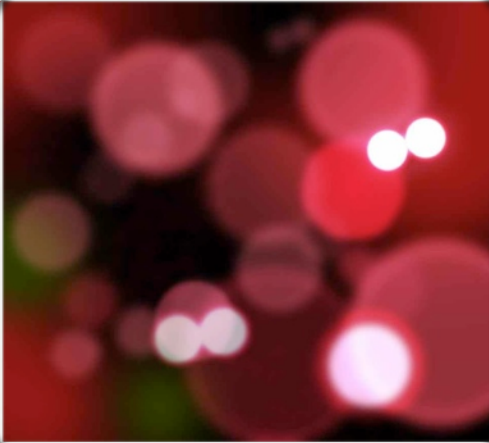




HOLIDAY SPECIAL



M S S N E W S L E T T E R 2 0 1 4 S P E C I A L E D I T I O N



All Holiday Greetings, and we are officially in the holiday season. May peace and joy become epidemic!

Here we are again, in November coming together for Thanks for Giving Day, and then catapulting into different celebrations of Hanukah, Christmas, Kwanza, Winter Solstice, and the end/beginning of the year. We let things go and turn with hope and happiness to 2015. I have put together a few specials that are for all seasons, but really useful now and great gifts as well.

What are you thankful for? How do you bring gratitude and giving into this season and all seasons?

May you have many blessings, wishes fulfilled, and an abundance of gratitude for the freedom of sharing and receiving a simple smile.



The Comfort Zone

New Holiday Gift for you or your loved ones!

A trio designed to relax and renew anytime, but especially in times of stress or challenge or a well-deserved R&R.

Scented eye pillow—can be frozen for headaches, heated, or just used. Putting an eye pillow on your closed eyes has just enough weight to relax the ocular nerve that is always working. Give it a break and let that wave through your entire body.

Soothing CD of original music, written to align chakras, create inner

peace, muscular release, and central nervous system relax.

Choose one of three mists: **The Comfort Zone**, **The 4R's**, or **D-Stress and Relax**. All mists use flower essences, essential oils, and vibrational salts to support us on all levels. They assist in bringing balance and connect us with that deep, long exhale, relaxing the adrenals and boosting the immune system.

Normally \$55,
Holiday Special:
\$40.

Two New Trios

I have made two teams of energetic assistants for our season: As positive as we are, sometimes a gray day is just a gray day. This is when we need a little self-care in addition to TLC.

When inner/outer sunshine is illusive, the heart is a little sad, or you just want to shake it off – try the **“Lighten Up!”** combo

Silver Lining: for heavy heart or heavy skies— make room for the rainbow!

Be Here Now: be present for the infinite possibilities that exist. Also good for climate, food, time changes (travels), etc

Liquid Smudge: Clears the air with a boot! Out, out negative vibes... Good after conflict, commuter traffic, airport snarls, and neutralizes air borne bugs. I don't leave home without it.

To support changes for the New Year, this mighty threesome is a must, and aptly named :

“Ch-Ch-Changes” This is all about the resolve to add more possibility to life.

Revolution Mist: Sometimes we have to jump out of our patterns to make a change for the better. For resolutions and visions beyond the box.

Mists of Change: When the winds of change are whispering and you need to trust it will be greater than you can imagine

Mistical Choices: When you need a little help from the Cosmos instead of the left brain. Trust in magic, it is there

Usually \$60, Holiday price, \$50

For more details on each mist and more specials please [click here](#). Individual mists are great stocking stuffers, come in sweet little gift bags, and meet air travel requirements (1 oz, no alcohol)



Yoga

Hey Hey, do a restorative pose... legs up the wall. Put on music, spray some mist, cover your eyes and let 5-10 minutes of quiet refresh you for the next round of activity. Easy, and so rewarding. Try it!! No shipping or handling!!

Holiday Classes

Restorative Yoga at Indigo Yoga studio on Wednesday nights, 7:45-8:45 (no class Christmas or New Year's Eve).

Ongoing MOGA in Lafayette (no class Thanksgiving or Christmas)

Howdy 2015!!! Start with yoga on Thursday, January 1, 2015 from 9-10:30 at LDMC.

Hasta La Vista January! Special Dance Class to wiggle out winter with Mostar, 4:30-5:30pm at LDMC (1018C Almanor Lane, Lafayette)

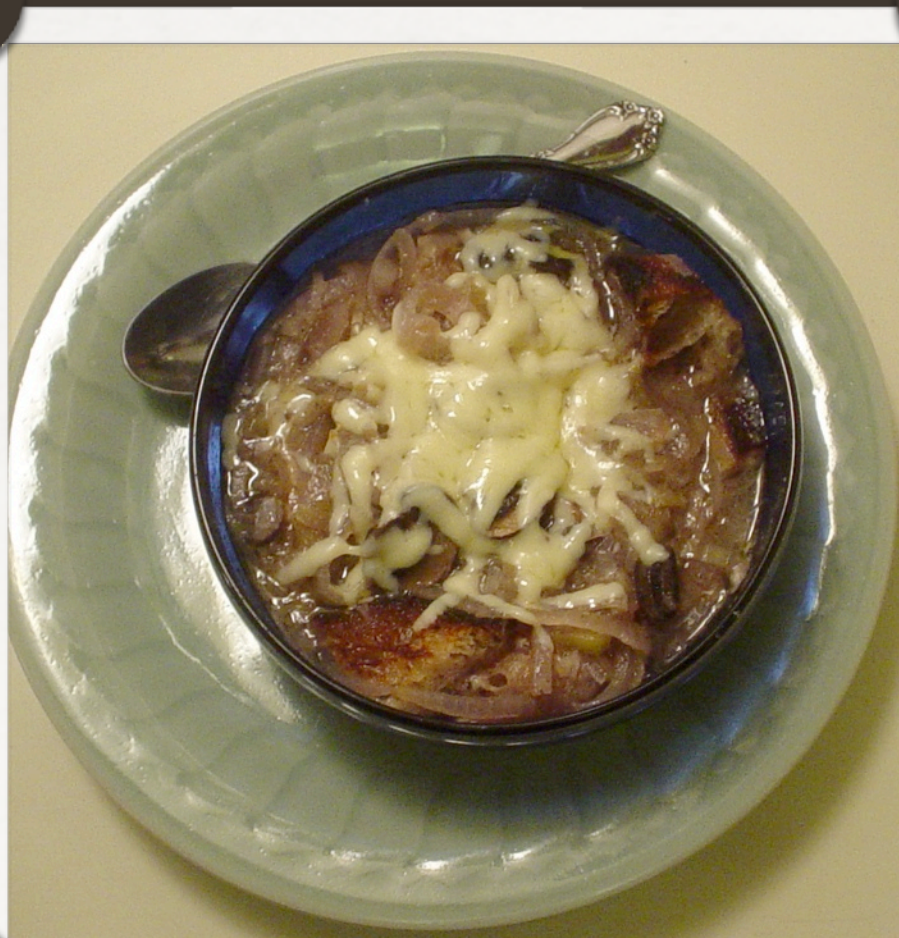


Mo'nion Soup a la Française

In times of overindulgence and treats, how about a simple, but tasty dinner? French Onion soup is traditionally laborious to make, but not my version. The biggest work is slicing the onions, the rest is just a little patience and tasting. Voila!

Into a saucepan with 2-3 T olive oil, put 1 ½ cup thinly sliced onions, and ½ cup chopped. (I add 1 ½ T butter, but that is optional). Stir occasionally until onions become soft and are cooking in their own juices, about 15

minutes. Add 1/3 cup dry white wine and ½ tsp salt. Meanwhile heat up 5 cups water (or broth). I use organic veggie bouillon paste—about 1 ½ T and then taste for saltiness. I add more if the flavor needs a kick. I might add a little more wine as well. Simmer for 20 minutes. Meanwhile prepare a tray of crostini or croutons and cover with grated parrano or gruyere cheese. Just before serving, broil until bubbly. Serve the soup and float the bread on top. Bon appétit!



Everything is energy first. When we are in Nature, we can sense and feel it more exquisitely... not so easy in urban life. In times of world media where we are impacted with information, drama, discoveries, visions... let us turn to kindness, a conscious breath, a minute of silence as our hearts can open and be filled with love —for our planet, for each other, and all of the good things that exist if we just take time to notice.



Have yourself a Merry Holiday time, and a Happy New Year with hope, creativity, healing, music, chuckles, and friends.

Morning Star, Aldo, and kitties