

Issue Number 8 – June 2016



"Your mind is a garden. Your thoughts are the seeds. You can grow flowers, Or you can grow weeds."

Greetings!

Commitment to Self-Care

I have been interviewing students and asking them what their life was like before they found yoga. Everyone told me a story of transformation—how their living experience has improved now that they are practicing yoga postures and yogic principles. Each

of these students practices in a consistent, ritual, determined way. Most students get on the mat 3–4 times per week, every week. I have seen the most dramatic results with the students who purchase a monthly unlimited pass and make their yoga practice a priority. I call this a commitment to self-care. When we make our self-care the highest priority, all of our relationships change and we see the world through new eyes. Personally, I feel like the pressure is lifted and I am aligning myself with the highest good. All of us have the potential to open the heart center and live our true nature.

How does practicing yoga help me with live in a more harmonious way? How can I grow and become a better version of myself? These are the questions I ask myself before I teach a class. It's not about the sequencing of postures or the intensity of doing 50 vinyasas. Yoga becomes a practice of relaxing and learning to respond to situations instead of reacting to every little last detail of life. We practice being calm and focused on the breath in order to navigate the challenges that we create in every class. We learn our limitations and accept them. The focus of our work is directed inwardly. When we can truly own the effort of our practice, we put ourselves in the perfect position to create new mental habits about how we talk to ourselves and let the self deprivation go. We learn acceptance and release comparisons. We learn tolerance and give up trying to control. We start to see other people as amazing beings and want to reach out to them instead of living in our own small world. Even choices about the the food we eat can change. We start to live consciously in the present moment. When the mind quiets we have unlimited potential and we make better choices.

This is a huge breakthrough for our self realization. Yoga becomes a lifestyle and not something we have to do. We will look forward to our practice and get on the mat regularly. We connect the dots and realize that yoga is fulfilling the most important need. We will love and live the highest version of ourselves with this commitment.

~Brian Delaney

Student Highlight



Jane Pilzer

Jane began taking yoga classes in 2010, when her son graduated from college and then moved to China for his new career. "I was worried about him being so far away," she says. "I have always been healthy and don't need to be under a doctor's care or take any medicines even as I age into my 60s. I am active and love hiking, backpacking and being in nature. But there was something missing." She needed to be around a group of people and to reach out and connect

Upcoming Events



Inversion Workshop with Brian Delaney

*Saturday June 18th from 2-3:30pm
\$20.00*

Learn to Create Your Own Mala Bead & Mantra Workshop

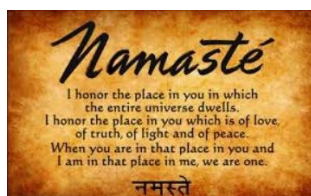
with Kristy Hodges
*Sunday July 17th from 4-5:30pm
\$25.00
(All supplies included)*

Kirtan with Greshone & Krishna

*Sunday August 21st from 7-9pm
Suggested donation \$10.00*

with a community. Yoga was the answer. Jane says it best: "I love the camaraderie and support I feel from the students at Vibrant Life Yoga. I greet everyone by name and feel excited about going to class in the morning. I now have the tools to keep my inner life balanced and feel more comfortable in my body. Yoga helps me to embrace aging. The poses we practice have reignited my love of modern dance and ballet. I love moving in class with intention and purpose. The more classes I attend the better I feel. I practice 3-4 times per week and have never been happier."

And I Quote:



Restorative & Reiki Workshop with Alicia Bliss & Dianne Williams *August date TBA*

Inner Axis with Max Strom co-hosting with Greenville Yoga *November 4-6th (Purchase tickets at greenvilleyoga.com)*

Garden Highlight



Spagetti Squash

This is a very easy vegetable to prepare that can be substituted for pasta in most recipes. Cut the squash lengthwise in half. Scrape out the seeds with a medium sized spoon. Rub the yellow flesh with

Definition of Namaste
Nama means bow, as
means I, and te means
you. Therefore, namaste
literally means "bow me
you" or "I bow to you."

How to make the
Namaste gesture,
To perform Namaste, we
place the hands together
at the heart chakra,
close the eyes, and bow
the head. It can also be
done by placing the
hands together in front
of the third eye, bowing
the head, and then
bringing the hands down
to the heart. This is an
especially deep form of
respect. Although in the
West the word
"namaste" is usually
spoken in conjunction
with the gesture, in
India, it is understood
that the gesture itself
signifies Namaste, and
therefore, it is
unnecessary to say the
word while bowing.
We bring the hands
together at the heart
chakra to increase the
flow of Divine love.
Bowing the head and
closing the eyes helps
the mind surrender to
the Divine in the heart.
One can do Namaste to
oneself as a meditation
technique to go deeper
inside the heart chakra;
when done with
someone else, it is also a
beautiful, albeit quick,
meditation.

For a teacher and
student, Namaste allows
two individuals to come
together energetically to
a place of connection
and timelessness, free
from the bonds of ego-

olive oil and season with salt and
black pepper. Roast at 350 degrees
on a sheet tray lined with tin foil,
cut side up for 15–22 minutes. I
test with a sharp pointy knife. The
knife should pass through the
squash with a slight resistance,
similar test done for boiled
potatoes. The squash will boil its
juice out and puddle in the base of
the squash when over cooked. Allow
the squash to cool on the stove top
until you can handle it without
burning your hands. Hold squash
and scrape out flesh with a fork
from top to bottom. It will look like
pasta. Season with olive oil, salt
and pepper. The squash can be
substituted for pasta in many
recipes. We like it reheated in a fry
pan with capers and kalamata olives
topped with parmesan cheese.
Meatballs and sauce are good too.

Nutritional Benefits:

~Anti-Inflammatory

~Potential Blood Sugar

connection. If it is done with deep feeling in the heart and with the mind surrendered, a deep union of spirits can blossom.

Regulation

- ~Antioxidant Support
- ~Cardiovascular Support



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