



### **CLEAN GREEN SMOOTHIE**

This smoothie was born out of my need to use some soon-to-expire ingredients from my refrigerator before traveling. I try not to waste food and I love getting my greens, so I used the last bits of spinach and romaine I had on-hand for my morning smoothie!

Get the [recipe here](#).

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

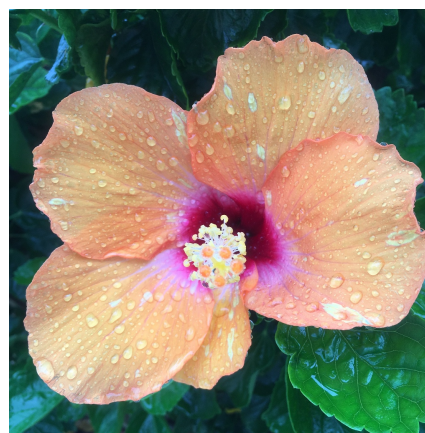
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### ***June 2017***

### **Body, Mind & Heart**

Gosh, where do I begin with this one? As I perused the themes of my life this past month, I've realized that each big thing going on right now exists primarily in one area of the body/mind/emotion triad.

Since the last newsletter, I've had knee surgery (very much body-related), my partners and I have been busy trying to get our new yoga studio space ready to open (mostly mental at this point), and I went to West Palm Beach, Florida to help facilitate the Raja Yoga Academy teacher training (heart/emotion-oriented).



Part of what yoga teaches us is the integration of the physical, mental, and emotional aspects of our nature, that we can balance these three things. (Emotion is sometimes in a gray area or overlooked when talking about the role it has in our individual balance. Sometimes it's lumped in as mental/emotional in psychological terminology. In some



MARCE - YOGA



My sweet (and beautiful!) Colombian friend, Marce, is hosting her very first yoga retreat in the coffee plantation region of Montenegro in Colombia.

**Dates: Aug 27th - Sept 2nd**

[Click here](#) for more info!

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Summer is here! That means sunshine and swimsuits. I'm a bit bikini-obsessed, so taking care of my swimwear is key.

[LePaume](#) is a color safe, gentle bikini wash that promotes a longer lifespan for your Lycra.

I also love this limited-edition water-resistant LePaume + Samudra [bikini bag](#).

esoteric teachings, there's reference to the body/mind/spirit connection, absent of emotion. In my understanding, the spirit encompasses all three, and since we are talking in material terms for now, I will include emotion or heart, which may be more tangibly relatable.)

*Your mind, emotions and body are instruments and the way you align and tune them determines how well you play life.*

— Harbhajan Singh Yogi

When it's glaringly obvious which aspect we are inhabiting the most in a given situation, the influence of the other two aspects can become somewhat vague. Each aspect is functioning and processing all of the time, but oftentimes one is at the forefront of an experience.

As we navigate the events of our lives, we can start to see how the non-dominant components positively or negatively support our experience. We can start to see which aspects we are most comfortable or uncomfortable leaning into. Through our approach to life's situations we can view the macrocosm of our own internal balance.

For me, taking on the experience of recuperating my body from injury was not at all daunting. I felt very trusting of the process and knew that I had the ability to regain my strength and mobility. My mental attitude was helpful in that area and emotionally, I was also content. This experience felt very balanced on all fronts.

As for the group challenge of opening a brick and mortar business from the ground up, while I find myself doing okay with the mental hurdles of organization and problem-solving, the physical efforts of helping with the build-out and some of the normal emotional stresses swirl about. This too feels somewhat balanced, not heavy-handed in any one area, though I certainly have a higher comfort level with the mental dealings.



Personally, the emotional center is the one I have the most trouble in allowing fluidity. I hold myself back a lot, creating dams to the flow of emotion. Visiting the Raja Yoga training was an interesting way to begin to understand that about myself. The training can be an emotional time for

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☀ **Solstice Blessings** ☀  
**LIGHT!**



Via [Mystic Mamma](#)

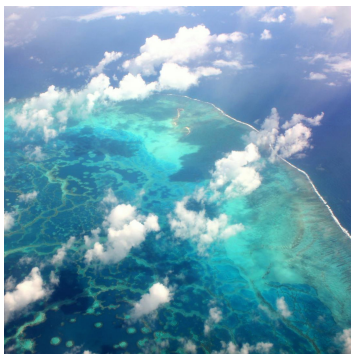
*"On the Solstice, we honor the Light, we remember the Light, we celebrate the Light."*

*These seasonal turning points remind us of the essential, the elemental...wherein lies our planetary unity."*

[Read more...](#)

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**National Treasures**



the trainees, and I felt very empathetic to their process. In a way, I experienced some of their vulnerability by osmosis. Later, through the reflections of one of my mentors, I came to see some of what causes me to hold back: When I'm too much "in my head", I block myself from "coming from the heart". In that way, the mental influence is commandeering what should be more of an emotional experience.

As with all of these writings, I can only offer my own experiences. I relay things as I see them, which means I'm usually still processing. But I know you can relate, because several of you have sent emails and shared with me. Thank you so much for that. ♡

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On another note, Summer Solstice is here!

"For those of us living in the Northern Hemisphere, the Summer Solstice is a time of celebration, of honoring the light, our connection to the Sun and the Earth. Every culture has festivals to honor this day and our ancestors around the earth built numerous monuments to commemorate this time."

For the past several years, June 21st has been recognized as International Yoga Day! They even have a huge yoga gathering in New York City where hundreds of people practice together in Times Square. This year, it's called [Mind Over Madness Yoga](#).

In 2017, the Summer Solstice falls on Wednesday, June 21, at 12:24 A.M. EDT. Due to time zones, this means it falls on Tuesday, June 20 in CDT, MDT, and PDT as below:

Wed, June 21, 12:24 A.M. EDT  
Tues, June 20, 11:24 P.M. CDT

Via [Surfrider](#)

*"Since 1908, U.S. Presidents have designated 127 special places in 31 states from the Grand Canyon to the Giant Sequoias to Bears Ears to name as national monuments as part of the Antiquities Act. These designations protect some of our nation's most outstanding public lands and waters and provide enormous value for recreational users.*

*But now these special places are threatened. The Department of Interior was ordered to review our national monuments – in particular 27 monuments (including 5 marine) – that could be eliminated or reduced in size later this year. This review includes marine monuments such as Papahānaumokuākea in Hawaii and the Northeast Canyons and Seamounts, both of whose designations Surfrider worked hard to make happen.*

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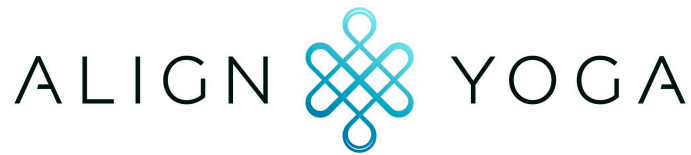
**Translate ▼**

*public input, over one million Americans have submitted comments, and we encourage you to do the same. Please take just five minutes today to submit a comment. [Click here to comment.](#)"*

[Read more...](#)

Tues, June 20, 10:24 P.M. MDT

Tues, June 20, 9:24 P.M. PDT



## Our beautiful new studio is almost ready!

Please join us for our GRAND OPENING celebration!

**FRIDAY, JULY 7th — 6:00 PM - 8:30 PM**

1521 Contra Costa Blvd., Pleasant Hill, CA 94523

SPECIAL PRICING now thru opening weekend!

Visit our [website](#) for more information!

[www.AlignYoga.Studio](http://www.AlignYoga.Studio)

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## Thank You!

I'd like to say thank you to [Joseph Encinia](#)! Not only did I enjoy his master class last month at BY Walnut Creek, but he also helped ease my mind about "going under the knife" to remove

Love and thanks to the [Raja Yoga Academy](#) crew currently ushering a new class of instructors into the Raja family. I'm so grateful to you all, especially the trainees who welcomed us in to be a part of their process!

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## Posture Highlight:

A Prayer I Say Silently After Each Yoga Practice



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.

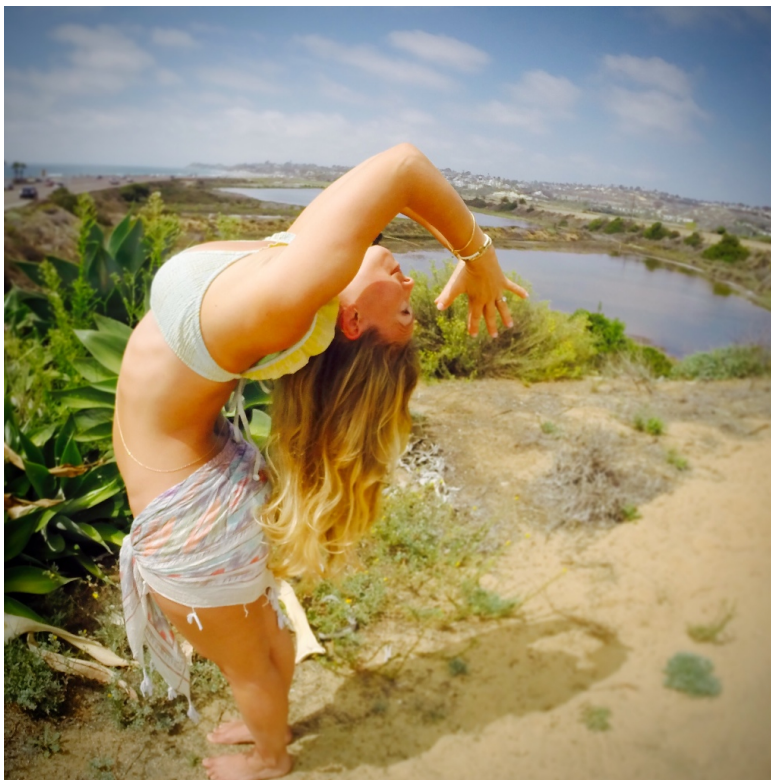


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I'd love to know how I  
may have made an  
impression on you!

**Submit  
Testimonial**

View [TESTIMONIALS](#).



The end of a yoga class to me feels like a very open and connected time. I feel centered, relaxed and peaceful. This is a conducive state for expressing gratitude and intentions for being.

Rather than a yoga posture, this month I thought I'd share with you a prayer that I speak silently to myself after each yoga practice. I shared it with the Raja Yoga teacher trainees at the end of the class I lead. This is the base of the prayer, which sometimes changes if I have other things going on.

Dear God [Universe/Spirit],

Thank you for my strong, flexible, healthy, vital, intelligent, beautiful body.

Thank you for my teacher [the instructor], my teacher [the other practitioners around me], my teacher [my Self].

Allow me to BE in this world with a positive attitude (inside and out), a peaceful spirit (inside and out), humility, self-confidence, and unconditional love for myself, my friends, my family, and everyone I meet.

Amen.

(I grew up Catholic, so Amen is still my prayer's send button. It translates to mean "So be it.")



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