



March 23, 2010 v.2, n.2

Bling-a-bling ding! 'Tis Spring!



I love the word bling. It sparkles and shines just like the jewels it describes. And here, on the California coast, Spring is blinging! Daffodils are singing, and wild flowers are bringing a joie de vivre that has been lacking in the last several years of drought. Can you find a bling in your day? Can these myriad colors entice you to dance that happy dance? As always, I quote the Cheyenne: Walk softly in the Spring, for the Mother Earth is pregnant. And that she is. This is the time of beginnings. This is when the New Year Resolutions can really happen. Do it!! Love it! And for Pete's sake, spread it around! (Does anyone really know who Pete is??)

Spring Quiche in a saffron rice crust



Follow directions for cooking 1 cup of rice (brown or white), add ½ tsp crushed saffron. Cool. When cool add 1-2 beaten eggs, one minced clove garlic, salt, pepper, 1 tsp flax seed, and ¼ cup grated Emmentaler or Gruyere cheese. Press into 13 X 9 inch pan and bake at 425 degrees for 10 min. Turn oven down to 375. Meanwhile, steam 10-12 asparagus stems, 3-4 green onions until bright green (drain and cover with ice) chop into 1" pieces. In a blender add 4-5 eggs to ½ cup kifer and ¾ cup soy milk, and ½ cup grated gruyere cheese. Chop up 1 cup of arugula, and ½ cup dill. Lay ½ chopped veggies and onions on crust, cover with half of liquid. Add remaining veggies and arugula, cover with remainder of liquid. Add a few olives, chopped sun-dried tomatoes for color/flavor in about 30 min. Add a little grated truffle cheese on top, and voila! Mouth watering Spring!

FYI : *(if you don't remember, I always add the flower essences that can enhance the food energetically)*

Asparagus: lift into new, including cleaning out the old and bringing heart into the upper levels of your being... a real spring cleaner

Green Onions: onions assist with cell regeneration, but the green onion brings a loving energy into the changes we would like to make in ourselves.

Saffron: this is actually the stamen of the Crocus flower—herald of Spring. It gives our Selves a balance and energy that integrates and ignites all parts of us in bursts of beauty and flavor beyond words.

Flower Essence Of The Month: Daffodil



Mother Nature's brilliant megaphone that amplifies the voice of spirit within us. You that little voice that helps keep ego intact, but not run amuck? The real truth from the heart that maybe you don't want to listen to, but know it's spot on? Daffodil brings its bring shiny self and let's spirit shout out yahoo! It's Life!

Chuckle:

A perplexed child was in the grocery store, and when asked by the clerk if she needed help, she said yes, please show me where the ingredients are. This girl was my grandmother, and bound and determined to buy "ingredients"... she didn't know for what!

Yoga Pose: Virabhadrasana II



Try this! Outside in the sun, one with the earth or sand or mountain. Be a gal-lant spokesperson for peace. The pose formally known as Warrior II, is now the "It can be so" pose. I can do it. We can do it. It is done with our focus and lack of discouragement to any other forces. Big step back. Equal weight on feet. Torso happy to be lifted with arms supported by side muscles. The look is beyond the long finger into infinity. It is the visionary "don't mess with me" pose... in a good way!

Special of the Month: Spring Clean! \$15

Spring Clean

Made with flower essences that help you let go on all levels...from the favorite pair of shoes in the closet that you bought in the 80's to a grudge in the 6th grade (or last week), to the unknown person that almost killed your car while changing lanes and talking on a cell phone, to the mix-up that landed the expensive Italian wool sweater in the dryer so it only fits hobbits now..... let it go! Who needs it? In addition, it also cleanses the mental and emotional bodies of "stuff" we no longer need to drag around. It has a powerful chaser of love.... Made with **Spring Forth Salts**, tangerine, lemon, grapefruit, sweet orange, and rose geranium oils.

Upcoming Events:

2010 Workshops have been organized and adjusted for our economic ease. There are a variety of events happening in 2010.



March 28 : The Yoga Treat and re-Treat your self Retreat. A day starting with an optional meditative hike for an hour, then followed by a few hours of yoga, pot luck lunch, chakra balancing, more yoga, and ending with restorative poses, and then smow wiggle, and aums. A perfect day! FULL!

April 10: The A-List Food Fest! Great spring foods in wonderfully creative recipes... avocado, asparagus, artichokes, arugula, and more! Soups, quiche, dips, pesto, spreads... and a spring tonic. Awesome! \$30/person. Limit 6

April 24 / May 1st : 10:15 am to 11:15. Bay Area National Dance Week at The Works in Berkeley. Come and try a World Beat class for free! Register at www.bayareandw.org/

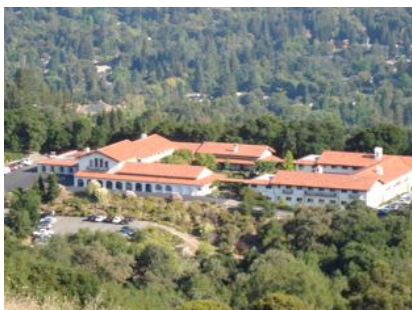


July 30-August 1: Bainbridge Island Extravaganza! This will be a great weekend of yoga, dance, farmer's market, wine tasting at the Island Vineyard, beach combing, eagle watching, visiting a Norwegian town, and then going to the Wooden Boat Capital of the World, Port Townsend, more yoga, and then some more dance There is nothing like the Northwest in the summer.

Maximum 12, minimum 6. My fee for the weekend classes is \$150.

There will be more details to follow.

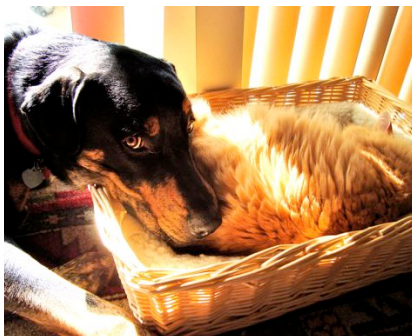
I am open to extending the workshop for those who would like a week.



October 1-3: The Second Annual Yoga Retreat at San Damiano Retreat Center, in Danville, CA. I will soon be posting the schedule. I had great feedback last year and have adjusted the schedule as per the suggestions. I know it seems like a long way away, but the retreat center was nearly booked, so I grabbed this weekend. It is gorgeous and peaceful. Be kind to yourself. I already am receiving deposits! Deposit: \$100. I have enough for 3-4 private rooms, and 6-7 shared rooms. Private room \$375, shared \$325 (sorry, they raised their fees, I didn't) Includes all meals, 8 classes, hike, and a private 10 minute session with Morning Star. It is the weekend where they do animal blessings and therefore we will do animal poses as well. Chair massage available.

Deposits can be sent to 3366 Mt. Diablo Blvd. #A4, Lafayette, CA 94549

GO News!



Dogs and cats... aren't they suppose to hiss, run, scratch, chase, hide, hiss, growl, toss? Well, in this case, the puppy grew up, went to the dog park, and did what doggies do... run, wrestle, play, run some more, and then come home exhausted. Needing just the right pillow with the right amount of fluff... which is why he is named Fluffy. If dogs and cats can do this, we can too. Just play hard, get tired, and find a friend to relax with... good medicine!

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“Laugh-yette” Laughter Club

Laughter Yoga is an evolution of body-mind healing systems that combines simple laughter exercises, gentle stretches and yogic breathing to enhance health and happiness. Join with a group of others to laugh and have fun! No special clothing or props are required. First Sunday of each month, 9:00-9:45 AM, at the Creekside Center for Natural Medicine. For more info: Jillian Standish, jilyn@att.net, 925-640-6467



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MSS News



MSS products are now being sold in several venues in the **Seattle Area**. You can click on the links to read about the different types of places that are carrying my mists. Metaphysical stores, yoga studios, massage practitioners and health clubs are all offering the mists as assists to deepen any practice, alleviate stress, and focus on the positive as we continue our days. Great for animals and children as well. As we continue to grow, the venues will be added and hopefully be in your area some time soon.



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