



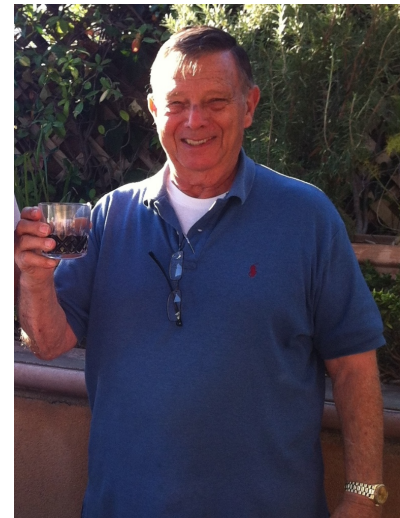
### **GOLDEN MILK / 2 WAYS**

Golden Milk is a typically a nut milk beverage with turmeric and spices. Turmeric is known for its vibrant golden color and its anti-inflammatory properties.

Depending on the ingredients you have on hand and the consistency you like, there are the two recipes I came up with. One is a bit simpler, can be mixed by hand or electric mini whisk, and only requires dried/ground spices. The other is a much richer, frothier variation with whole ingredients that need to be combined in a blender.

This issue is dedicated to my grandfather, Anthony "Tony" Frumento who left us on May 1st.

He was a man of high character and integrity. He was kind and funny, loving and loved by many. I'm so grateful for the large wonderful family that he and my grandmother started and their continued example of love. ♥



### **May 2017**

## **Detaching The Future**

*I know this newsletter is coming a bit late in the month, but as you can read above, I've been dealing with a loss in the family. I was very close to my grandfather, who we called Papa. He will be greatly missed.*

*The topic of this writing was already set in motion before I got the news about Papa. I could have changed it to include recent events, but for some reason I'm not yet instinctually inclined to reflect on loss in my writing. Perhaps in the near future.*

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## OUTERKNOWN



Outerknown is a sustainable and eco-conscious clothing line founded in part by 11-time World Champion surfer, Kelly Slater.

I love the design of their [beach towel](#), inspired by [The Great Wave off Kanagawa](#) by Japanese master Katsushika Hokusai.



[LuxYoga](#) is a retreat center hosted by Benjamin Sears which offers award-winning luxury yoga retreats in the South of France. They have several events coming up in July and August:

A lot of people have regrets. Some people have the proverbial "skeletons in their closet". Most people, if they're honest, have things they'd like to confess, sources of shame, or incidents from their past they'd like to own up to or would have done differently if they could. All of those things reside in the past, however. Through reframing, we can change our *relationship* to past events, but we cannot change what *actually happened*. While it's important to forgive and heal from those occurrences emotionally, personally, I'd prefer not to dwell on past events, which I cannot affect. But where we *can* have an impact is on our future, by changing our perspective in the present. This may necessitate an untangling of our future from past disappointments. Or it may require identifying perceived opposition to forward momentum.

Interestingly, have you ever felt conflicted about what you want for your future, either related to your past or your current situation? Do you have any dreams that you keep secret or wishes for your future that you don't share because you feel others might not understand? Does saying what you want feel like a confession?



In that way, sometimes our dreams can carry negative emotions. We have wants and desires that we can't share with anybody for fear of failure or being judged, or more likely discouraged from by "dream-killers". Sometimes what we want for ourselves may seem selfish by societal standards, or sometimes they are separate from the life we're living which is intertwined with obligations towards others, so by achieving our dream, we have to take something away from someone else. Other times, we draw from past experiences to forecast imaginary pitfalls or we carry some burden from a previous disappointment.

What causes us to perpetuate fear and hold ourselves back in this way? Detaching our dreams for the future from all of that stuff, we can start to examine our true intentions and recalibrate as necessary. We can get a fresh perspective on the pros and cons and the affect of action towards our goals.

My deep motivation for exploring this concept is related to my own dream, which is to see... a Wave.

July 1-7, 2017

[Bikram Method + Your Abs,  
Hips & Heart Retreat](#)

July 11-17, 2017

[Vinyasa Yoga Retreat](#)

July 21-27, 2017

[Grace & Gratitude Yoga  
Retreat](#)

August 1-7, 2017

[Vinyasa Yoga, Movement &  
Classical Indian Sound  
Healing Retreat](#)

Yes, like a wave in the ocean. But not just any wave and not just any time because technically, I *have* seen this wave before, 10 years ago to be exact, just not during the ideal conditions.



My dream is to see Teahupo'o during a "code red" swell when the waves are heart-poundingly massive.

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### ***A Bit About TEAHUPO'O***



Photo: Unknown

Writing: Jenni Anspach

***Teahupo'o, the surf spot, is actually named "Hava'e Spot de Surf Internationale" or simply "Hava'e" which translates as "channel". In surfing terminology that would pertain to a deeper section of water and/or a sub-surface route through which a flow of water passes. The "channel" at Teahupo'o refers to a passage of water that was created over a period of millenniums, as freshwater run-off streamed from the steep, jagged mountains into the sea, eroding away the earth and eventually the reef bed as well. This particular pass runs perpendicularly flush against the end of the town's paved road, and points the way to the world's heaviest wave. Teahupo'o literally***

This is one of my greatest dreams, one that I attempted to realize in 2007 and was unable to. Though I didn't fulfill the experience I was hoping for last time around, the journey was amazing in other ways. I was left with many impressions, some that changed the course of my life. (Go to the [Blog](#) for more on that.) But still, disappointments stemming from my first visit partly colors my future desire to visit Teahupo'o again.

I'd like to re-embrace that feeling of wonder, that calling that propelled me on the journey in the first place. (More on that also in the [Blog](#).) After some examination, I know that this is a current dream, not merely the dream of the person I was 10 years ago. So I'd like to change my relationship to returning there and untether my possible future.

In regards to living in the moment and not focusing so much on the future, here too we can get bound up... I find myself asking: Spiritually speaking, aren't I supposed to find contentment wherever I am, absent of desire? Furthermore, why should I desire something outside of myself? And why should I concern myself with the future instead of living in the present moment? All valid questions. While I'm not presenting answers, simply opening up the questions begins to dissolve some of the fear.

In addition to our internal life, we also live an external life, a life that's meant to be experienced and expanded into. For me that means to put myself in front of something profound, and if I can detach myself from the outcome, then I see value in pursuing the dream. This is all still unfolding for me, but I know that the journey itself holds keys to understanding.

means "The End of the Road".

*Stretching out some distance from where the channel crosses the road's end, the shallow coral shelf juxtaposes the deep ocean floor below. When a powerful swell moves inward along the gently sloping sea-floor and meets the harsh edge of the reef just below surface level, it hurls forward a massive lip of water, as thick as it is tall and, because of the unique shape and characteristics of the coral atoll, the wave that is produced is a con-veded cylindrical mass that sucks up so much sea-water as it comes in, that the reef upon which it breaks is practically dry.*

*While it is a remarkably stunning display of the magnificence of Mother Nature, as with many of her finest creations, it can also be a deadly force to be reckoned with. A surfer has to be an absolute expert to charge into "Chopes" when the size is up, and even then they are testing fate. One false move, and a wipeout is eminent, where if the sheer velocity and turbulence of being held under the offending wave doesn't render the individual disoriented to the point of drowning, then surely the razor-sharp reef will collect a hefty toll.*

*Because the wave breaks in the same region every time, boats can sit in the deep-water channel just outside of the breaking section and view the surfers up close and personal, while still remaining safe from capsize. And that is where I got my first view of Teahupo'o...*

[Read more about the Science of Teahupo'o...](#)

Feel free to [email me](#) and share your experience. ♡

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## Lots of Thanks...

I soaked up a lot last month from teachers who have incredible practices and volumes of knowledge.

I eased back to practice with a pleasant back bending workshop at [Bikram Yoga Mountain View](#) with the lovely [Ida Ripley](#)! Thank you Ida and Aaron, and of course Cynthia!

Then Sal and I journeyed South for a intense day of Sacred Geometry Vinyasa with [Benjamin Sears](#). Thanks, Ben, for the thorough ass-kicking! (Check out his [Lux Yoga retreats](#) in July and August.) Plus, it's always great to see Donna and the crew at [Bikram Yoga Huntington Beach](#). Love you guys!

Finally, I immersed myself in a 3-day intensive, focusing on sequencing and hands-on adjustments with Carmen & Moises Aguilar ([@cyogalab](#)) at [Breathe Together Yoga](#). Heart-felt thanks for such incredible inspiration!



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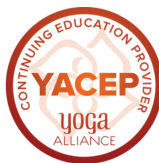
## Align Yoga Studio Updates

Construction continues and we should have an official grand



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'd love to know how  
I may have made an  
impression on you!

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View [TESTIMONIALS](#).

opening date soon!



Please follow [@Align\\_Yoga\\_Studio](#) on Instagram or visit our [Align Yoga Facebook Page](#).

## Posture Highlight: Camel Pose



Camel Pose (*Ustrasana*) is a wonderful heart-opener! This is considered a peak pose in many practices, so please be sure to warm up first with smaller back bends, shoulder openers, and front-body/quad stretches before coming into this pose.

#### **INSTRUCTIONS:**

- 1.** Stand on your knees with knees and feet apart 6 inches, parallel to each other. You may stay up on the toes or bring the tops of your feet to the floor.
- 2.** Place your hands on your hips with the fingers pointing down.
- 3.** Inhale, lift your chest. Exhale, slowly lower your head back. Inhale again, chest up. Exhale, slowly lower back halfway, continuing to support yourself with your hands on your hips.
- 4.** If this feels okay, bring your hands to your heels, one at a time with the fingers pointing down and thumbs outside. Continue to lift up with your chest and push your hips forward. Breathe.
- 5.** To come out of the pose, bring your hands to your hips then shift your hips forward slightly to reverse out, bringing your head up last. Sit in your heels for a couple of breaths.

#### **BENEFITS:**

- Chest and shoulder opener, creates front side fascial release
- Good for postural alignment
- Creates maximum compression of the spine, good for nervous system

#### **CONTRAINDICATIONS:**

- Take caution if you have any back, spine or neck issues

#### **MODIFICATIONS:**

- If you are unable to bring your hands to your heels, either try one at a time or keep both hands on your hips to support yourself and relax your head back



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