

November 2016 News from [Yoga Wire](#)[View this email in your browser](#)

RAW VEGAN LEMON POPPYSEED CHEESECAKE

*with Carrot Coconut Crust and
Macadamia Pumpkin Seed Chew*

I created this recipe as the final project for my [Culinary Nutrition](#) course through [Matthew Kenney Culinary Academy](#).

Each component includes an ingredient somehow related to my theme, which was eye health.

Click [here](#) for the recipe!

MATTHEW KENNEY
crafting the future of food

November 2016

An Education

Over the course of six weeks, I had an opportunity to re-immense myself in an environment of growth, expansion, and education, this time from a very unique vantage point: simultaneously as a partner, as a teacher and facilitator, and (always) as a student. As my fiancé, Sal, embarked on his own journey to becoming a yoga instructor through [Raja Yoga Academy](#), I was able to share in the experience, learning about myself in this new capacity while witnessing the transformations in each trainee, the facilitators themselves, and the group as a whole.

I absolutely love learning. I've always been one of those students who sits at the front of the class and raises my hand to answer the questions... you know the type. I feel that any time you enter into something with a



Act for the well being of all life~



Photo: [George Hodan](#)

"Something very interesting occurs when a group of jazz musicians improvise together. A number of separate individuals, all making their own decisions, act together as a whole.

"As the music flows, any of the musicians can take the solo spot, that leading role gliding seamlessly between the players.

"Who decides when the piano or trumpet player should come forward? It isn't just the person playing that instrument, for the others have already stepped back just a little to create the opening.

"There are two levels of thinking happening at the same time here; choices are made from moment to moment both by the group as a whole and by the individuals within it.

"When people coordinate their actions through a collective thinking process, we can think of this as 'distributed intelligence.'

"No one person is in charge; the players act freely while being guided by their intention to serve the purpose of the group.

dedicated focus and intention set on learning new things (as opposed to acquiring new information in passing), you bring a higher quality of receptivity which opens your mind to a greater sense of understanding—going beyond what you "already know" into what you didn't know that you didn't know.

Many people fear what they don't know or what may seem to conflict with their currently-held knowledge. I am of the mind that if I am to grasp even a sliver of an abstraction of Truth, I have to fill the pipeline with information from many sources and perspectives and filter out any untruths that I encounter. I trust that the untruths will not resonate, and new ideas that do hold truth will only continue to reinforce my sense of Truth, in other words, help me to calibrate my esoteric bullshit meter.

That being said, it was not surprising to discover that the experience of the past couple months has inspired me to want to learn even more! I met some unique souls and inspiring teachers that have reinstalled in me a drive to seek. To understand more. To hone my skills. To communicate, translate, and pass on information. To become a better teacher.

It seems education begets a desire to learn. And for that, I am grateful and embracing what I have yet to learn.

Congratulations!

You did it! You made it! You're an instructor!

Congrats to all of the [Raja Yoga Academy](#) 500-hour graduates, especially **Sal Mehmedic!** So proud of you!

“For musicians to improvise together, they need to listen very attentively, expressing their individuality in a way that contributes to the overall sound.

“When they tune in to the group and become connected with it, it is as though the music plays itself through them.

“A key feature of ‘distributed intelligence’ is that no one part has to have the whole answer.

“Rather, the intelligence of the whole emerges through the actions and interactions of its parts.

“In a creative team, an idea may arise in conversation, then be added to and refined by other team members, its development shaped by everyone present.

What allows a team to gel is a shift in identification, so that people identify with, and act for, the team rather than just themselves.

“Could the next leap in evolution arise out of a shift in identification, in which we shed the story of battling for supremacy and move instead into playing our role as part of a larger team of life on Earth?

“Could the creativity and survival instinct of humanity as a whole, or even of life as a whole, act through us?

“Here connected consciousness stems from a widening of our self-interest, where we are guided by the intention to act for the well being of all life...”



Big Huge Thank You!

Thanks so much to **Donna Antonelli** at **Bikram Yoga Huntington Beach** for welcoming me back into HB community! (It felt like I never left...) Also, another nod of gratitude to Donna and all of the **BYHB teachers** for everything that you did to host the Raja Yoga training!

Hugs and thanks to the **Raja Yoga trainees** who allowed me to float between worlds, at once being your friend and facilitator.

Thank you in all kinds of ways to **Craig Villani** and the **Raja Yoga Academy staff**. It was truly an honor to serve the process. Thank you for "seeing my strength" and inviting me to help facilitate the training.

I'd also like to bow down and humbly thank **Brett Bashore** for opening his home to me and Sal for over 2 months! Our experience would have been completely different without your generosity!

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

Submit Testimonial

“We stand at an evolutionary crossroads, and we collectively, could turn either way. Our own choices are part of that turning.

“...When our central organizing priority becomes the well-being of all of life, then what happens through us is the recovery of our world.”

~Joanna Macy & Chris Johnstone
from [Active Hope: How to Face the Mess We're in without Going Crazy](#)
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.



Posture Highlight:

Standing Separate Leg Head to Knee



This is a compression pose.

Focus on the compressing the front side of your body and rounding your spine rather than trying to feel a stretch in your legs.

INSTRUCTIONS:

1. Bring your arms over your head, palms together, thumbs crossed, elbows locked.
2. Step to the right to bring your feet about 3-ft apart.
3. Turn on your heels to face the right side.
4. Inhale, stretch up. Exhale, pull your belly in, tuck your chin to your chest and round down.
5. Bring your forehead to your knee. If your forehead does not touch your knee, bend your knee to create the connection. You may also separate your

BENEFITS:

- Strengthens abdomen, thighs and calves
- Creates compression of the diaphragm, thyroid and pancreas
- Provides extension of the medulla oblongata (brain stem), as well as the kidneys
- Stimulates digestive system and entire endocrine system, including thyroid/parathyroid, pancreas and kidneys
- Boosts metabolism and immune systems
- Balances hormones and blood sugar levels
- Brings blood circulation to the brain - good for memory

hands and press your
fingertips into the floor
to help keep round
your spine.



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