

### Homebrewed Kombucha

The benefits of fermented foods and beverages are many, and plenty of options are being made available in retail stores. I have been making kombucha at home for over 3 years now. It's been a process, but a gratifying one. As with any homemade food product, making it yourself allows you to monitor the ingredients, control the quality, and experiment with and adjust the flavor to your liking.

[Click here](#) to read about some of the benefits of fermented foods and instructions for

### January 2017

## Do The Work / Make The Effort

As I wrote in a recent post, I feel like I floated somehow through 2016, mostly in a state of surrender to big changes. Almost like drifting on the surface, above the depth of all that's happened. And most of it was really good! But even in the stressful times, I felt a degree of separation from it all, like almost nothing struck that deep. I've traveled and gone on retreat and packed up everything and moved and been a part of a transformative experience and settled into a new home. (Check out [The Year in Pictures](#) for the full highlights!). What I've reflected on as the New Year rounded the corner is that through all of those events, with so much happening, I relied on a sense of ease and somewhat lax satisfaction with my natural abilities and where I've come, inwardly and also as it relates to my body. Non-stagnant, non-complacent, yet somewhat non-motivated.

The year before, 2015, I was still reverberating from a complete shutdown following many years of constant work hustle. I gave myself some time to go easy instead of maxing out my energy expenditure. And that time was necessary. Then last year, I came to life again, still gentle and perhaps a little nurturingly indulgent. My attention was diverted from my own wellness homeostasis and fractalated out to the multitude of things going on, or whatever required my soft focus at the time, which occasionally involved wine and cheese.

making kombucha at home!

---

*We're gonna need to stay  
focused~*



*Poem: Prerequisites for Preservation  
by [Naima](#) via [Mystic Mamma](#)*

*“we're gonna need to get  
organized  
live beyond boundaries  
soften our hearts  
talk to each other*

*“we're gonna need to leave  
behind our baggage  
relinquish our comfort  
release our control  
co-exist*

*“we're gonna need to give up our  
addictions  
confront our pain  
ask for help  
give more than we take*

*“we're gonna need to dream  
bigger  
work harder  
get dirty  
take time*

*“we're gonna need to remember  
we're gonna need to forgive  
we're gonna need to let go  
we're gonna need to let go*

*“we're gonna need to feel fully  
revive our intuition  
make up our minds  
enact change*

Well, New Year's morning, I woke up at 5:00am, bright-eyed and bushy-tailed, ready to take and teach some yoga! And there it was, my intention for 2017: **DO THE WORK.**

My motivation to tend to my nutritional needs, to practice yoga with heightened purpose, to apply myself more attentively to

spiritual practices has returned. I feel drawn back to self-discipline, and also to more expressive freedom. I feel like I have a renewed capacity to **MAKE THE EFFORT** towards the state of inner and outer health that I want to see and feel.

[Read more...](#)

My mantra for 2017: Do the work. Make the effort.

What's yours? -- [Email me!](#)



---

## NAMASTÉ

I want to take this opportunity to THANK YOU for being a part of my journey this past year. I bow to the divine in you and wish you lots of love in the year to come!

---

## Sanskrit Highlight:

### Namasté

*Namasté* is essentially a respectful greeting or farewell. It is often spoken with one's hands in *Añjali Mudrā*, or prayer position, and accompanied by a slight bow. The literal sanskrit translation can be understood as "bowing to you", and in

*"we're gonna need to look at  
ourselves  
reconcile our ignorance  
sacrifice shame*

*"make amends*

*"we're gonna need to need less*

*"peel away the nonessential  
go hungry  
break a sweat*

*"we're gonna need to heal our  
fears  
tell our secrets  
share with our enemies  
love ourselves*

*"we're gonna need to study  
existence  
refine our dreams  
mediate our shadows  
cure our disbelief*

*"we're gonna need to practice  
magic  
we're gonna need to cherish water  
we're gonna need to grieve  
we're gonna need to move on*

*"we're gonna need to stay  
focused  
we're gonna need to be strong  
tend our commitment to beauty  
fuel our devotion to truth*

*"we're gonna need to pray  
we're gonna need to follow  
through*

*"endure burning  
we're gonna need to*

*"surrender  
we're gonna need to trust*

*"we're gonna need to give light  
we're gonna give light  
we are light*

Hindu tradition, a more formal or spiritual understanding is "I bow to the divine in you".

# namasté

{nah-mas-tay}

My soul honors your soul.  
I honor the place in you where  
the entire universe resides.  
I honor the light, love, truth,  
beauty & peace within you,  
because it is also within me.  
In sharing these things  
we are united, we are the same,  
we are one.



## Yoga Wire

*Shop the Yoga Wire logo tank.*

Use code [NEWYEAR](#) for free domestic shipping thru 1/15.



we are”

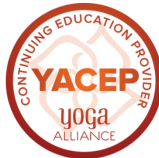
by [Naima of Climbing PoeTree](#)

---



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.



---

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

Submit Testimonial

The [TESTIMONIALS](#) page is now live on the website. Thank you to those who shared your kind words!

---



---

Copyright © 2017 Yoga Wire, All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp.