

August 2017 News from [Yoga Wire](#)

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### Rosewater Cheesecake (Raw + Vegan)

One of my favorite recipes to date! The subtleness of the rosewater contrasted with the tartness of the passion fruit, the silky texture of the cheesecake and the crunch of the macadamia nuts—a lovely sensory experience!

Get the [recipe here](#).

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

## August 2017

### Sun Signs and Moonbeams

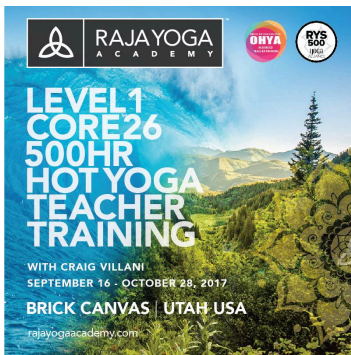
Today people across the U.S. will witness a rare astronomical event: [a total solar eclipse](#).

The eclipse occurs during the New Moon in the sign of Leo. As I've read from multiple sources, the astrological environment right now is extremely fertile for intention-setting connecting to your highest purpose.

Solar eclipses are not a dimming of light. They are a brief masking of the light source which still maintains its full luminousness in the background.

If we look at the sun and moon as representations of yin and yang energy, the yin moon correlates to our inner self, and the yang sun correlates to our outer, expressive self. When we overlay this theme of total solar eclipse, we can conceptualize the inner self, our desires and intentions, passing in front of what we typically shine out into the world, almost like an unignorable pronouncement of who we are inside.





I highly recommend [Raja Yoga Academy](#) for anyone thinking about doing a Hot Yoga teacher training!

### Level 1 Training

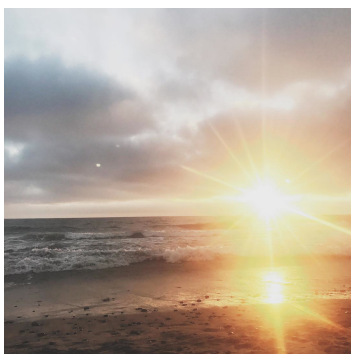
Sept 16th - Oct 28th

Yoga Alliance Certified 500-Hr  
Brick Canvas, Utah

*Much more than just a hot yoga teacher training, Raja Yoga Academy offers you an unparalleled experience in personal and professional transformation to realize profound and authentic growth, both on and off the mat.*



Through honest and respectful communication, we hope to inspire ethical, compassionate, and confident leaders.



By Alana Bray Barrey

August is my birth month, and as with my sun sign, Leo, I feel my outer self transitioning into a brief but total eclipse. Even my birthday this year was more interior than years past. I spent it at home, sipping champagne in a hammock, surrounded by close loved ones.. very mellow, and wonderfully so. This was a short insight, but I hope to have more on the other side. Until then... ♡

I'd like to introduce you to a truly beautiful soul, a good friend of mine and stellar yoga instructor, Jamie Rose. She has graciously shared her insights about transitioning from Summer into Fall.

[www.jamilehrose.com](http://www.jamilehrose.com)

*When I think of August, I am automatically taken back where nostalgia is strong and warm memories with an air of excitement and change fills my heart and soul. It's a mid-summer night, Filer ID, 7:33 pm, under a cloud streaked sky, the air is warm and sweet, sending breezes of cool relief every so often with a soft whisper. Dusk is on the horizon, and as the sun slowly*



*sets, the sky fades into a glow of magnificent shades, shades of slow burning embers; fiery reds, into rustic oranges, blending into rich yellows, fading into soft green as the light of the sun fades away into the pale blue of what's left of the day sky, the same sky that is seamlessly engulfed into the deepest depths of the nighttime hues. Stars, slowly and mysteriously twinkle into existence as the eyes flit across the wondrous evening. Crickets make their presence known as they play their tunes, while the fireflies glow about in a whimsical dance with one another. Summer is ending, and the transition into Fall is faint, but the warmth of its energy is no doubt present. Like little dust particles, the air buzzes of excitement all around; you cannot see it, but you can feel it. Sensations of what's to come ignites from within; change, growth, and transformation..it is a sign of the old closing and the new doors, pathways, possibilities are opening.*

*"Wiping away the dust. Feeling it all. Unsettled. At the brink. Time to wake up and be active participants in our health, lives and relationships. Sitting still and reflecting on all that was, is and will be. Moving forward with love and forgiveness in preparation for the eclipse. I do feel like there is a huge shift coming, an energetic clearing and we are at the peak of the incline. The wind is whistling, we are trying to get our bearings under our feet as the road is rocky and unsteady. Our legs are tired and we are worn. But we are actively moving forward, knowing that at the top, it will be cool and clear. As we climb we see visions of who we are, the internal struggles we have, as well as the inner momentum that propels us forward. Can we embrace all of this, because it is the good parts and bad parts that got us here. Almost there.*

*Once we can learn to love our whole self, the division between us and everyone else is broken down. Easier said than done. When we start to look at our whole self, shame and blame begin to come up. A special tool once we recognize this scary emotion is the Hawaiian ho'oponopono prayer. It helps restore harmony to yourself and others. Sitting quietly: "I'm sorry, please forgive me, thank you, I love you". This can be directed to yourself and the energy of specific individuals and/or our planet. You choose. Feel the transformative power of prayer, love, gratitude and forgiveness all together. It's powerful and it is what all beings could use right now."*

[Read More...](#)

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I'D LOVE YOUR FEEDBACK!



I'm excited to share that I am in the beginning stages of creating retreat experiences for 2018!

I truly value your opinion! As I begin to put these ideas in motion, I'd love to know where in the world you'd like to adventure, retreat, and relax.

Please help me by filling out a very brief survey form.

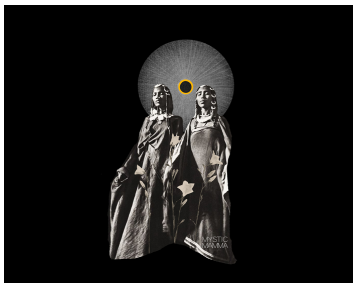
**Take the Survey!**

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**Posture Highlight:**

Standing Separate Leg Stretching

**TOTAL SOLAR ECLIPSE I**  
**New Moon in Leo August**  
**21st 2017~**



By [Mystic Mamma](#)

**"TOTAL SOLAR ECLIPSE I NEW MOON in LEO rises as the Queen within takes her throne on the seat of the Heart of Love.**

*Divine Feminine energy comes through the veil to awaken humanity to its true power in love."*

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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 11 years teaching experience, she has instructed students of all



This is an active posture. There are some wide-legged forward bends that place an emphasis on stretching the hamstrings, in which case you can hang forward or clasp your hands behind your back to open the shoulders, but in this posture, the hamstrings are just the tip of the iceberg. Pulling on the heels helps move the stretch to the hips and spine as well. Gravity helps quite a bit, but it doesn't do the whole job. Pull your body inward towards your legs and also down to lengthen and stretch your spine.

**INSTRUCTIONS:**

1. Separate your feet about 4-feet apart. Turn your toes in slightly.
2. Keeping your legs straight and knees locked, slowly bend forward from the lower spine.
3. Step on your fingers underneath your heels, holding from the outsides of your feet.
4. Keeping your knees locked, bring the body weight to your toes and pull on your heels to stretch your upper body down. Bend your elbows close to your shins and draw your shoulders away from your ears, lengthen your neck. Think of touching the upper

**BENEFITS:**

- Releases tension in the lower back muscles
- Increases circulation to the brain
- When chin is slightly forward it increases circulation to the adrenal glands
- Good for depression and loss of memory
- Good for hyperacidity

**PRECAUTIONS:**

- If you have lower back issues, be very mindful when forward bending. Make sure to engage your abdominal muscles when transitioning in and out of the posture.

backgrounds and ability levels.



part of your forehead to the floor in between your feet.

5. If you can touch your forehead easily, adjust your feet closer. If you cannot touch, try taking a wider step.

- For sciatica, keep the feet parallel rather than turning toes in.

#### MODIFICATIONS:

- If you can't hold the heels, try for the outsides of your feet.
- If you can't reach your feet, either step wider or keep your legs straight and bring your fingertips to the floor in front of you. Roll the body weight forward.



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