

STRESS LESS

AMERICANS ARE AMONG THE MOST STRESSED PEOPLE IN THE WORLD, ACCORDING TO A NEW SURVEY, AMERICANS REPORTED FEELING STRESS, ANGER AND WORRY AT THE HIGHEST LEVELS IN A DECADE.

DO SOMETHING TO CHANGE YOUR STRESS LEVELS



From minor challenges to major crises, stress is part of life. And while you can't always control your circumstances, you can control how you respond to them. When stress becomes overwhelming, or it's chronic, it can take a toll on your well-being. That's why it's important to have effective stress relievers that can calm your mind and your body.

Yoga

Yoga works much in the same way as meditation. It gives you the time to be alone with your thoughts (or an opportunity to let them go). However, exercise also has the added benefit of releasing endorphins into the brain, which improves your mood. It also promotes respiratory, cardiac, digestive, and spiritual health. Creating a trinity for the being mind, body, and soul.

Meditation

Meditation, or mindfulness, only takes 5 minutes a day to start a practice. It's also incredibly affordable, considering the only tool you need is your own mind. Just give yourself some silent time to focus on your breathing. That small amount of peace in your day can help you create the quiet space to find clarity and release stress.

Self Care / Body Work

Massages, did you know, have been used as a stress reliever for thousands of years? Historically, the Chinese used massage to open blocked energy channels in order to improve health.

Organize your life

Organization offers a sense of control and peace of mind. Studies have shown the mere sight of clutter can put us on edge. Organizing one's home or office creates visual simplicity. Clearing the space clears the mind.

Eat healthy

Healthy foods like whole grains and protein can improve your mood and give you long-lasting energy to tackle everything that comes your way during the day. Foods that are especially effective for stress-busting include blueberries, salmon and almonds, according to scientists.

Limit Internet and cellphone use

Disconnect, disconnect, disconnect. Reducing stress in today's world is vital. Shielding ourselves from technology by turning away from the Internet and shutting off our cellphones, can at least block some of the channels from which stress can reach us. Doing this also allows us to live in the moment and appreciate our surroundings and blessings. It is particularly important to cut off electronic use before sleep, which can cut down on insomnia-related problems.

CBD

CBD has exploded onto the market, leaving a lot of confused consumers in its wake. CBD has been used for thousands of years to treat various types of pain, but the medical community have only recently begun to study it again.

Here are some of the possible benefits of CBD

Can Alleviate Chronic Pain

Natural pain relief and anti-inflammatory properties: People tend to use prescription or over-the-counter drugs to relieve stiffness and pain. Some people believe that CBD offers a more natural alternative.

Fighting cancer

Some researchers have found that CBD may prove to combat cancer. Authors of a review published in the British Journal of Clinical Pharmacology found evidence that CBD significantly helped to prevent the spread of cancer. The researchers also noted that the compound tends to suppress the growth of cancer cells and promote their destruction.

Anxiety disorders

Doctors often advise people with chronic anxiety to avoid cannabis, THC can trigger or amplify feelings of anxiousness and paranoia. However, authors of a review from Neurotherapeutics found that CBD may help to reduce anxiety in people with certain related disorders. According to the review, CBD may reduce anxiety-related behaviors in people with conditions such as: post-traumatic stress disorder, general anxiety disorder, panic disorder, social anxiety disorder, and obsessive-compulsive disorder.

Acne

Acne treatment is another promising use for CBD. The condition is caused, in part, by inflammation and overworked sebaceous glands in the body. A 2014 study published by the Journal of Clinical Investigation found that CBD helps to lower the production of sebum that leads to acne, partly because of its anti-inflammatory effect on the body. Sebum is an oily substance, and overproduction can cause acne. CBD could become a future treatment for acne vulgaris, the most common form of acne.

THE DIFFERENCE BETWEEN CBD AND THC

Cannabidiol (CBD) and tetrahydrocannabinol (THC) are the two most prominent cannabinoids found in Cannabis, the plant genus that includes both hemp and marijuana. While there are over 100 different cannabinoids so far identified in cannabis by scientists, CBD and THC are by far the most extensively studied and best understood. One of the key differences between CBD and THC is whether the cannabinoid will cause a euphoric effect, or "high," when consumed. THC does, and CBD does not have the "high" effect when consumed. CBD and THC both interact with the body through the endocannabinoid system, a vital signaling system responsible for regulating a wide array of functions. Both plant-derived cannabinoids like CBD and THC and the body's own endocannabinoids interact with this regulatory network through its cannabinoid receptors, found all throughout the body. A well operating endocannabinoid promotes health and well-being.

CBD | BENEFITS

Heart Health

Recent research has linked CBD with several benefits for the heart and circulatory system, including the ability to lower high blood pressure. High blood pressure is linked to higher risks of a number of health conditions, including stroke, heart attack, and metabolic syndrome. Though more human studies are needed, CBD may benefit heart health in several ways, including by reducing blood pressure and preventing heart damage.

Neuroprotective Properties

Researchers believe that CBD's ability to act on the endocannabinoid system and other brain signaling systems may provide benefits for those with neurological disorders. Though research is limited at this time, CBD has been shown to effectively treat symptoms related to epilepsy and Parkinson's disease. CBD was also shown to reduce the progression of Alzheimer's disease in test-tube and animal studies.

Several Other Potential Benefits

CBD has been studied for its role in treating a number of health issues. Though more studies are needed, CBD is thought to provide the following health benefits:

- Antipsychotic effects:** Studies suggest that CBD may help people with schizophrenia and other mental disorders by reducing psychotic symptoms.
- Substance abuse treatment:** CBD has been shown to modify circuits in the brain related to drug addiction. In rats, CBD has been shown to reduce morphine dependence and heroin-seeking behavior.
- Anti-tumor effects:** In test-tube and animal studies, CBD has demonstrated anti-tumor effects. In animals, it has been shown to prevent the spread of breast, prostate, brain, colon and lung cancer.
- Diabetes prevention:** In diabetic mice, treatment with CBD reduced the incidence of diabetes by 56% and significantly reduced inflammation. Some studies suggest that CBD may be an effective treatment for diabetes, substance abuse, mental disorders and certain types of cancers. However, more research in humans is needed.

TYPES OF CBD DELIVERY

Edibles, tinctures, creams... What's the best way to take CBD?

It really depends on what your goal is and why you're taking CBD in the first place. Some people don't want to ingest anything and therefore prefer a topical CBD cream or ointment. "You can apply it to muscles, joints, and ligaments and still get a nice, localized release," Dr. Chin says. "Tinctures and edibles take longer to work but last four or five hours. "A tincture looks like a little liquid that you put under your tongue, and you feel relief within half an hour," Dr. Chin says. "If you prefer to taste something, you choose an edible, whether it's a capsule, gummy, or baked good."



1000mg Full Spectrum Oil	\$88
500mg Full Spectrum Oil	\$38
500mg Full Spectrum Gummies	\$38
500mg Peppermint Pain Stick	\$58
500mg Lavender Pain Cream	\$58
500mg Lavender Roll On	\$58
50mg Bath Bomb	\$18

[CLICK HERE TO PURCHASE](https://ecbdrx.com)

BRINGING CBD ONTO THE MAT

If the words “calming and relaxing” are sounding a lot like your favorite yoga practice, that’s no coincidence. Many yogis are discovering, CBD products and asana practice go together like bolsters and yoga blankets. These two great ideas are wonderful alone, and totally dynamite together. Using CBD won’t get you high. It’s entirely safe and acceptable to use during a yoga practice, or any other regular activities.

CBD is a natural fit for a restorative-style or gentle yoga class. It can also enhance your experience in a more upbeat, quicker-paced flow-style or vinyasa class, especially if you’re prone to a wandering mind. How often have you been in a yoga class and thought, “I am supposed to be zen! I just wish I could silence these thoughts!” It’s hard to automatically turn off your overthinking brain simply because you’ve hit the mat.



It can also aid those with sore joints and muscles, helping to relieve those post-asana sore muscles.

CBD can also help to prolong the savasana feelings of bliss after you leave the mat. When we are feeling good, our brain naturally produces and releases a neurotransmitter called Anandamide. In Sanskrit, 'Ananda' means 'bliss', which is why Anandamide is aptly named the 'bliss molecule'. Like all neurotransmitters, Anandamide is fragile and breaks down quickly in the body, which is why it doesn't produce a perpetual state of bliss.

It's been found that CBD suppresses the enzyme that breaks down Anandamide. Thus creating longer lasting effects from the naturally occurring Anandamide in our system. In other words, that blissful feeling you get from your flow session can be enhanced even more by incorporating CBD into the mix.

CHECK OUT HALF BAKED ; HOT YIN & EUPHORX CBD

Just Breath Yoga offers CBD and Hot Yin as a special event. Come try it out for yourself.

Friday 11/29 • 6:15 pm - 7:30 pm
Led by Jude Levy

\$27 Exchange **Book A Class**



WHAT IS YIN YOGA

Yin yoga has been around for thousands of years and some of the older text, such as the Hatha Yoga Pradipika notes only sixteen postures in its text, which is far less than the millions of postures practiced in today's yoga. These "postures" were to help promote meditation and long periods of pranayama and sitting.

It is a more meditative approach with a physical focus much deeper than Yang like practices. Here the practitioner is trying to access the deeper tissues such as the connective tissue and fascia and many of the postures focus on areas that encompass a joint (hips, sacrum, spine). As one ages flexibility in the joints decreases and Yin yoga is a wonderful way to maintain that flexibility, something that for many don't seem to be too concerned about until they notice it is gone. This intimate practice of yoga requires students to be ready to get intimate with the self, with feelings, sensations, and emotions, something of can be easy to avoid in a fast paced yoga practice.

SLEEP DEEP

Stress and anxiety are common experiences for most people. In fact, 70% of adults in the US say they feel stress or anxiety daily.

CREATE A HEALTHIER ENVIRONMENT FOR YOUR MIND

1. Give up the daily guilt.

Let's get some perspective. Too many of us waste time feeling guilty that our life is out of balance, but you'll never feel balanced as long as you have goals and dreams. Why? There's always way too much to do, to learn, to accomplish.

2. Realize good is good enough.

Any other recovering perfectionists out there? Stop wasting time creating the "perfect", seeking the ideals of everything around you. Stop at 80 percent and move on to the next task. Otherwise, hours of your life are wasted and nobody notices the difference but you. Get over yourself and take a step closer to acceptance.

3. Snooze or lose.

Too many of us have the mantra of "I'll sleep when I'm dead." But the point is you will be dead sooner as a result. Exhaustion is not a badge of honor. Without sleep, you are worthless to yourself and those around you. You can suffer from irritability, trouble retaining information, minor illness, poor judgment, increased mistakes and even weight gain. This is your wake-up call to get your ZZZ's.

4. Take a Yin, Restorative or Yoga Nidra Class

Just Breathe Yoga offers a wide variety of classes that will help you slow down the nervous system and create the perfect setting for a good night's sleep. Here are a few classes you may want to try out.

psychic sleep / yoga nidra

led by nick viscovich

Friday 11/22 • 6:00 pm -

7:15 pm

Join Nick as he leads you into restorative poses and a deep yogic sleep known as Yoga Nidra. The Yoga nidra (Sanskrit: योग निद्रा) or yogic sleep is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, typically induced by a guided meditation.

Limited Spots, Pre Registration is Necessary \$21 **Book A Class**



yin& restore led by jude levy

every Thursday at 5:45pm (non heated)

This class consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer.

Limited Spots, Pre Registration is Necessary

Book A Class (included in all packages)

restorative sound bath on the mat

led by chris schmoger

Every Tuesday in October

7:45-8:45pm

Join us for an intimate sound bath with crystal singing bowls to help you melt away stress, relax, shut off the mind chatter, rejuvenate and recharge your batteries. All you have to do is show up, relax lying down, close your eyes and let the sound wash over you and take you on a calm and peaceful journey away from the stress and worries of the day.

Limited Spots, Pre Registration is Necessary

Book A Class (included in all packages)

sound bath on the hammocks

led by chris schmoger

Monday 11/18 • 7:30-8:30pm

Combine a low hammock and singing bowls and prepare yourself for bliss

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Limited Spots. Pre Registration is Necessary

\$25 Reserve Your Hammock

\$25 Book A Class

hot power and yin

led by jude levy

every Tuesday 5:45pm

Intervals of power yoga complimented with intense longer held stretching. Perfect combination of the hot practice. Learn how to create more flexibility without sacrificing the more intense cardio/power sequencing. Shavasana will never be the same

Book A Class (included in all packages)

5. Say no to others and say yes to you.

It's not selfish to say no to others when the intent is to clear some space to say yes to you. Life does go on even if you aren't involved in every activity, party or event. Look at it this way: Being missed makes you more interesting and appreciated when you do show up.

2. Realize good is good enough.

Any other recovering perfectionists out there? Stop wasting time creating the "perfect", seeking the ideals of everything around you. Stop at 80 percent and move on to the next task. Otherwise, hours of your life are wasted and nobody notices the difference but you. Get over yourself and take a step closer to acceptance.

5. Power off

The quickest way to gain downtime is to turn off the phone, TV and computer and enjoy the lack of distractions. People can create anxiety when their DVR is overloaded with recordings and they don't have the time to watch their shows. C'mon, do you really need to know who's getting kicked off the island or what has-been star can dance? Some people say TV relaxes them, but I believe it's more of a habit than a way to lower stress. TV just numbs you, and when the show's over, your pressures resurface. Same with the computer. Sure, it's great to connect with old friends on Facebook, but do you really need to know what someone ate for dinner? Rather than screen sucking, grab that unopened book from your shelf, call a good friend or grab a cup of your favorite beverage and reflect on your day.

A deep breathing exercise to help you sleep

Breathing from your belly rather than your chest can activate the relaxation response and lower your heart rate, blood pressure, and stress levels to help you drift off to sleep. Lay down in bed and close your eyes. Put one hand on your chest and the other on your stomach. Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little. Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little. Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

YOUR HOME

ONE OF THE MOST EFFECTIVE STRATEGIES FOR CREATING A PEACEFUL LIFE IS TO CREATE A PEACEFUL HOME. HAVING A PEACEFUL HOME AS YOUR BASE CAN HELP YOU LAUNCH YOURSELF INTO THE WORLD FROM A HAPPIER PLACE EACH DAY.

5 STEPS TO CREATE A PEACEFUL HOME

When trying to convert your home into a more peaceful space, consider the following:

1. Pare Down, Organize, and Decorate

These are the classic activities people think of when they think of home makeovers. Getting rid of clutter can help you remove energy drains from all over your home. Organizing your things can help you to know where everything is, and what you have. It also creates a place to put everything in your home so that clean-up goes very quickly. Decorating, using colors and themes that truly speak to you, can help you feel relaxed and energized at the same time as you look around and take in the beauty, order, and style of your home.

2. Create a Space for Stress Relief Activities

One of the challenges of maintaining stress-relieving habits is that we get busy and let other activities in our lives come first. If we build in a physical space for our stress-soothing habits, we have a physical reminder, as well as a facilitator, to help us maintain the motivation to keep these habits in our lives.

3. Feng Shui

Many people have reaped the stress relief benefits of feng shui and swear by the practice. As you're making changes to create a peaceful home environment, factoring in a little feng shui (or a lot) can bring long-term benefits, as once you incorporate the stress relieving elements of feng shui, you don't have to constantly maintain most of the changes—they're just part of your decor.

4. Aromatherapy

Aromatherapy is getting a lot of buzz these days. It's easy to find products that provide a wonderful and soothing scent for a room. The hype isn't unwarranted, aromatherapy research shows that there are real stress relief benefits to its use. Aromatherapy can help create a calming environment that subtly offers passive stress relief. Aromatherapy is a recommended element of a peaceful home.

5. Music

Music is another wonderful stress reliever. Like aromatherapy, it offers passive stress relief. It can energize or relax you depending on the type you use. Incorporating the right kind of music into the background can help contribute to a peaceful home environment.

FENG SHUI

Feng shui is an ancient art and science that was formalized over 3,000 years ago in China. In literal translation feng means "wind" and shui means "water." In Chinese culture, wind and water are associated with good health, thus good feng shui came to mean good fortune. Conversely, bad feng shui means bad luck or misfortune. Some elements of feng shui practice date back at least 6,000 years, and it contains elements of various branches of scholarly study, including physics, philosophy, astronomy, and astrology. It is related closely to the Taoist vision and understanding of nature, particularly the idea that the land is alive and filled with chi or energy. Feng shui is sometimes thought to be the art of placement—understanding how the placement of yourself and objects within a space affects your life in various areas of experience. It is a complex body of knowledge that teaches you how to balance and harmonize with the energies in any given space—be it a home, office, or garden. Its aim is to assure good fortune for the people inhabiting a space.

FENG SHUI SERIES

REMOVING CLUTTER IN YOUR HOME ALSO HAS PROVEN TO REDUCE CLUTTER IN YOUR MIND AND ALLOW YOU TO RELAX AND HAVE IDEAS FLOW MORE FREELY, MAKING IT EASIER FOR YOU TO MAKE DECISIONS.

4 PART SERIES AT JUST BREATHE YOGA



This 4 part series takes Feng Shui and Energy Work to the next level to embrace Holistic Empowerment. Through a super modern, intuitive approach combining Feng Shui, Meditation, Energy Work, and Manifestation, you'll learn to re-create your space as your own personal 3D vision board. We'll cover some Feng Shui basics, and learn how to magnetically attract your most powerful positive energy to improve relationships with family, and friends, support our kids, boost business and work opportunities, improve overall health, and attract love in all its forms.

Kid Shui Workshop **Oct 19 - 12-3pm**

This workshop will explain how to add Feng Shui and Meditation to your kids space. Then watch their relationships with friends and family improve, stress levels drop, and confidence grow. Learn some basics of intuitive Feng Shui, as well as kid friendly ways to apply it at home. Included will be a super simple 5 step "starter kit" to Shui, and a crash course for parents to learn to teach kids a beginner meditation at home. (Shhh - we don't tell them it's "meditation"!)

Love Shui Workshop **Jan 26 • 12-3pm**

Attract the energy of Love in all its forms. This should begin with Self-Love. We'll learn how to apply intuitive Feng Shui to radiate love from the inside out. Adding in some simple love-energy boosting fixes at home, attract all of the love that is already yours, and waiting for you. The workshop will finish with a Reclaiming Your Power guided meditation.

Work Shui Workshop **March 22 • 12-3**

Spring is about fresh starts and new beginnings! Whether you're searching for new business opportunities, looking to make a big move, or your career needs a little refresh. You will learn some easy, simple, and powerful Feng Shui activations - for your office *and* your home. This workshop will help you to manifest business growth and increased wealth. Included will be 5 easy steps to reduce EMF and Blue Light exposure. The workshop will end with a powerful guided Money Affirmation meditation, you'll leave feeling inspired and empowered.

Family Shui Workshop **June 21 • 12-3**

Get your space - and your energy - ready for the Summer social season! Family time, parties, events, and play dates are great fun, and can also drain us energetically. Learn how to work with Feng Shui to boost relationships with family and friends, raise your own vibration, and create a space where everyone loves to gather. We'll cover how to Shui your space to work with multiple energies, good Party-Shui, and some energy and space clearing to restore balance once the party's over. We'll wrap up with a Loving Kindness meditation to send you on your way to a high-vibe Summer.

\$50 each or all 4 for \$175
[Click Here to Register](#)

PLAY HARDER

PLAY FOR ADULTS IS CRITICAL IN OUR STRESSFUL GO-GO-GO LIVES. PLAY HAS BEEN SHOWN TO RELEASE ENDORPHINS, IMPROVE BRAIN FUNCTIONALITY, AND STIMULATE CREATIVITY. IT CAN EVEN HELP TO KEEP US YOUNG AND FEELING ENERGETIC.

TOP WAYS TO AWAKEN YOUR PLAYFUL SPIRIT



- Tuck your ego away and be cool with acting a complete fool now and again
- Spend more money on experiences than stuff.
- Sleep WELL. Nobody's got energy to be playful when their arses are draggin'.
- Doodle your to-do list instead of using words.
- Plan a game night with your favorite couples and try a few games you've never played.
- Jump on the adult coloring book trend. Your inner 5-year-old will send you the fist bump emoji. Learn how to take photos with an actual camera.
- Allow for daydreaming.
- Spend more time LIVING than scrolling.
- Plan a PLAYdate once a month with your partner. Swap dinner and a movie with something more playful. Bowling night, arcade games and pizza, a picnic at the beach and some frisbee. (play makes the
- Walk and play more with your dog. If you don't have a dog, you should really consider getting one. They are literally PLAY with fur and four legs.
- Never pass up the chance to belly laugh. I mean the kind that feels like an ab. workout.

We are born knowing how to play and we never lose our desire to be fully engulfed in a playful experience. It's built into our DNA. Aiming to add more playfulness into your life means it's bound to show up. Look UP from your devices and you'll soon see it skipping around the bend.

YOGA PLAYTIME



acro/partner yoga workshop
led by nick viscovich & audreyrose luciano
Friday 10/25 • 6:30pm-8:00pm

AcroYoga combines yoga, healing arts, and acrobatics. It's good to mix things up, even if it sounds like an odd recipe. All three styles truly balance each other out AcroYoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. These three lineages form the foundation of a practice that cultivates trust, playfulness, and community.

Book Now

ANTI GRAVITY YOGA

AERIAL YOGA HELPS YOU TO MOVE MORE FREELY, WITH LESS EFFORT, BY COUNTERACTING GRAVITY. IT'S A LIGHT HEARTED APPROACH TO THE ASANA

RELEASE FEAR & FIND MORE PLAY IN YOUR PRACTICE



As we grow older, the way we see this world begins to change as we increasingly adapt to our environment. It is no longer a carefree world that we know of. Instead, it is one in which we need to work constantly in order to get the next treat, the next comfort hug, the next toy, and gradually, the next pay check, the next promotion and the next vacation.

TOP BENEFITS

Total body workout: Due to the nature of aerial yoga movements, almost all the body parts are forced to move and stretch. Muscles are toned and redefined, and joints are regenerated and strengthened due to these movements.

Psychologically beneficial: Just like almost any other workout, aerial yoga helps rebuild your emotional system because it clears the mind and relieves stress due to its meditative state. It also helps you combat stress throughout the day and increases your creativity, which leads you to develop your own artistic skills.

Improves flexibility: Aerial yoga helps you to move more freely, with less effort, by counteracting gravity. Suspension in the air releases tension on the bones and muscles, increasing flexibility and deepening your practice. Suspended yoga strengthens core muscles and increases spinal and shoulder flexibility.

Heals back problems: It gives you the chance to hang freely, allowing your spine to lengthen. With less strain on your back while doing the exercises, it eases tension in the spinal cord and hip joint, helping you feel better.

Tuesdays

6:15 pm Anti Gravity®: Music Series

Thursdays

6:30 pm AntiGravity® Flying Fitness

Saturdays

10:30am AntiGravity® 1&2

Sundays

10:30 am Teen/Tween Anti Gravity®

now included with all packages

Aids digestion: The different types of stretches and movements help improve the digestive system, thus helping in healing various digestion-related issues, including constipation and indigestion.

Old age and heart disease: Aerial yoga improves the circulation of blood, thus combating aging and its symptoms. Aerial yoga also helps detoxify the circulatory and lymphatic systems, which lowers the onset of various cardiovascular issues.

Improves memory: Aerial yoga fortifies your neural connections, thereby, rendering better memory power. In a way, practicing aerial yoga can make you smarter!

Increases strength: Aerial yoga improves strength and flexibility, which carries over into other daily activities. The core workout is a beneficial cross-training, as it helps runners increase stamina and be able to recover faster.

Puts you in a great mood: Another key benefit of doing aerial yoga is that it gets your adrenaline going while going against gravity. It also releases “happy” hormones like serotonin, endorphins, oxytocin, dopamine, which boost your mood and help you feel more energetic. Improves balance: While going against gravity can be exciting, aerial yoga also helps with balance and stability in daily activities. Balance is a key component in daily activities, and aerial yoga helps maintain a good balance both inside and out.



JOIN THE FIGHT

**OCTOBER:
BREAST
CANCER
AWARENESS
MONTH**



For the month of October we are making **Anti Gravity Thursdays 6:30pm** a donation based class.

We will be matching the funds collected and donations will be sent to Susan B. Komen to help in the fight against this disease.

What can I do to reduce my risk of breast cancer?

Limit alcohol. The more alcohol you drink, the greater your risk of developing breast cancer. Don't smoke. ... Control your weight. ... Be physically active. ... Breast-feed. ... Limit dose and duration of hormone therapy. ... Avoid exposure to radiation and environmental pollution.

EAT WELL

Practicing a more mindful approach to eating can enhance the enjoyment of your meals, reduce overeating, aid good digestion, reduce anxious thoughts surrounding food, and improve your psychological relationship with food. ... It is impossible to truly enjoy eating (or food) whilst our attention is elsewhere.

What is mindful eating?

There are a variety of approaches to mindful eating, some rooted in Zen and other forms of Buddhism, others tied to yoga. Simply put, mindful eating is learning to pay attention. Instead of eating mindlessly, putting food into your mouth almost unconsciously, not really tasting the food you're eating ... you notice your thoughts, feelings, and sensations.

Learn to pay attention to:

- Why you feel like eating, and what emotions or needs might be triggering the eating.
- What you're eating, and whether it is healthy or not.
- The look, smell, taste, feel of the food you're eating. How it makes you feel as you taste it, as you digest it, and throughout the day.
- How full (or sated) you are before, during and after eating.
- Your emotions during and after eating.
- Where the food came from, who might have grown it, how much it might have suffered before it was killed, whether it was grown organically, how much it was processed, how much it was fried or overcooked, etc

AN AYURVEDIC GUIDE TO A SOOTHING & STABLE VATA SEASON

Fall is a time of transition. It is evident everywhere around you. Many trees and shrubs are quietly undressing in preparation for the winter. There is a subtle browning of the earth. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath. The autumn harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere. Autumn is dry, rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by vata dosha, and because like increases like, autumn is considered a vata season. This same principle illustrates why taking a few simple steps to balance vata this fall can be tremendously beneficial.





Your diet is a powerful way to soothe vata this fall. Substantive, oily, nourishing foods that are high in protein, high in fat, brought to life with warming, stimulating spices, and served hot, will go a long way toward maintaining your internal reserves of moisture and keeping you grounded through the vata season.

You'll also want to favor the sweet, sour, and salty tastes. In general, eat mushy, soft foods and garnish them generously with ghee or oil. Breakfasts of cooked grains—like oatmeal, tapioca, cream of rice, and cream of wheat—are perfect at this time of year. Lunches and dinners that include steamed vegetables, hearty grains, soups, and stews are grounding and moisturizing. If you eat meat and eggs, this is one of the best times of year to enjoy them. Dairy products and most nuts and seeds are also beneficial.

In general, you'll want to reduce your consumption of raw vegetables, cold and frozen foods, as well as the bitter, pungent, and astringent tastes. It is best to minimize light, cooling, and drying foods like broccoli, cabbage, cauliflower, sprouts, leafy greens, white potatoes, beans, popcorn, crackers, millet, and dried fruit. If you do eat these foods, eat them in moderation and make sure that they are soaked, well cooked, or served with ghee.

You may find that, during the course of the fall, you'll naturally want to increase your intake of food, but be careful to follow the lead of your appetite and digestion. This is also a great time of year to do a monodiet type of cleanse. Vata requires adequate nourishment so it is best to avoid fasting.

SHOPPING LIST —

fruits to favor

Apples (cooked)
Avocados
Bananas
Dates
Figs
Grapefruit
Grapes
Lemons
Limes
Mangoes
Oranges
Papayas
Prunes (soaked)
Raisins (soaked)
Tangerines

nuts and seeds to favor

All nuts and seeds

dairy to favor

Butter
Buttermilk
Cheese
Cream
Ghee
Kefir
Milk (not cold)
Sour Cream
Yogurt

animal products to favor (If You Eat Them)

Beef
Buffalo
Chicken
Crab
Duck
Eggs
Fish
Lobster
Oysters
Shrimp
Turkey
Venison

vegetables to favor

Beets
Carrots
Chilies
Garlic
Okra
Onions
Pumpkins
Squash, Winter
Sweet Potatoes

grains to favor

Amaranth
Basmati Rice
Brown Rice
Oats
Quinoa
Wheat

legumes to favor

Kidney Beans
Miso
Mung Beans

oils to favor

Almond Oil
Ghee
Olive Oil
Peanut Oil
Safflower Oils
sesame Oil

spices to favor

All Spices Are Good

sweeteners to favor

Honey
Jaggary
Maple Syrup
Molasses
Rice Syrup
Sugar (Raw)

BUTTERNUT SQUASH APPLE SOUP

Prep time: 15 minutes

Cook time: 45 minutes

Yield: Serves 4-6

If you finely chop (1/2-inch) the butternut squash, apple, carrot, celery, and onion, they'll cook more quickly.

Add a smoky flavor to the soup by sprinkling in some smoked paprika. Make the soup a little more creamy by swirling in some sour cream (after you remove the soup from heat).

Butternut squashes come in various sizes. Your ratio of chopped butternut squash to chopped apple should be 3 to 1.

INGREDIENTS

1 medium yellow onion, chopped (about 1 cup)
1 celery rib, chopped (about 3/4 cup)
1 carrot, chopped (about 3/4 cup)
2 Tbsp butter
1 butternut squash, peeled and chopped (6 to 8 cups), seeds discarded
1 tart green apple, peeled, cored, chopped (squash and apple ratio should be 3:1)
3 cups chicken stock or broth (use vegetable broth if cooking vegetarian)
1 cup water
Pinches of nutmeg, cinnamon, cayenne, salt and pepper

INSTRUCTIONS

Sauté onion, carrot, celery in butter: Heat a large thick-bottomed pot on medium-high heat.

Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes.

Lower the heat if the vegetables begin to brown. Add squash, apple, broth, water, then simmer: Add the butternut squash, apple, broth and water.

Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.

Purée the soup: Use an immersion blender to purée the soup, or work in batches and purée the soup in a standing blender.

Season with nutmeg, cinnamon, cayenne, salt, pepper: Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste. Garnish with chopped fresh parsley or chives.



CREAMY VEGAN PUMPKIN SOUP

INGREDIENTS

1 Tbsp olive oil
1 medium yellow onion, chopped
3 cloves garlic, minced
2 cans 100% pumpkin puree (not pumpkin pie mix)
2 cups low sodium vegetable stock
1 can lite coconut milk
1 Tbsp maple syrup
2 tsp ground ginger
1/2 tsp cinnamon
1/4 tsp ground nutmeg
tsp sea salt
pinch of cayenne pepper (optional)

INSTRUCTIONS

Heat olive oil in a large pot over medium-high heat and add onion and garlic.

Cook for about 3-5 minutes, until onions become translucent. Carefully stir in the pumpkin, vegetable stock, coconut milk, maple syrup, ginger, cinnamon, nutmeg, salt, and cayenne (if using).

Bring to a boil, then turn the heat to low and simmer for about 20 minutes, until the soup has reduced and thickened slightly.

Puree with an immersion blender or in a stand blender until very smooth.

Garnish with pepitas, cashew cream, and hot sauce. Enjoy!

HOST A PARTY

celebrate any occasion with us

PARTY PACKAGES AVAILABLE

restorative and rosé

basic party package

- 45 min restorative antigravity yoga
- 45 min studio time
- glass of rosé for everyone

pricing:

\$325 for up to 10 adults

deluxe party package

- 60 min restorative antigravity yoga
- 60 min studio time
- 3 bottles of rosé
- rose quartz gemstone for everyone
- paper goods included
- set up / clean up provided

pricing:

\$425 for up to 10 adults

basic party package

- 45 min restorative antigravity yoga
- 45 min studio time
- glass of rosé for everyone

pricing:

\$325 for up to 10 adults

deluxe party package

- 60 min restorative antigravity yoga
- 60 min studio time
- 3 bottles of rosé
- rose quartz gemstone for everyone
- paper goods included
- set up / clean up provided

pricing:

\$425 for up to 10 adults

wine down

basic party package

- 45 min yoga class
- 45 min studio time
- glass of wine for everyone

pricing:

\$325 for up to 10 adults

deluxe party package

- 60 min yoga class
- 60 min studio time
- 3 bottles of wine
- paper goods included
- set up / clean up provided

pricing:

\$425 for up to 10 adults

half baked

basic party package

- 45 min yin/restorative yoga class
- 45 min studio time
- EuphoRX Cbd Products during class

pricing:

\$395 for up to 12 adults

deluxe party package

- 60 min yin/restorative yoga class
- 60 min studio time
- EuphoRX Cbd Products during class
- Cbd Cloud Water
- Cbd Bath Bomb for each guest
- Paper goods included
- Set up / clean up provided

pricing: \$595 for up to 12 adults

HOST A PARTY

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PARTY PACKAGES AVAILABLE

teen/tween/kids yoga

basic party package

- 45 min mat yoga class
- 45 min studio time

pricing:

\$295 for up to 10 kids
\$15 for each additional

deluxe party package

- 45 min mat yoga class
- 15 min. art project
- 45 min studio time
- yoga inspired gift for each child
- paper goods included
- set up / clean up provided

pricing:

\$395 for up to 10 kids
\$25 for each additional

glowga

basic party package

- 45 min dark light yoga
- 45 min studio time
- glow bracelets for everyone

pricing:

\$295 for up to 10 kids
\$20 for each additional

deluxe party package

- 60 min dark light yoga class
- 60 min studio time
- glow in the dark paint
- glow jewelry
- Paper goods included
- Set up / clean up provided

pricing:

\$395 for up to 10 teens/adults
\$25 for each additional

teen/tween/kids fly

basic party package

- 45 min antigravity yoga class
- 45 min studio time

pricing:

\$295 for up to 10 kids(sorry limit is 10 kids)

deluxe party package

- 45 min mat yoga class
- 15 min. art project
- 45 min studio time
- yoga inspired gift for each child
- paper goods included
- set up / clean up provided

pricing:

\$495 for up to 10 kids

create your own party

Have your own kind of party in mind?
We are here to help you plan whatever
your heart desires.

Email jude@justbreatheyoga.com



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