. Add wine and cook, stirring frequently, until fully absorbed, 2 to 3 minutes.
5. When wine is fully absorbed, add 3 cups hot broth to rice. Simmer, stirring every 3 to 4 minutes, until liquid is absorbed and bottom of pan is almost dry, about 12 minutes.
6. Stir in about 1/2 cup hot broth and cook, stirring constantly, until absorbed, about 3 minutes; repeat with additional broth 3 or 4 times until rice is al dente. Off heat, stir in remaining tablespoon butter, Parmesan, and lemon juice; gently fold in asparagus and peas. If desired, add up to 1/4 cup additional hot broth to loosen texture of risotto. Serve immediately, sprinkling each serving with gremolata and passing Parmesan separately.

~Cook's Illustrated

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