



VIVIAN BLANCO & THE CASA'S PRACTITIONERS & YOGA TEACHERS OFFER THEIR
MANY LOVING BLESSINGS & GOOD HEALTH FOR THE LUNAR NEW YEAR (LNY)



JOIN US IN CELEBRATING THE
YEAR OF THE DOG (DOWNWARD AND UPWARD) FEB 17TH
A SPECIAL KUNDALINI & RESTORATIVE YOGA & GONG BATH MEDITATION
W/ PETE LEE, A CERTIFIED & REGISTERED INSTRUCTOR OF SACRED ENERGY ARTS,
COACH & FACILITATOR OF SOUND ENERGY TRANSFORMATIONAL HEALING

LNY STARTS FRI, FEBRUARY 16, THIS MALE BROWN EARTH DOG CAN BE EXPECTED TO BE MUCH LESS DRAMATIC OF ALL ANIMALS. THE CELEBRATIONS LAST 2 WEEKS & ARE CELEBRATED BY KOREANS, CHINESE & THEIR DESCENDENTS W/ LOTS OF SPECIAL FOODS, DRINKS, NEW CLOTHES, GAMES, GIFTS, RED ENVELOPES W/ LUCKY MONEY & OF COURSE FIREWORKS TO CHASE BAD LUCK AWAY.

BASED ON THE LUNAR CALENDAR, LNY TAKES PLACE ON A DIFFERENT DATE EACH YEAR, USUALLY BETWEEN 3RD WEEK OF JAN TO 3RD WEEK OF FEB. THOSE BORN IN 1958, 1970, 1982, 1994, 2006, & 2018 ARE SIGNS OF DOGS BUT ONLY IF THEIR BIRTHDAYS FALL BETWEEN CERTAIN DATES OF JAN TO FEB OF THE YEAR.

LEGEND HAS IT THAT, BACK IN THE ANCIENT DAYS, THE JADE EMPEROR ORDERED THAT ANIMALS WOULD BECOME PART OF THE CALENDAR & THAT THE 12 WHO ARRIVED FIRST WOULD BE SELECTED. AT THE TIME, THE CAT AND THE RAT WERE GOOD FRIENDS. WHEN THEY HEARD THE NEWS, THE CAT SAID TO THE RAT: "WE SHOULD ARRIVE EARLY TO SIGN UP, BUT I USUALLY GET UP LATE." THE RAT PROMISED TO WAKE HIS PAL UP SO THEY COULD GO TOGETHER BUT, BECAUSE HE WAS SO EXCITED, FORGOT & WENT ALONE. ON THE WAY, THE RAT BUMPED INTO THE TIGER, OX, HORSE, & OTHER ANIMALS, ALL MUCH FASTER THAN HIM. HE HATCHED A PLAN & CONVINCED THE OX TO CARRY HIM ON HIS BACK - ON THE CONDITION THAT THE RAT SANG THROUGHOUT THE JOURNEY. THE OX ARRIVED FIRST, BUT THE RAT SNEAKED IN FRONT OF HIM & BECAME THE FIRST LUCKY ANIMAL. BY THE TIME THE CAT ARRIVED, THE SELECTION WAS OVER - WHICH COULD BE WHY THE CAT IS STILL TAKING REVENGE ON THE RAT TODAY...

AS IN WESTERN ASTROLOGY, YOUR PERSONALITY TRAITS COMES THRU CHINESE ASTROLOGY WITH THE ADDITION OF 5 DIFFERENT ELEMENTS: FIRE, WATER, EARTH, WOOD, & METAL (GOLD) MAKING YOUR ANIMAL YEAR APPEARING IN A 60-YEAR CYCLE. 2018 WILL BE THE 1ST YEAR OF THE EARTH DOG SINCE 1958. ANYONE BORN IN AN EARTH DOG YEAR WILL BE RESPONSIBLE, SERIOUS, & COMMUNICATIVE.

IN GENERAL, A FEW ANIMALS SUCH AS SNAKE WILL DO WELL THIS YEAR. HOWEVER, DOGS WILL NEED MORE HELP AND MAY FIND THIS TO BE A CHALLENGING YEAR. REGARDLESS, EVERYONE CAN ALWAYS BE MINDFUL AND DO GOOD & POSITIVE DEEDS FOR YOURSELF & OTHERS IN THE COMMUNITY...

A HOST OF SUPERSTITIONS MAY APPARENTLY DICTATE HOW THE NEXT 12 MONTHS WILL PLAY OUT FOR EACH OF US. WASHING CLOTHES & HAIR, USING SCISSORS & SWEEPING FLOORS ARE SOME OF THE EASIER OMENS NOT TO DO ON THE 1ST DAY,

GONG XI FAT CAI (MAY YOU HAVE WEALTH AND PROSPERITY)
ARTICLE BY MYCC



SPECIAL EVENTS & WORKSHOP SCHEDULE

3RD ASHTANGA WORKSHOP 10.30-12 PM: PRESENTED BY MENRNOUSH
MANTRA & VIBRATIONS 1-4 PM: PRESENTED BY SASY (\$25 ADV. OR \$30 @ DR)

10TH AYURVEDA 101 2-4 PM: PRESENTED BY MICHELLE S. & VIVI B. (DONATION BASED \$20 SUGGESTED)

17TH CELEBRATING THE LUNAR NEW YEAR OF THE DOG 4-6 PM: PRESENTED BY PETE LEE
(\$25 ADV. OR \$30@ DR) WITH REFRESHMENTS

24TH AYURVEDA BEAUTY 2-3.30 PM: PRESENTED BY CYNTHIA CONANT (\$25 ADV. OR \$30@ DR)

CLASS SCHEDULE (CLASSES & TEACHERS MAY CHANGE)

WE TEACH HATHA, KUNDALINI, & THERAPEUTICS STYLES OF YOGA

MON	TUES	WED	THUR	FRI	SAT
9-10.15 AM BEGINNING HATHA FLOW W/ VIVIAN	8.30-9.45 AM BEGINNING HATHA W/ TORI		8.30-9.45AM BEGINNING HATHA W/TORI	11 A-12.15 P INT. HATHA FLOW W/ SASY	8.30-9.45 AM KUNDALINI YOGA W/ SYLVIA
11 AM-12.15 PM YOGA THERAPEUTICS W/ LORRIE	11 AM-12.15 PM LEV. 2 HATHA FLOW W/ SASY	11 AM-12.15 PM LEV. 2 HATHA FLOW W/ SASY			10-11.30 AM ASHTANGA W/MENRNOUSH (1ST SAT OF EACH MONTH)
6-7.15 PM HEALTHY BACK CLASS W/ LORRIE	5.30-6.45 PM UNWIND YOGA W/ ASHLEE	4-5.15 PM YIN IN THE AFTERNOON W/ SASY	5.30-6.45 PM UNWIND YOGA W/ ASHLEE	6-7.15 PM RESTORATIVE YOGA W/ LORRIE	10-11.30 AM LEV. 2 STRENGTH HATHA FLOW W/ KILLAN
7.30-8.45PM KUNDALINI YOGA W/ SYLVIA	7-8.15 PM PRANAYAMA & MEDITATION W/ SASY	6-7.15 PM PRIME OF LIFE W/ LORRIE 7.30-8.45 AM YOGA W/ SASY	7-8.15 PM BEG/ INT HATHA W/ ASHLEE (8TH & 22ND)		

CHICKEN SOUP W/ ALMONDS (GLUTEN-FREE) SERVES 3-4

- 1 CUP BLANCHED ALMOND
- 1 TEASPOON GRATED GINGER
- 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
- 1/2 TEASPOON GROUND TURMERIC
- 1 MEDIUM CARROT, SLICED
- 1/2 CUP SHELLED FRESH OR FROZEN PEAS
- 3/4 CUP COARSELY CHOPPED SKINLESS BONELESS CHICKEN
- 1 TABLESPOON FINELY CHOPPED CILANTRO, FOR GARNISH
- 2 TABLESPOONS GHEE 1/2 CUP CHOPPED LEEK
- 1 TEASPOON GROUND FENNEL SEED
- 3/4 TEASPOON SALT
- 1/2 TEASPOON GROUND CARDAMOM
- 3 CUPS ORGANIC CHICKEN STOCK
- 1 CUP ORGANIC LIGHT CREAM

1/ SOAK THE ALMONDS IN FILTERED WATER FOR 1-2 HOURS, DRAIN & REMOVE SKINS.

2/ HEAT THE GHEE IN A LARGE FRYING PAN OVER MEDIUM HEAT. ADD THE LEEK & GINGER & SAUTÉ, STIRRING FREQUENTLY, UNTIL THE LEEK SOFTENS, 3-4 MINUTES. ADD THE FENNEL & COOK FOR 1 MINUTE MORE. STIR IN THE SALT, PEPPER, TURMERIC, & CARDAMOM. ADD THE CARROT, PEAS, ALMONDS, & CHICKEN & STIR CONTINUOUSLY FOR 2 MINUTES.

3/ POUR IN THE STOCK, BRING TO A BOIL OVER HIGH HEAT, THEN SIMMER THE SOUP FOR 20 MINUTES. REMOVE THE SOUP FROM THE HEAT & LET IT COOL AT ROOM TEMPERATURE UNTIL WARM, ABOUT 30 MINUTES. PUREE THE SOUP UNTIL SMOOTH IN BLENDER OR FOOD PROCESSOR.

4/ RETURN THE PUREED SOUP TO THE SAUCEPAN AND STIR IN THE CREAM. BRING TO A SIMMER OVER MEDIUM HEAT, THEN REDUCE THE HEAT & CONTINUE COOKING UNTIL VERY HOT, 2-3 MINUTES. TASTE & ADJUST THE SEASONINGS IF NECESSARY. LADLE THE SOUP INTO HEATED SERVING BOWLS & GARNISH WITH CILANTRO.

DAIRY-FREE IF SUBSTITUTING COCONUT MILK FOR THE CREAM & SUNFLOWER OIL FOR THE GHEE.



CASA AYURVEDA & YOGA
Home of Holistic Healing in San Pedro

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ASHTANGA YOGA BY MEHRNOUSH, TEACHES 1ST SAT OF THE MONTH, 10.30 AM

ASHTANGA VINYASA YOGA (AKA ASHTANGA YOGA) WAS POPULARIZED BY K. PATTABHI JOIS. A YOGA GURU & PRACTITIONER FROM THE AGE OF 12, JOIS FOUNDED THE ASHTANGA YOGA RESEARCH INSTITUTE IN INDIA, 1948. ASHTANGA IS THE SANSKRIT WORD FOR 'EIGHT-LIMBED.' THE PATH TO REVEALING THE UNIVERSAL SELF THROUGH INTERNAL PURIFICATION CONSISTS OF EIGHT SPIRITUAL PRACTICES (OR LIMBS) AS WRITTEN IN THE YOGA SUTRAS:

YAMA (MORAL CODES)
NIYAMA (SELF-PURIFICATION)
ASANA (POSTURE)
PRANAYAMA (BREATH CONTROL)
PRATYAHARA (INWARD FOCUS)
DHARANA (CONCENTRATION)
DHYANA (MEDITATION)
SAMADHI (ABSORPTION)



WRITTEN IN THE YOGA SUTRAS, VINYASA REFERS TO THE ALIGNING OF BOTH MOVEMENT & BREATH. DOING THIS CREATES A FLOW BETWEEN DIFFERENT POSTURES. FOCUSING ON THE TIME IT TAKES TO INHALE & EXHALE & THEN HOLDING POSTURES FOR A DETERMINED NUMBER OF BREATHS EMPHASIZE THE TRANSITION BETWEEN ASANA & THEN BODY ALIGNMENT ONCE IN THE DESIRED POSITION.

THERE ARE THREE MAIN ELEMENTS IN ASHTANGA YOGA: FIRST ELEMENT OF BREATHE COMES FROM THE DIAPHRAGM, KNOWN FOR THE OCEAN SOUND WHICH RESONATES IN THE THROAT. INHALING & EXHALING STEADILY IN ALIGNMENT WITH THE ASANA (POSE) CREATES A CALMING, MENTAL FOCAL POINT FOR CONCENTRATION & RELAXATION. SECOND ELEMENT IS BANDHA, OR MUSCLE LOCKING/ CONTRACTION. THIS HELPS TO FOCUS ENERGY IN THE BODY AND IS CLOSELY TIED WITH BREATHING. THIRD ELEMENT IS DRISHTI, WHICH IS A FOCUSED GAZE FOR CONCENTRATION. DRISHTI HELPS DEVELOP THE INTERNAL CLEANSING PRACTICES OF ASHTANGA'S EIGHT LIMBS.

AN ASHTANGA CLASS IS PREDEFINED FROM THE CLASSIC ASHTANGA SEQUENCING. EACH CLASS HAS FOUR MAIN PARTS: AN OPENING SEQUENCE, ONE OF SIX MAIN SERIES OF POSES, A BACK-BENDING SEQUENCE, & A FINISHING SEQUENCE OF INVERTED ASANA. IN THE OPENING SEQUENCE, PRACTITIONERS BEGIN WITH SUN SALUTATIONS AND SEVERAL STANDING ASANA. THE SIX SERIES OF ASHTANGA YOGA FORM A BASIS OF THE ENTIRE SYSTEM OF ASANA. THEY ARE THE PRIMARY SERIES (YOGA CHIKITSA), INTERMEDIATE SERIES (NADI SHODHANA), & ADVANCED SERIES A, B, C, OR D (STHIRA BHAGA). THE SERIES ALLOW NEW YOGA PRACTITIONERS TO WORK THROUGH THE BASIC ASANA TO THE VERY DIFFICULT ONES CONSECUTIVELY, MASTERING THE ASANAS & PRANAYAMA (BREATHING TECHNIQUES) ALONG THE WAY. THE CLASS WILL ALWAYS END WITH SAVASANA, OR CORPSE POSE.

WE INVITE YOU TO EXPERIENCE THIS POWERFUL PRACTICE...NAMASTE



AYURVEDA: A SYSTEM OF HEALING THAT ORIGINATED IN ANCIENT INDIA, A HOLISTIC WELLNESS TREATMENT. UNIQUE AREA FOCUS TREATMENTS CAN HELP TO REDUCE STRESS, ANXIETY, RESTLESSNESS, FEAR, ETC. THEY AID TO CALM THE CENTRAL NERVOUS SYSTEM & INTEGRATES THE MIND & BODY TO A RELAXING STATE OF BEING THUS TO REJUVENATE THE HEALING PROCESS.



> FOREHEAD OIL DRIPPING/ SHIRODHARA
OIL POUR OVER THE THIRD EYE TO FOCUS ON REDUCING NEGATIVITY AND CAN HELP WITH HEADACHES, HAIR LOSS, INSOMNIA, HIAR LOSS, HEADACHES. IT BRINGS RELAXATION TO THE MIND, BODY, & STATE OF BEING

REDUCES STRESS, ANXIETY, RESTLESSNESS, IRRITABILITY, NERVOUSNESS, FEAR, EXCESSIVE THINKING, INSOMNIA, HEADACHES, & AIDS WITH HAIR LOSS. IT CALMS THE CENTRAL NERVOUS SYSTEM & INTEGRATES THE MIND & BODY TO A RELAXING STATE OF BEING

> AYURVEDIC FACIALS BY CYNTHIA CONANT
WILL TONE, POLISH, AND REJUVENATE YOUR SKIN. HERBAL CLEANSING, MARMA (VITAL ENERGETIC POINTS) MASSAGE, INCREASES BLOOD FLOW TO STIMULATE COLLAGEN PRODUCTION & CIRCULATION IN THE FACE GIVING IT A RADIANT GLOW. FOLLOWED BY A CUSTOMIZED FACIAL PACK SUITED TO YOUR OWN INDIVIDUAL COMPLEXION, & DOSHA (CONSTITUTION-SKIN TYPE)

> EYE OIL TREATMENT/ NETRA BASTI
COMPLETE REJUVENATION TO THE EYES. AIDS WITH DRY EYES & GLAUCOMA

> KNEE OIL TREATMENT/ JANU BASTI
HELPS TO PROVIDE SUPPORT THE JOINTS & IMPROVES THE MOBILITY OF KNEES WHILE REDUCING PAIN & STIFFNESS

> BACK TREATMENT/ KATI BASTI
AIDS WITH RELIEF FROM PAIN & STIFFNESS. OIL PROVIDES SUPPORT TO THE STRUCTURE OF THE BACK WHILE IMPROVING THE MOBILITY OF JOINTS & INCREASING BLOOD CIRCULATION

> BODY MASSAGE/ ABYANGA
FULL BODY RELAXING MASSAGE WITH MEDICATED HERBAL OIL APPLIED TO THE ENTIRE BODY. THIS TREATMENT HELPS TO PACIFY THE DOSHAS, LUBRICATE THE JOINTS, TONE THE MUSCLES, INCREASE CIRCULATION, CALM THE NERVES, PROVIDE SOFTER & SMOOTHER SKIN, & INCREASE MENTAL ALERTNESS

> HERBAL BODY THERAPY W/ POULTICE PODI KHIZI
> THIS TREATMENT CONSISTS OF COTTON CLOTH POULTICES FILLED WITH HERBS & APPLIED TO SPECIFIC AREAS OF THE BODY. HELPS TO RELIEVE PAIN & INFLAMMATION. GOOD FOR RHEUMATORY ARTHRITIS

> SINUS NASAL TREATMEN/ NASYA
HERBAL OIL TREATMENT FOR THE SINUSES, ALLERGIES, & CALMING THE MIND. OIL IS PLACED IN THE NOSE & FOLLOWED BY A 10-MINUTE FACE MASSAGE



INTRODUCING OUR LATEST MEMBERS TO OUR CASA:

- MICHELLE SETTERGREN, AYURVEDA PRACTITIONER & MASSAGE THERAPIST. ALONG WITH OUR AYURVEDA TREATMENTS, WE ARE INTRODUCING SWEDISH, DEEP TISSUE, & AROMATHERAPY. SHE IS AVAILABLE EACH THURS. NOON - 5 PM/ SAT. NOON - 6 PM.

- KILLIAN VONRETTBERG, A CERTIFICATED YOGA TEACHER FOCUSES ON INTERMEDIATE STRENGTH HATHA FLOW ON SAT. 10.30 - 11.45 AM. COME JOIN HIM ON THE MAT.