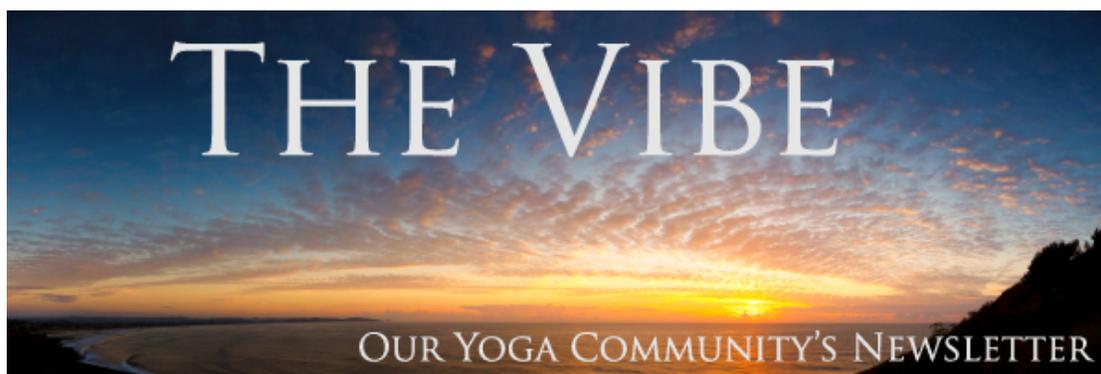


Issue number 1 - September 2015



## Greetings!

Why We feel So Good...

Yeah, I know, we've all heard (almost too many times) from today's media that this or that new exercise class will help you get fit, lose weight and so on... and despite the sometimes annoying marketing gimmicks, there's a kernel of truth buried under all that hype - especially considering the practice of yoga.

However, yoga seems to do something that I haven't found to be true for any other health-enhancing practice I've encountered: it simply makes me happy. And before you call me a freak or an exception, consider that just about every student I've spoken with who has given yoga a sincere effort, has come to the same conclusion. Yoga makes everything in their lives better.

Yes, somehow in a matter of weeks, they usually find themselves more productive at work, enjoying loads of new energy, in less physical pain... true, I realize you could say this about

many good exercise programs. What's different about yoga is what comes after.

Although it's often spoken in hushed voices because it's not apparent how it could even be possible, students consistently approach me and share that their relationships have gotten better, their confidence higher, their emotions balance out so that they can respond rather than react to the usual triggers. Everything that's emotionally and mentally meaningful in our lives seems to get better.

How is this possible? It's the mystery of yoga. While we can't figure it out, we are sure glad it offers these wonderful gifts because life gets really enjoyable when you're walking around with a sparkle in your eyes, a spring in your step, and are able to navigate the chaos of modern life with newfound ease and calm. Crazy, right?

If you're still with me, here's a recent example from my life. Maybe you'll be able to relate:

Packing up the car to go on vacation with the family can be a daunting task. For many of us, family vacations can elicit old memories of short tempers, the stress of rushing to get out of town, anxiety about the weather and so forth. If the family vacation is a camping trip, it can be even more challenging.

Alicia and I took Henry and Claire to Lake Jocassee for two nights of camping to celebrate my birthday. With our lives being informed by yoga, we found it easy to choose to start the vacation the moment we began planning it. Before yoga, the idea of packing the car and folding clothes while smiling and having fun would have sounded ridiculous. .. but that's what happened.

All of the planning and list-making of provisions needed was done together. We made it a team project. We were excited for weeks ahead of our departure date. Alicia and I packed two cars full of paddle boards, inflatable rafts, tubes, a boat, food to last two extra days, firewood, cooking stove, coffee pot, birthday decorations, tent and tarps, awning for the food table ... So many trips to the car... aggravation triggers everywhere... but we didn't get triggered.

Yoga has taught me to relax and enjoy each moment. To live in the present moment. I had fun packing up and readying ourselves for a great trip. The energy was calm and light. Unloading and setting up camp took almost two hours in ninety degree weather. We were soaked and ready for the cool water of Jocassee. The entire vacation experience was so enjoyable because of the intention we set back in May. Sure, if you don't do yoga you can still make an intention... but yoga seems to make it easy to make good decisions, empowering us to choose love over fear, calm over anxiety, smiles over frowns...and to live our happiness in the moment.

Seeing the kids marvel over the beauty of nature within the framework of a wonderful vacation is a memory I will never forget. I truly believe that our practice of yoga made it possible.



If you have a story about how yoga has changed your life for the better, send it in and we'll share it with the community.

Speaking of community, mark your calendars for our Grand Opening Celebration on September 26th. It's going to be a lot of fun!

Namasté,  
Brian

# AND I QUOTE

"If you want to be happy, be." Leo Tolstoy

Do you have a favorite quote? Send it to me and I'll share it with the community!

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## The Self-Possessed Man



Can you imagine living life in a calm and confident way?

Join Brian in a series of classes that will help you become a self-possessed man.

The events of life unfold and you are composed and in control of your feelings. Words like agitated, upset and angry are never used to describe you. You can learn how to be self-possessed during all of life's challenges. A year from now you will have wished you started today.

Send me an email if you are interested in this life changing work. [brian@vibrantlifeyogastudio.com](mailto:brian@vibrantlifeyogastudio.com)

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## Recipe of The Month



Participate in our Grand Opening Celebration! Join us on Saturday, September 26th for a great day of community fun. Details will be posted on the web-site and at the studio soon!

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## Student of The Month - Kim Gantt

I was a competitive runner in college and lived an athletic lifestyle until 2007 when I was diagnosed with ulcerative colitis. This auto-immune disorder reeked havoc on my life. I had a high stress job that forced me to work seventy hours a week while being constantly sick. None of the drugs prescribed to me worked. In 2012 after years of antibiotics I had no other choice but to have major surgery and have my colon removed. I moved to Greenville for the support of my family. I was hopeful for my health to improve and to start living a better life. The reality was complications from surgery and absolutely no improvement. In fact my condition deteriorated and I lost weight. I have been slim my whole life but eighty eight pounds is not good for me. Now I am depressed and don't sleep well. I am so used to suffering that I don't know what it is like to feel good.



I had to get off all of the drugs and try a more natural path of healing. Under the guidance of a nutritionist I started to eat a specific diet. I began to trust my body again. This was a step in the right direction. I took some yoga classes but found that the emphasis was on doing postures and nothing more. I kept searching. I walked into Vibrant Life Yoga for



## Be The Hero Tonight!

### *Brian's Tandoori Salmon*

This is an awesome dish that is easy to prepare and so delicious! Tell me how you like it.

1 & 1/4 lb. Salmon filet whole or cut into four pieces patted dry with a paper towel

2 tsp minced garlic  
2 tsp minced ginger  
1/2 tsp garam masala  
1/4-1/2 tsp cayenne pepper  
1/2 tsp ground cumin  
1/2 tsp paprika  
1/4 tsp turmeric  
1/2 tsp kosher or sea salt  
4 Tbl whole milk yogurt or sour cream

Mix all ingredients well

Spread yogurt mix evenly on top of dry salmon filet

Cover with plastic wrap and marinate in the refrigerator 1-3 hours

Broil salmon 6-8 minutes

Enjoy!

Brian's mindful stillness class. After the second class I felt more emotionally grounded. I knew deep in my soul that this is what was missing. I attend class 3-4 times per week. Yoga is exactly what gives me the motivation to get out of bed in the morning. I have gained six pounds in three months. I sleep well and welcome the support I feel from my husband Josh. I am physically stronger than ever. I love the connection I have with my yoga community. I am living a joyful life.

Forward this email

STAY CONNECTED

