

July 2017 News from [Yoga Wire](#)

[View this email in your browser](#)



One Fire Smoothie

I created this smoothie for the [One Fire Hot Yoga Festival!](#)

Every ingredient has a role in supporting your body's recovery from a hot yoga practice.

Learn about the health benefits and get the [RECIPE!](#)



One Fire Hot Yoga Festival
Puerto Morelos, Mexico

July 2017

Hot, Hot, Hot!

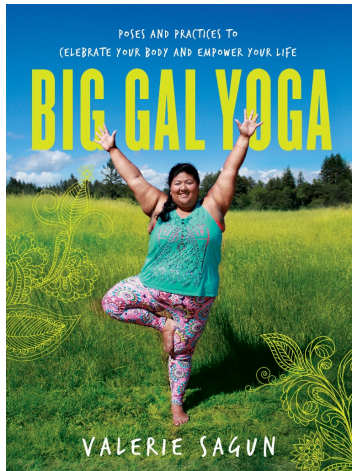
Yes!! Wow! It's turning out to be a hot July!

For starters, our yoga space, [Align Yoga](#), is open for business!! What an incredible journey it's been! Not only do we have HOT classes, but we also offer Vinyasa Flow and Restorative Meditation, as well as a beautiful boutique marketplace with a variety of yoga apparel and gear, healthy snacks and beverages, and my very own [Indriya Jewelry](#).



In addition to the studio opening, I'm excited to announce the release of the book [Big Gal Yoga!](#) I had the pleasure of shooting the cover photo last year and it will finally be out on July 25th! More exciting news, I'm also collaborating with [One Fire Festival](#) to create a smoothie menu for their 4-day festival this November! Check out the recipe for the [One Fire Smoothie](#).

November 14-18, 2017



Congratulations to Valerie Sagun on her book, [Big Gal Yoga](#), due out on July 25th!

I'm proud to say that I photographed the cover for this book, and it's so amazing to see it actualized.

In her new book, Big Gal Yoga, Valerie shares stories, affirmations, exercises, and yoga routines that teach everyone to find self acceptance and empowerment through yoga.



Temple Turmeric is my go-to for anti-inflammatory support after yoga. My favorite is the [Pure Prana](#) shot.

So, lots to share, but as for the newsletter, I'm afraid this will have to be a short one. As you can probably imagine, I've been absolutely consumed with what's right in front of me: this beautiful miracle of a yoga practice space which I have the honor of being a co-founder!



Next month will be a big month for processing some of what's in the mix. I want to introduce you to some of the awesome yogis that have been inspiring me, I want to brainstorm with you, I want to open and expand into the potential that is presenting itself exponentially as a result of "taking the leap and growing wings on the way down".

Everything feels really big right now! People are making moves—not only me—a lot of people I know. I mean BIG moves. A total shedding of previous life. A new beginning across the Pacific ocean. Everyone around me seems to be at the very least entertaining thoughts towards massive shifts.

What's going on for you? Are you in the midst of life altering around you? Are you moving the mountain or is the mountain moving you?

I'm with you! ♥



ALIGN YOGA STUDIO IS NOW OPEN!!!

Immense gratitude to all who came to share our Grand Opening celebration with us!



Check out their blog post on [Five Turmeric Benefits You Need To Know About](#).

Glimpse the shapeshifting that is evolution~



Photo: [Tyler McRobert](#), Excerpt: Pixie Lighthorse from her newly released book [Prayers of Honoring Voice](#) via [Mystic Mamma](#)

"Thank you for this day of watchfulness.

"Give me the perception to notice the changes taking place inside of me. Help me see them clearly reflected in my environment.

"Take me deep into the hermitage of my spirit to ponder the here and now and for see the coming challenges.

"Purify my filters so that I can understand my connection to all living things, and my place in this Universe.

"Align my attentions with the stars and all that lies beyond this form. Illuminate me with the glow of contemplation.

"Let me study what I see on the

Check out some [photos](#) from the event!

For more info, follow us on [Facebook](#) and [Instagram](#) + download the [Align Yoga App!](#)



Facebook



Instagram



Website



Many Thanks!

A heap of gratitude for the beautiful and thoughtful gifts we received for our Grand Opening celebration!

Special thanks to our Raja Yoga family members, Kat, Melissa, and Claudia for the stunning arrangement of orchids and roses, and to Kerry at Bikram Yoga Mountain View for the beautiful bouquet of sunshine that you sent!

We also received too many celebratory bottles of wine to count, not to mention a chocolate tart and a singing bowl, among other things, so thanks to all for your kind gifts!

Thank you to [Hannah-Nicole Vineyards](#) for the generosity of providing all of our guests with your exceptional organic wines.

Big thanks to [Urban Remedy](#) for coming to share your healthy foods and juices with us.

Thanks much to [Righteously Raw Chocolate](#) for the guiltlessly indulgent chocolates!

ground long before I come to conclusions, and longer before I speak.

“Bless me with an untroubled, uncrowded mind as I bring the whole picture into radical focus.

“As I witness the unfoldment of the world before me, help me to consider everything at work.

“Broaden my vision by showing me the critical moving parts in this constellation of life.

“Soften my brow. Help me hold my gaze.

“Allow me to glimpse the shapeshifting that is evolution.”

[Read more...](#)



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.

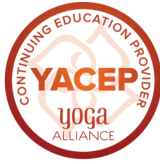
Posture Highlight:

Eternity Knot



The posture highlight for this month is whatever you call this! It kinda looks like the Align Yoga eternity knot, doesn't it??!

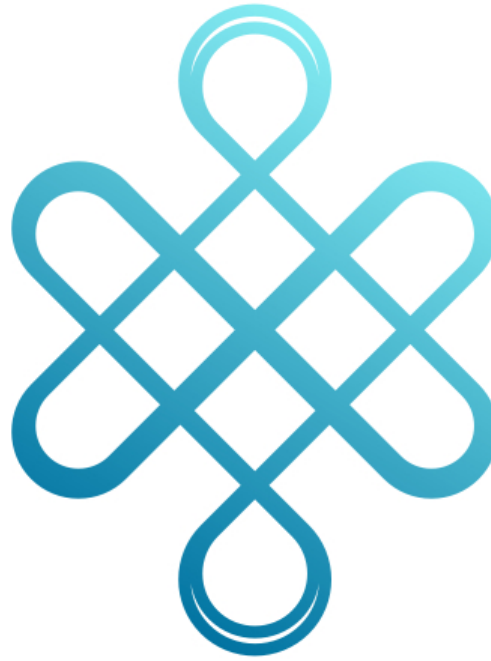
No instructions for this one! You try and figure it out. [Send me a photo](#) if you can make this shape! xo



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

**Submit
Testimonial**

View [TESTIMONIALS](#).



Align Yoga Symbol: The Endless Knot

The eternal pattern of the Tibetan endless knot represents the ever-changing life path. It's a symbol that intertwines the past and the present and reminds us that our path of wisdom, compassion, and spirituality is infinite.



Website



Email



Instagram

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.