

yogapowernews

edition 1

fitness & wellbeing

welcome to our 1st edition!

Welcome to Yogapower News. I am very excited to share with you various topics, stories, recipes, health tips and ideas on how to nourish the body, calm the mind and nurture the soul to help support you in your bountiful journey of yoga and most importantly help take care of YOU and your wellbeing. Happy reading!

See you on your mat, Julie x

mindpower: hurry up and read it!

Book of the Month:

Hurry up and Meditate by David Michie

I am sure if meditation was available in capsule form it would be the biggest drug of all time. If you think about it, it has been scientifically proven to relieve stress, boost our immunity, slow down the ageing process and help us to sleep better plus make us much happier and be more effective thinkers. Given all of these benefits, why aren't more of us doing it? Ummm...

I was lucky to be given this little treasure by a special someone when I first began to meditate or shall I say 'trying to meditate.' This is a quick and easy read and very entertaining. Perfect if you find meditation a challenge, as I certainly do. It has fabulous guided meditations to try that are accessible and relevant. Basically the nuts and bolts of meditation are explained by a busy professional fitting in meditation into everyday life. It combines modern science with timeless wisdom, another words, it makes sense!

Provides loads of motivation and tools to achieve a greater panoramic perspective on life.



" life can only take place in the present moment. If we lose the present moment, we lose life." Buddha's proverb

foodpower: real food, real delicious!

I am always on the search for wholesome, healthy recipes that use the best nourishing ingredients for the body as well as the taste buds. Give these a try and feel nourished from the inside out.



Apple Crumble

- 4-6 large apples
- 2 cm cinnamon stick
- 1 tablespoon water
- 2 cups pecans (or any mixture of nuts)
- ½ cup shredded coconut
- ½ cup LSA
- ½ cup carob powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- ¼ cup brown sugar (optional)
- ½ cup softened butter
- ½ cup flaked almonds

- Peel, core and slice apples, place in heavy based pan with cinnamon stick and water, cook until soft, adding a minimum of water to prevent sticking
- Heat oven to 180
- Spread cooked apples over the bottom of a baking dish
- Grind all remaining ingredients in food processor till coarsely ground
- Mix butter into dry ingredients
- Spread nut mixture over cooked fruit
- Sprinkle top with flaked almonds
- Bake for 15-20 minutes, until the almonds are golden.

Choc Protein Squares (No Baking!!!!)

- 1 Cup Organic Peanut Butter (or any other nut butter)
- 3 Tbls Honey, Argave or Maple or to taste
- 1.5 cups Chocolate Whey Protein Powder or Pea Powder
- 1 Cup Oats (raw)
- 2-5 Tbls water (or coconut milk)
- 1 Tbls of unsweetened cocoa (optional)

- Mix the nut butter and honey in a bowl and then place into the microwave for 30 seconds.

- Add the rest of the ingredients and mix together. The mixture should be moist and a little crumbly.

- Press into a baking tray and refrigerate for 20 minutes. Cut into equal bars or roll into balls before refrigerating.



Baby Beets with Potatoes & Snowpeas

(Serves 4 – 6)

- 2 baby beetroots per person
- 2-3 little new potatoes per person
- 3 snowpeas per person
- 1 tablespoon olive oil
- 1 tablespoon tamari
- juice of half a lemon

- Steam beetroots whole and drain
- Steam the potatoes whole or in bite-size pieces until tender, about 15-20 minutes
- Add the snowpeas to the potatoes and steam for one minute to soften
- Drain the potatoes and snowpeas and place into a serving dish
- Arrange the beets on top of the potatoes
- Mix the oil, tamari and lemon juice
- Drizzle all over and enjoy!

nourish & nurture

power up your optimism!

Decade's of research suggest that changing the way we think can multiply our positive experiences. Take a look at these 5 little letters that could change the way you think-forever!

P is for **POSITIVE** emotion

Remind yourself of any experience that brought you joy, for example, seeing a beautiful sunset, singing to your favourite song while driving, eating that moreish bliss ball, hearing your child laugh...It is all about increasing the amount of positive emotions we feel on a daily basis.

E is for **ENGAGEMENT**

Whether we are focusing on a new hobby, indulging in some gourmet cooking, balancing in tree pose, or waiting for that next wave in the surf, we are our most genuine selves when we are totally absorbed in the task at hand. We don't worry about what others are thinking, we feel secure, calm and carefree. It's all about identifying pursuits that you can lose yourself in and you'll be engaging with life!

R is for **RELATIONSHIPS**

As social animals we need to have a sense of belonging, both as children to develop and to thrive as adults. Make the time to connect with people that whose company you value.

M is for **MEANING** and purpose

A sense of meaning comes from a feeling as though you belong to a bigger picture, or that you serve something bigger than yourself. This sense can be a source of comfort and stress relief. Determine what gives your life meaning and remind yourself of it often, is it your family, your garden, volunteer work or spiritual learnings.

A if for **ACCOMPLISHMENT**

The simple sense of achievement is a powerful weapon in your wellbeing arsenal. Forget ego as it doesn't need to be a complete win. Maybe its perfecting a favourite dish, mastering a piece of music, learning to knit, writing a poem or balancing in crow pose for more than five seconds. Phew! Whatever satisfies you is a valid accomplishment. The buzz of achievement will send your sense of wellbeing skyrocketing!

the essence of yogapower: through asana (postures), the body is made strong and flexible, through pranayama (breathing), the mind and emotions are balanced, through meditation (deep relaxation) thoughts are quietened and our authentic self is located and strengthened.



keeping it consistent **42%**

is the reduction in people's back pain after they'd done yoga twice a week for six months!

for your practice, soul and senses

inspiring deep relaxation

Inspire deep relaxation with just a few minutes spent wearing an eye-pillow to still the mind, soothe the body and move into a state of absolute peace, clarity and rejuvenation.

Our eye-pillows are not just for savasana but whenever you need to take a short break or just to unwind from a busy day.

The flexible cushioning and gentle weight of an eye pillow placed over the eyes helps to calm energy within, slowing down the nervous and adrenal systems of the body, slowing the heart rate and decreasing stress. In deep relaxation we are able to release and dissolve restlessness in the mind and the muscles - bringing our whole being back into balance and promoting a feeling of groundedness and stability.

Each hand-made pillow has a removable, machine-washable, 100% cotton cover. Covers and inserts are available for you to mix and match in tangerine orange, watermelon pink, lime green, grape and jade green.

Eye-pillows (insert and cover) \$16

just like a big, soothing hug...uplifting cinnamon, calming ginger, energising cloves, soothing cardamon and comforting nutmeg are just a few delicious ingredients of our organic leaf chai. **100g packs \$9.50**

share the joy of yoga... For a friend or that very special someone, class, bulk pass or one-on-one yoga gift vouchers are available.

blended for your health and wellbeing



Mankind has used essential oils derived from the distillation of leaves, stems, flowers, bark, and roots of plants for healing and health for thousands of years. Through the inhalation of these oils the body's physiological system can be affected directly or indirectly. For example, certain oils can ease digestion, while others can have a calming effect. Applying oil blends (diluted) as a massage can trigger the body's healing process by stimulating blood flow and lymph fluid, soothe tight muscles and increase circulation as well as induce relaxation, ease stress and lift spirits.

Yogapower's 100% organic soy wax candles have been specifically blended with essential oils to achieve maximum wellbeing benefits as well as their divine aromas to tantalise the senses. The candles can be used both to burn and as a relaxing and rejuvenating body massage oil to reap the oils therapeutic benefits both physically and mentally.

Lead-free cotton wicks, with no artificial additives, using only natural ingredients. **Candles in glass canister with lid, burn time 40hrs, \$19**

the blends:

'NEW' REFRESH – Spearmint and Lemon

Crisp, clean and refreshing Spearmint blended with fresh Lemon. The perfect combination to invigorate and re-energise the body and bring clarity and freshness of mind. The fruity, slightly minty aroma of Spearmint can help relieve exhaustion, aid digestion, relieve headaches and fatigue while Lemon has cleansing and anti-bacterial properties.

'NEW' PEACE – Lavender and Cedarwood

A soft, soothing blend of floral Lavender with the warmth, relaxing and woody notes of Cedarwood. This relaxing combination helps to balance the nervous system, improve sleep, combat joint pain and promote a grounding and stable feeling of health and peacefulness. Precautions: avoid during pregnancy.

ENERGY: Lemongrass & Ginger

VITALITY: Lemon, Eucalyptus & Black Pepper

SERENITY: Cedarwood, Lime, Lemon & Spearmint



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