



SUMMER SPIRIT SMOOTHIE

I am truly a summer spirit... Born by the beach in the middle of August, I thrive on all the goodness that nature provides during the summertime.

Adding [Moon Juice](#) "Spirit Dust" to this smoothie will help you to indulge your higher senses...

Click [here](#) for recipe!

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September 2016

Finding Beauty in the Transitions

This past month, I have been contemplating major changes coming up. Basking in the mindfulness and heightened awareness that accompanies big shifts.

Circumstance has made me a creature of change and transition. I thrive in an atmosphere of growth and expansion, and that usually means significant upheaval, which tends to be uncomfortable for most. But this is when we

have the opportunity to evaluate our priorities and our desires, as well as our true intentions behind them. When we can honor the situations and circumstances we've experienced, and the people that have been a part of them, and step forward into the undiscovered potential of our new life. Resistance is a barrier to the full joy available in these times. Surrender and





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Open to transformation~



Photo: [Mystic Mamma](#) by [POEM.TV](#)

“A shift of realms is taking place...Anything you have defined in a limited way is open to transformation.

“Perhaps you have seen this expanded version of reality in moments of extreme crisis, strong emotions, plant medicine experiments, deep meditation, severe illness, or a near death experience.

“After such moments all things look different, and the potential of all possibilities emerges. That is because the ‘assemblage points’

presence are called for.

Over the next several weeks, as I move (literally) through to the next phase of life, I'm reflecting with gratitude on the path that's lead me here.

Big Huge Thank You!

I want to thank **Colonnade Los Altos**, and all of my students there for your fun and outgoing spirits, and your consistent practices, showing up every week, with many of you discovering yoga for the first time!

Thanks so much to Michele and everybody at **Bikram Yoga San Jose** for welcoming me into your beautiful community.

Last, but definitely not least, a heartfelt thank you to Cynthia, **Bikram Yoga Mountain View**, and all of the advanced class yogi/nis for your wealth of inspiration!

I know this is not goodbye... but it's nice to express my gratitude when I may not always get a chance to tell you!

I would be so grateful to know how I may have made an impression on you!

Submit Testimonial

Posture Highlight: Sun Salutation "A"

September is Yoga Month! So here is a look at the foundation of a basic flow class: [Sun Salutation "A"](#).

of your reality have been shaken loose.

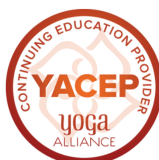
“...consciously loosen your assemblage points and allow them to remain flexible. Take a quantum leap into the fluidity of unfixed beliefs and expanding realities. By flexibly choosing to move into the unknown, a complete and marvelous reordering of your world awaits you!”

~Ariel Spilsbury & Michael Bryner
via [Mystic Mamma](#)



Photo: [Mark Ley](#)

Jenni Anspach is a [Yoga Alliance certified E-RYT 500](#) instructor trained in Bikram Yoga, Vinyasa Flow, Yin Yoga, and Stand-up Paddle Yoga. With over 10 years teaching experience, she has instructed students of all backgrounds and ability levels.



Synchronize the breath with the movements.

Typically, expansive or upward movements should be done on inhalations, and compressive or downward movements should be done on exhalations.

1. Begin in Mountain Pose, neutral standing position (not pictured). Spine long, shoulders relaxed, tailbone slightly tucked. Navel in.
2. Inhale, sweep arms out to the sides and up overhead. Touch the palms together. Look up.
3. Exhale, hinge at the hips, fold forward, and lower head towards the knees, hands to the floor or shins. Bend knees if necessary.
4. Half-lift on an inhale to lengthen spine. Fingertips to the floor or shins. Then, place palms on floor, step back to Plank Pose (top of push-up).
5. From Plank, exhale as you slowly lower down to Low Plank. Hug elbows close to the sides of the body.
6. Inhale to Upward Facing Dog. Firm the thighs, press into the palms, shoulders down, head back. (Option to do Cobra instead, with hips and thighs on the floor and elbows bent.)
7. Exhale and lift hips towards the ceiling, press heels towards the floor. Head relaxed. Press firmly into the palms, especially the root of the index finger. Look in between the feet or towards the navel.
** Note: Avoid collapsing into the shoulders. Spin elbows in slightly so the inner elbows aim forward towards the front of the mat.*
8. From Downward Dog, inhale, step or lightly hop the feet in between the hands, then lift chest to lengthen the spine.
9. Exhale, fold forward, lower head towards knees. Again, bend the knees if necessary.
10. Inhale, sweep arms out an up. Touch the palms together. Exhale, as you draw the hands down to heart center.



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