

WENDY'S YOGA NEWSLETTER FEBRUARY 2012

In this months newsletter learn about our Quantum Yoga, Surf and Adventure retreat in Costa Rica, a superfood you will love to eat, a yoga asana with "how to" and benefits, and a little inspiration.

For more retreat dates and articles related to yoga, surf, health, and Costa Rica, please visit

www.WendysYoga.com

Quantum Yoga, Surf & Adventure Retreat! April 8th-14th

What's included in these
exciting weeks?

- 6 Nights/ 7 Days accommodations at the beautiful beachfront Hotel Tropico Latino

www.HotelTropicoLatino.com

- 2 energizing and balancing yoga classes daily for all levels and abilities
- Healthy and delicious vegetarian breakfast, lunch, and dinners prepared by our amazing Chef
- A 60 minute massage in our Yoga Spa Natural
- Complementary herbal teas and coffee in the room
- 4 surf lessons from professional instructors
- A workbook with a solid foundation of Yoga for you to take home and integrate into your daily life



What to Expect

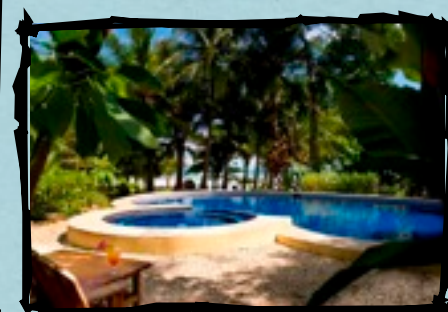
Quantum Yoga is based on the ancient Ayurvedic philosophy. You will learn what "Dosha" type you are, and what that means related to your lifestyle. Each "Dosha" type has a specific Vinyasa Flow practice and you will learn all three. We will then help you to develop a yoga practice suited just for you, to integrate into your everyday life based on your "type". This week is a once in a lifetime opportunity to heal yourself and learn to listen to your body. You will practice Quantum and Restorative yoga everyday & learn a little about the "yogic" philosophy, learn to surf, receive healing and rejuvenating spa treatments, eat incredible vegetarian cuisine, sleep to the sound of waves crashing on the shore, and connect directly with "mother nature".



The ocean front Yoga deck where we will practice twice a day!



Shambala Restaurant where amazing food is prepared for you!



Cool off in the ocean Front swimming pool...You will love this!

EASY RECIPE



RAW CHOCOLATE (CACAO) & CASHEW BALLS

Simply throw your ingredients into the blender, wiz away and then roll into balls...simply chop, mix and roll

- 1/2 to 1 cup of cashews blended until smooth (or you can cheat and buy cashew butter)
- 2 tablespoons of agave nectar (a natural sweetener extracted from the Mexican agave plant) or swap for honey or rice syrup
- 1 tsp vanilla extract
- 4 - 8 dates (to your taste)
- 2 tablespoons organic cacao

Why unprocessed chocolate is good for you?



Antioxidants: Cacao has more antioxidant flavonoids than any food tested so far, including blueberries, red wine, and black and green teas. In fact, it has up to four times the quantity of antioxidants found in green tea. Health benefits of these antioxidants include:

Promote cardiovascular health - Help dilate blood vessels, reduce blood clotting, improve circulation, help regulate heartbeat and blood pressure, lower LDL cholesterol, and reduce the risk of stroke and heart attacks.

Protect from environmental and metabolic toxins - Help repair and resist damage caused by free radicals, and may reduce risk of certain cancers.

Serotonin - Cacao raises the level of serotonin in the brain; thus acts as an antidepressant, helps reduce PMS symptoms, and promotes a sense of well-being.

Endorphins - Cacao stimulates the secretion of endorphins, producing a pleasurable sensation similar to the "runner's high" a jogger feels after running several miles.

Magnesium - Cacao seems to be the #1 source of magnesium of any food. Magnesium balances brain chemistry, builds strong bones, and helps regulate heartbeat and blood pressure.

Sulfur - Cacao is high in the beauty mineral sulfur. Sulfur builds strong nails and hair, promotes beautiful skin, detoxifies the liver, and supports a healthy pancreas functioning.

Essential fats: There is a misperception that chocolate is fattening. In truth, the fats in cocoa butter are healthy fats. Cacao contains oleic acid, a heart-healthy monounsaturated fat, also found in olive oil, that may raise good cholesterol. Also, substances found in cacao are known to help reduce appetite.

Important note- To fully benefit from chocolate's wide array of nutrients, eat chocolate that is as close to its natural state as possible. Whole cacao beans and nibs are best. You lose many of the health benefits when you eat commercially produced chocolate.

CAMEL POSE (USTRASANA)

"HOW TO" Step by Step

1

Kneel on the floor with your knees hip width, thighs perpendicular to the floor, and feet behind your knees. Rotate your thighs inward slightly, Keep your outer hips as soft as possible. Press your shins and the tops of your feet firmly into floor.

2

Rest your palms on the back of your pelvis, fingers pointing down. Use your palms to spread the back of the pelvis and lengthen it down through your tail bone. Lightly press the hips forward as though you were pressing up against a wall. Inhale and lift your heart by pressing the shoulder blades against your back ribs.

3

Now lean back against the firmness of the tail bone and shoulder blades and let your head fall all the way back. Keep your hands in place until you feel comfortable with your

BENEFITS:

- Stretches the entire front of the body, the ankles, thighs and groins, abdomen and chest, and throat
- Stretches the deep hip flexors (psoas)
- Strengthens back muscles
- Improves posture
- Stimulates the organs of the abdomen and neck

YOGA POSE OF THE MONTH



head all the way back. This could take some time if you are a beginner. If they head relaxes back and you can breathe comfortable place one hand at a time onto the heels without twisting the spine. Now, press both hands against the heels, the thighs forward and your heart higher. Continue to press your shoulder blades against your back ribs. Be careful not to strain your neck or harden your throat. Breathe easy.

4

Stay in this pose anywhere from 30 seconds to a minute.

To release, bring the palms of your hands back to the pelvis. Inhale and roll up slowly, one vertebrae at a time. Lead with your hips and heart then lift your head last. Exhale down into Childs Pose and rest for a few breaths.

Note: You may feel dizzy, light headed or emotional. This posture opens all 7 energy centers "Chakras" in your body which carry feelings and emotions. Enjoy this sensation, good or bad, and know it's very normal and very good for you.

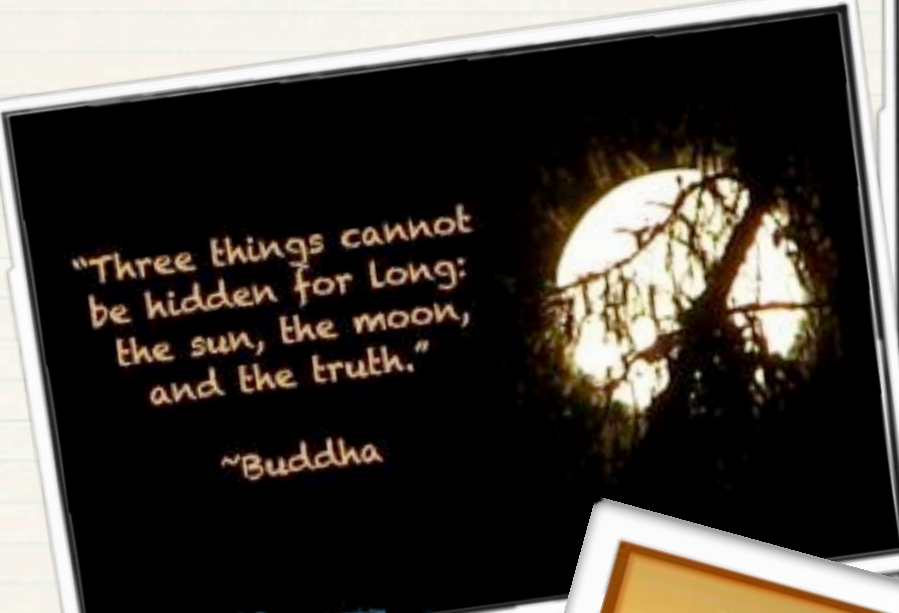


INSPIRATION

Thanks from Wendy

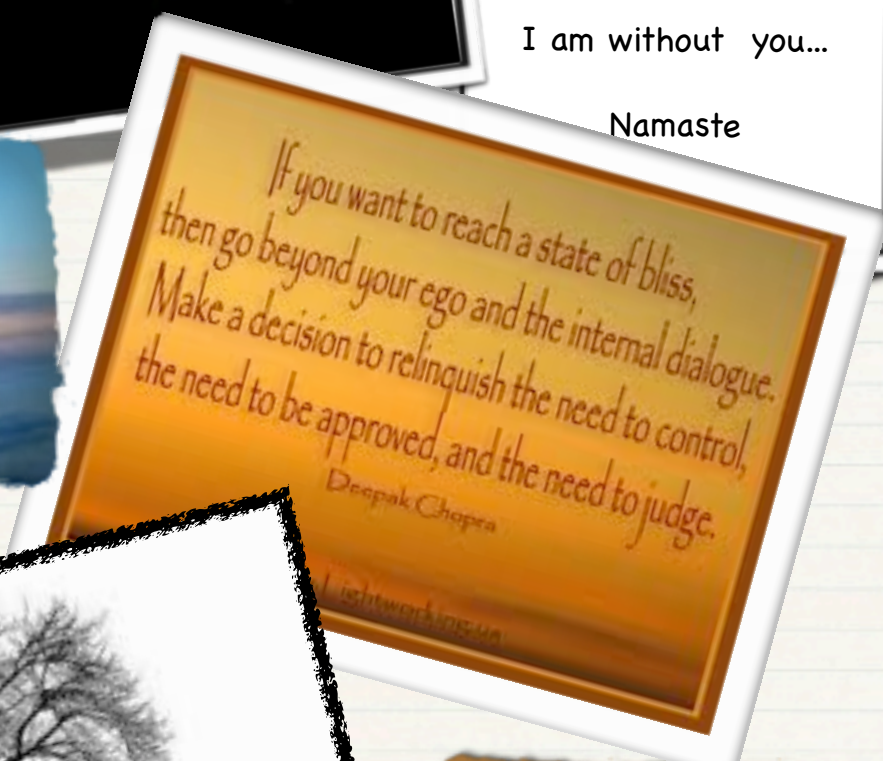
I want to thank all my family and friends and students who have supported me and encouraged me to do what I love and to follow my dreams through-out my magical journey of life. I would not be who I am without you...

Namaste



"Three things cannot be hidden for long: the sun, the moon, and the truth."


~Buddha



If you want to reach a state of bliss, then go beyond your ego and the internal dialogue. Make a decision to relinquish the need to control, the need to be approved, and the need to judge.

Deepak Chopra

Lightworkingsun



guess we are who we are for a lot of reasons
And maybe we'll never know most of them.
But even if we don't have the power to choose
where we come from, we can still
choose where we go from there.

