

March 2017 News from [Yoga Wire](#)

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SPRING FENNEL SLAW

This is a great recipe to celebrate Spring! It's bright and crisp and has a lovely flavor from the fresh fennel and green onion.

[Click here](#) for the recipe.



Educate yourself on just how precious this resource is!

March 2017

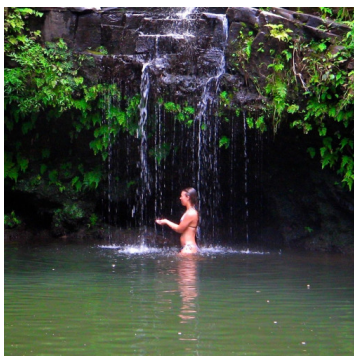
Fresh Water Spring

March is such a wonderful time of year! This is the month when we usher in Springtime, and this year I'm personally sowing seeds for a full expansion, a full bloom, especially with our soon-to-be yoga studio, [Align Yoga](#), in the works!

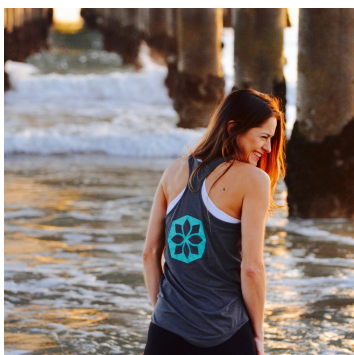
Astrologically, we are right in the middle of Pisces, which is a water sign represented by two fish. To me, this is a time to go with the flow, so if you feel yourself swimming upstream, take a minute to assess the current and see if you can better "streamline" your efforts.

It's no surprise that water consciousness is acknowledged during the month of March. Clean water is the most precious resource on earth—the life giver. In California, the drought caused us all to be even more mindful of





Yoga Wire



 charity: water

During the month of March, Yoga Wire will donate 100% of all apparel sales to [Charity: Water](#).

If you'd like to contribute, purchase a [Yoga Wire](#) logo tank, or donate directly to the campaign [Yoga Wire for Water](#).

The theme for March 2017 is **SURRENDER~**

the ways in which we depend on water. After extensive downpours this winter, the pressure is off just a little, but not everybody has such easy access to fresh water. [World Water Day](#) on March 22nd is about taking action to help with the more global water crisis. There are many organizations that you can contribute to or get involved with: [Charity Water](#), [Water Aid](#) and [109 World](#), just to name a few. Water Aid also has a [Girl Strong](#) initiative promoting access to water, sanitation and hygiene for women and girls.

Fresh drinking water is not the only kind that life depends on; our little buddies in the ocean and lakes always need us to look out for their delicate ecosystems too. [Surfrider Foundation](#) is one of the leading environmental water protectors.

Take an opportunity this month to reflect on WATER.

Align Yoga Studio Updates

We've made a lot of progress with demolition over the past month and the first **new walls** have been built!

We will have continual updates on social media... Please follow [@Align_Yoga_Studio](#) on Instagram or visit our [Align Yoga Facebook Page](#).





Art by [Mystic Mamma](#)

"The energetic theme for MARCH 2017 is SURRENDER. Lena Stevens says: 'SURRENDER is an act of power that takes the reins away from the false personality and hands them over to essence...Surrender offers freedom. If you are feeling stuck in your life, there is probably something that needs to be surrendered...release whatever it is that is holding you in that pattern of struggle and despair...There is great freedom in release and you have the opportunity for great freedom this month...truth time in relationships. Let's start with your relationship with yourself. It is time to surrender any negative thoughts you have about yourself...As truth is revealed, relationships may go through shake ups that are challenging but end up being reconfigured in a more positive way...Trust that the weather knows what it is doing. See everything as a blessing. Any loss, any new addition, any change: see all of it as a blessing and be blessed by it.'

[Read more...](#)

Posture Highlight:

Half Spine Twist / Half Lord of the Fishes



The Sankrit name for Half Spine Twist is *Ardha Matsyendrasana*, which translates to mean Half Lord of the Fishes Pose, a tribute to [Matsyendra](#) who is credited as being one of the founders of hatha yoga.

INSTRUCTIONS:

1. Bend your left knee in front of you. Point your left toes. Avoid sitting on your foot.
2. Cross your right foot to the outside of your left knee, placing your right foot flat on the floor.
3. Sit up tall. Bring your left arm to the outside of your right leg with the elbow at the knee and grip your left knee with your left hand.

If you feel yourself collapsing or falling back, support yourself by placing your right hand on the floor behind you, pressing into the floor to keep your spine lengthening. Otherwise, wrap your right

BENEFITS:

- Massages abdominal organs, helps to detoxify
- Improves flexibility of the spine and hip joints, relieves back pain and helps prevent slipped discs
- Increases circulation to the spinal nerves, veins and tissues
- Calms the nervous system
- Increases oxygen supply to the lungs

CONTRAINDICATIONS:

- Take extra caution if you have any back or spine issues



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.



arm behind your back to clasp a piece of your clothing or your left inner thigh.

4. Inhale, lengthen up, spine straight. Exhale, twist your body to the right, turn your head to the right. Inhale, lengthen. Exhale, twist.

Switch sides.

*Right side pictured.

MODIFICATIONS:

- For support, you can keep one hand on the floor behind you
- If you are unable to hold the knee, you can keep the elbow bent with the forearm vertical
- For knee issues, you can keep the bottom leg straight

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

Submit Testimonial

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