



CASA AYURVEDA & YOGA  
Home of Holistic Healing in San Pedro

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JANUARY 2018  
NEWSLETTER

Jan 6th Ashtanga Workshop 10-11.30 AM (donation based) Presented by Mehrnoush

Jan 27th Digestion & Immunity Workshop 2-3.30 PM (\$ 25) Presented by Vivian Blanco

Jan 31st Chandra Namaskar/ Full Moon Meditation & Yoga Practice 7.30 - 8.45 PM (donation based)

YOGA CLASS SCHEDULE - (CLASSES & TEACHERS MAY CHANGE)  
WE TEACH HATHA, KUNDALINI, & THERAPEUTICS STYLES OF YOGA

MON	TUES	WED	THUR	FRI	SAT
11-12.15 PM YOGA THERAPEUTICS W/ LORRIE	8.30-9.45 AM BEGINNING HATHA W/ TORI	8.30-9.45 AM BEGINNING HATHA W/ VIVIAN	8.30-9.45 AM BEGINNING HATHA W/ TORI	11-12.15 PM HATHA FLOW W/ SASY	8.30-9.45 AM KUNDALINI YOGA W/ SYLVIA
6-7.15 PM HEALTHY BACK CLASS W/ LORRIE	11 AM-12.15 PM HATHA FLOW W/ SASY	4-5.30PM YIN IN THE AFTERNOON W/ SASY			10-11.30 AM ASHTANGA W/MEHRNOUSH (1ST SAT OF EACH MONTH)
7.30-8.45 PM KUNDALINI YOGA W/ SYLVIA	5.30-6.45 PM BEGINNING HATHA W/ ASHLEE	6-7.15 PM PRIME OF LIFE W/ LORRIE	5.30-6.45 PM BEGINNING HATHA W/ ASHLEE	6-7.45 PM RESTORATIVE YOGA W/ LORRIE	
	7-8.15 PM PRANAYAMA & MEDITATION W/ SASY	7.30-8.45 PM YOGA W/ SASY	7-8.15 PM BEG/INT HATHA W/ ASHLEE (JAN 11TH & 25TH)		

+ AN AYURVEDIC RECIPE TO HELP PACIFY VATA, PITTA & KAPHA

ASPARAGUS SAFFRON RISOTTO WITH LEMON \*\*\* BON APPETITE \*\*\*  
SERVINGS: 4 | PREP TIME: 15 MINUTES | COOK TIME: 40 MINUTES

INGREDIENTS:

- + 2 CUPS ASPARAGUS
- + 4 TEASPOONS BLACK PEPPER
- + 1 TEASPOON CUMIN
- + 2 TABLESPOONS GHEE
- + 1/4 WHOLE LEMON
- + 1 CUP RISOTTO
- + 2 PINCH SAFFRON
- 1/2 TEASPOON SALT (MINERAL SALT)

PREPARATION: 1 SMALL POT + 1 BIG POT

- 1/ GRIND SAFFRON WITH A MORTAR AND PESTLE. PLACE A FEW DROPS OF WATER AND CONTINUE GRINDING UNTIL SAFFRON IS COMPLETELY DISSOLVED. LET SIT 10 MINS.
- 2/ FILL A SMALL POT WITH A QUART OF WATER AND BRING TO A BOIL AND SET ASIDE.
- 3/ CLEAN AND DICE ASPARAGUS
- 4/ SAUTEE THE CUMIN SEED IN GHEE IN A LARGE POT.
- 5/ ADD RISOTTO, ASPARAGUS, AND REST OF INGREDIENTS TO THE CUMIN WHILE THE SEEDS ARE STILL AROMATIC, BEFORE THEY BEGIN TO BROWN, THEN SAUTEE FOR ADDITIONAL 30 SECONDS SO THEY CAN ALL BLEND TOGETHER.
- 6/ ADD 1 CUP OF BOILING WATER TO THE MIXTURE AND LOWER HEAT TO A SIMMER. CONTINUE ADDING 1 CUP OF BOILING WATER FROM THE OTHER POT EVERY 5 MINUTE.



VIVIAN BLANCO & THE CASA'S PRACTITIONERS & YOGA TEACHERS OFFER  
THEIR **MANY LOVING BLESSINGS** AND **GOOD HEALTH** FOR THE NEW YEAR

## YOGA IS A REFUGE BY **SASY**, YOGA TEACHER

AS A BUDDHIST PRACTITIONER, I BELIEVE REFUGE IS SOMETHING THAT BELONGS TO ALL CULTURES AND RELIGIONS. EVERYONE IS LOOKING FOR REFUGE, A KIND OF RELIEF OF THE STRESSORS WE HAVE TO DEAL WITH CONSTANTLY THROUGH RELATIONSHIPS, ENVIRONMENT, WORK, COMMUNITIES, AND SO ON. MOST OF THE TIME, WE DEAL WITH THESE STRESS POINTS THROUGH ESCAPE VIA QUICK FIXES SUCH AS CONSUMPTION OF CHOCOLATE, ALCOHOL, OR FRENETIC RETAIL THERAPY. WHEN WE CHOOSE AVOIDANCE BEHAVIORS, WE ESCAPE FROM OUR TRUE SELVES, RATHER THAN BEING IN A REFUGE. WE STOP OUR OWN PERSONAL GROWTH EACH TIME WHEN WE ESCAPE BY NOT ALLOWING A MATURE AND DEEPER INSIGHT AND UNDERSTANDING ABOUT OUR TRUE SELVES.

TO HELP BRING US BACK TO OUR TRUE SELVES, I OFFER MY YOGA CLASS AS A REFUGE AND NOT AN ESCAPE.

A YOGA REFUGE CREATES A SAFE SPACE WHEN YOU FEEL UNSURE, IT CREATES AN OPPORTUNITY TO GET IN TOUCH WITH THAT PART OF OURSELVES THAT IS LOVE, CLARITY, GOODNESS, STRENGTH, TO BE ALWAYS UPRIGHT AND BE ABLE TO GO FORWARD. AS WE GET IN TOUCH WITH ALL OUR FEELINGS, WE CAN BEGIN TO REALIZE THAT EVERYTHING IS IMPERMANENT IN OUR LIFE, THAT EVERYTHING IS BORN, DWELLS, AND DISAPPEARS.

AS A YOGA TEACHER, I TRY TO GIVE TO MY STUDENTS THIS KIND OF FEELING WHEN THEY COME INTO MY CLASS, I TRY TO GIVE THEM A KEY TO ENTER IN A SAFE SPACE WHERE THEY CAN FIND SUPPORT IN THEIR MOMENT OF VULNERABILITY, TO WELCOME THEM IN A SPACE WHERE THEY CAN KNOW THEMSELVES A LITTLE BETTER WITH AN INSIGHTFUL PRACTICE INSTEAD OF AN ESCAPE THAT BRING NOTHING WITH IT, ONLY A WASTE OF TIME, MONEY, AND SOMETIMES UNHEALTHY MOMENTS AND CHOICES.

EACH STUDENT IS A PERFECT UNKNOWN, UNKNOWN ABOUT HER OR HIS OWN EMOTIONS, FEELING, WORRIES, AND THOUGHTS. SHE OR HE BRINGS IN A BACKPACK OF FEELINGS AND THOUGHTS THAT ARE UNKNOWN FOR THE TEACHER. THE BACKPACK REPRESENTS UNAWARE CONSCIOUSNESS THAT WE CARRY DAILY. MORE COMMONLY, WE CHOOSE TO ESCAPE FROM THE FEELINGS WE DON'T LIKE, SUCH AS FEAR AND NEGATIVE EMOTIONS, INSTEAD OF CHOOSING TO BE AWARE, AS IT IS MUCH MORE DIFFICULT TO DO.

WE NEED AN OPEN APPROACH IN WELCOMING THE UNKNOWN, WHICH IS ALWAYS THE RIGHT WAY BECAUSE WE DON'T KNOW WHAT ANYONE IS CARRYING INTO OUR CLASSROOM. OUR RESPONSIBILITY IS NOT ABOUT DRESSING UP AS A GURU, OR RECOMMENDING SOLUTIONS TO OTHER PEOPLE'S PROBLEMS, SADNESS, OR CONFUSION, OR ANGER. OUR RESPONSIBILITY IS STAYING OPEN, CREATING A SAFE AND COMFORTABLE SPACE FOR EVERYONE, LETTING PEOPLE TRUSTING IN THE PRACTICE AND SUPPORTING AND BUILDING A SENSE OF REFUGE, BECAUSE THAT IS WHAT REALLY MATTERS.

EVERYONE HAS HER OR HIS OWN TIME TO SOLVE PERSONAL ISSUE, TO GROW UP FROM THE SPIRITUAL POINT OF VIEW, TO LEARN HOW TO GO DEEP INSIDE.

LET'S PRACTICE WITHIN.