



Beet & Goji Sprouted Garbanzo Superfood Hummus

This is one of the recipes that I created for my final project for the Essentials of Superfoods course I did through Matthew Kenney Culinary Academy, now called [Plantlab](#).

The sprouted beans have a crisp, raw texture and flavor, which the hemp seeds help to smooth out. The beet brings a subtle earthiness, and the gojis berries are slightly sweet. Lemon juice brightens it up, and the smoked paprika provides a savory flavor to round it out.

April 2017

Adding Grace to Injury

Opportunities to learn and grow come in all forms. This past month, mine came in the painful form of physical injury via an abnormal lump in my left knee which became inflamed and even had me in a wheelchair for a couple days! Thankfully there is no damage to my tendons or ligaments and, for my own peace of mind, though it was aggravated in a yoga class, it is not a "yoga injury". I simply knelt on it. Crazy, right?

There are many lenses through which to view injury, many things to ponder. It can take you down or it can inform you. I'll share with you some of the things that have been running through my mind. This is going to be a long one, but well worth the introspection. I'll keep it short here in the newsletter... Please visit my [website](#) to read the whole thing.

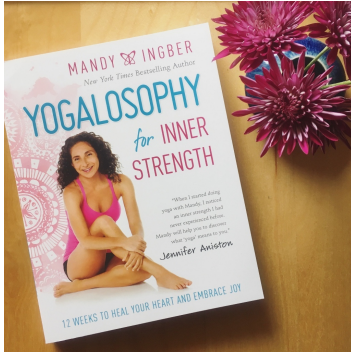


I recognize and am grateful for my strength and balance. When you're injured, it's easy to focus on how limited you are, especially when it renders you immobile. For me, having to operate mostly on one leg, I was so, so grateful for the strength and balance I had in that one leg that allowed

Get the [recipe here](#).

Check out my Instagram food page [@TheSproutedPalate!](#)

MANDY  INGBER
YOGALOSOPHY®



I contributed to [Mandy Ingber's](#) book, [Yogalosophy for Inner Strength!](#)

Find my story on Page 197 and my recipes on Pages 201 and 203.

Yogalosophy for Inner Strength will inspire you, especially if you're going through rough times and want to bounce back and "jumpstart your heart". Mandy Ingber's guide gives tools to embrace joy, even during times of transition. It includes 5 yoga-based routines, recipes, writing exercises, playlists and so much more.

me to compensate temporarily. I have my yoga practice to thank for that.



I am grateful for the experience of being incapable. Have you ever been physically incapable? I not only had to come to terms with this for a short time, but I also had to accept assistance from others. For someone like me, very independent, this took some adjustment. For

two days, I was also in a wheelchair, which gave me immense appreciation for the struggles of the disabled who navigate the world from a completely different vantage point.

This experience allows me to relate to knee pain and limitations. As a yoga instructor, many of my students have knee pain or use yoga to rehabilitate after knee surgery. I would not have wished for my injury, but while I'm going through it, I can start to understand first-hand what it can be like for my students so that I can better relate to their pain. I have also been able to get a tiny glimpse into the pain of two of the most important people in my life, Sal and my grandmother, who have both undergone multiple knee surgeries. This deepens my compassion for them.

I'm looking forward to renewing a more focused attention to my yoga practice and different areas of my body. I've been practicing yoga for more than 15 years, and I'll admit, I've gone through phases where my routine practice has become, well, routine. Part of why I liked participating in yoga competitions was the renewed sense of focus and attention that returned to my practice when I had a "goal". Recovering from an injury offers the same opportunity. My presence and attunement to my body's needs will be heightened.

These are just a few of things I've been contemplating while nurturing myself through this situation. Right now, I'm filtering my understanding through the lens of physical injury, but perhaps you can translate some of this to other areas of your life. For more on what I'm learning, [read the blog](#). ♡



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The Geology of Yoga



By Alex Pogeler, Via [Yoga Bound](#)

"Geology is the study of pressure and time. That's all it takes really, pressure, and time." — from The Shawshank Redemption

When asked what surprised him most about humanity, the Dalai Lama answered,

"Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

Align Yoga Studio Updates

Get to know the co-founders!

Click on the photos below to read a little bit about each of us.

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



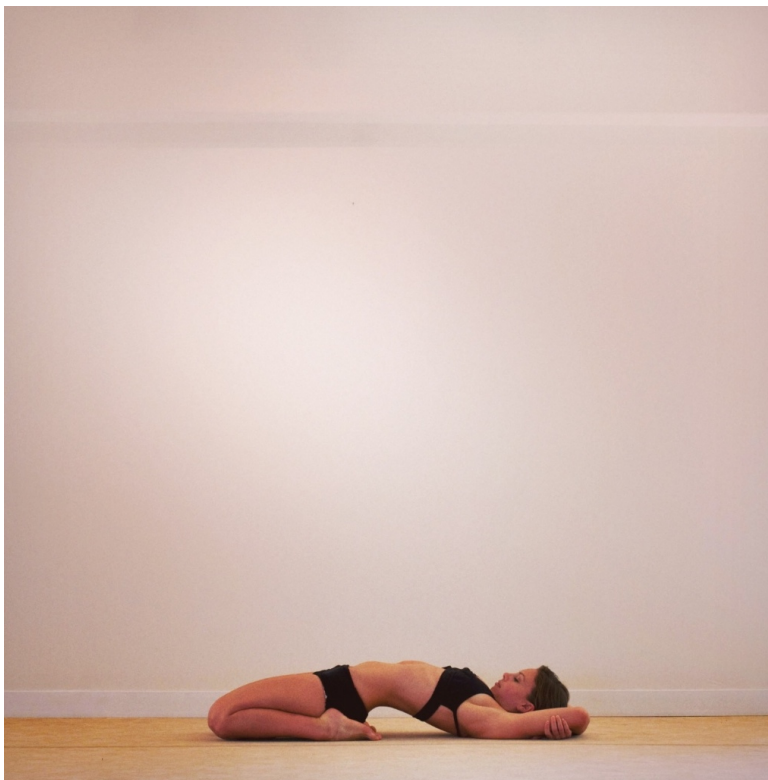
Posture Highlight:

Fixed Firm Pose a.k.a. Reclining Hero

"... Geology is about miniscule changes occurring over a prolonged period of time which lead to a transformation. Magma seeping out of the ocean floor for millions of years resulted in the Hawaiian Islands. The Colorado river slowly eroding a channel through the Arizona desert created the Grand Canyon. Coal subjected to the right conditions of underground heat and pressure will produce a Diamond. All of these phenomena involve small changes over time that lead to majestic creations. If that doesn't sound like what occurs with Yoga then I don't know what does.

The most important attribute to developing a good Yoga practice is patience. In our Modern society there is a lot of emphasis on instant gratification. Yoga does not necessarily give you instant results. In fact it can take a lot of time and effort before you start to reap the fruits of your labor. It is awkward and difficult at first and only through repetition and practice does it gradually become more comfortable. The keys are perseverance and tenacity. You have to push through the pain and get past the confusion to arrive at that place where it makes sense and your body cooperates. It can be a struggle but it is so worth it."

[Read more...](#)



I cannot come into full expression of this pose right now, due to my knee situation, however you can bet I will be using this posture to help with rehabilitation.

For some, this posture may not feel great on the knees in the beginning, but this is one of the best postures for general knee health and for healing knee issues. If you are limited by tightness or injury, this pose in particular does not come overnight. Depending on your flexibility, you may not even be able to get your hips on the floor. Be patient. It takes consistent practice and just going little by little with attention and body awareness. If you are very flexible, this pose should feel great, or you may not feel much sensation at all. Focus on lifting the chest.

INSTRUCTIONS:

- 1.** Sit down in a kneeling position with your hips on your heels.
- 2.** Separate your heels to the outsides of your hips, touching your hips. Keep your feet straight in line with your tibias/shin bones. Open your knees as wide as necessary to accommodate your flexibility and bring your hips to floor between your heels. (For tight knees, you may not be able to bring your hips all the way down. Open the knees, support yourself with your

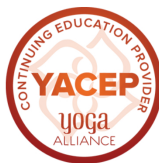
BENEFITS:

- Increases circulation to the lower limbs
- Strengthens and stretches the lower spine, abdomen, thighs and deep hip flexors (psoas), knees, and ankles
- Good for lower back pain, sciatica, gout, rheumatoid arthritis, and varicose veins
- Improves digestion, stretches the spleen, which controls the bile duct
- Flushes out lactic acid



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.



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hands and STOP HERE.)

3. Only if your hips are touching the floor, place your hands on your feet with your fingers pointing forward, and slowly lower one elbow at a time down to the floor.

4. Head back, slowly touch the top of your head, then the back of your head to the floor.

5. Lower your shoulders to the floor one at a time. Bring your arms overhead, clasping each elbow with the opposite hand.

6. Tuck your chin to your chest and lift your chest and abdomen up, creating an arch in the lower back. Hips and shoulders remain on the floor.

7. If your knees feel okay, begin to draw them in towards one another until they touch. Always be mindful of the knees—the health of your knee joints is a priority here. Breathe.

- Helps prevent inguinal and hiatal hernia by stretching deltoid to pelvis

PRECAUTIONS:

- Be careful of the knees; do not “push through pain” on this one
- Keep the feet straight and close to the body, touching the hips, so as not to create torquing at the knee joints

MODIFICATIONS:

- Modify depth rather than form in this posture



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