



STRENGTHEN YOUR DIGESTION FIRE BY VIVIAN BLANCO

All body types of Ayurveda; Vata, Pitta, & Kapha should use the body's natural biological clock to help the digestive system work its best. In order for our life force or constitution (energy, chi, or prana) to stay balanced, we need to recharge ourselves through diet, nutrition, yoga, meditation, exercise, & relaxation. Through the right foods & herbs, we can help balance our bodies with the proper nutrients so that the body can heal. If you are having any digestive issues try some of these ayurvedic suggestions.

1. Do: Respect your 24 hour body clock & schedule:

7-8 am: breakfast Try not to eat after 9am

12-2 pm: lunch Digestive enzymes are at its strongest during mid-day therefore eat your largest meal at this time

By 7 pm: dinner Lightest meal of the day - try soups & other easily digestible foods.

Avoid: Being awake during 10 pm-2am. Your immune system is recharging during this time.

2. Do: Eat foods filled with prana (life energy) such as fresh fruits & vegetables.

AVOID processed, packaged, reheated leftover food. Combinations such as milk with meat, fish, eggs, bananas, yogurt, & sour fruits. Always eat fruits alone.

3. Do use spices that stimulate digestion like cumin, black pepper, fresh ginger, turmeric, & fenugreek. May also help with weight loss because increases digestion

4. Avoid eating between meals as to allow your hunger to build & increases digestion

5. Do drink warm or hot water (avoid iced, cold, & carbonated drinks as these are shocking to the warm temperature body system) throughout your day to help increase your digestive fire, improve digestion, & prevent toxins building (AMA).

6. Do sit down to eat, chew well, avoid passive entertainment while you eat (TV, computers, cellphones, even reading) Be mindful & enjoy the taste of your food.

7. Do fast 4x times a year during the season's equinox is a good time.

: 3 different fasting methods from least to most vigorous suggestions:

a. Eat light, easily digestible foods like kitchardi, soupy broths, & warm herbal teas.

b. Eat fruits, vegetable, or fresh juices only.

c. Drink water or herbal teas only & do not eat any foods.

Lastly, pursue your passions & live to the fullest of your unique self. Strive to align your goals & values to your talents & passions in a job that supports your livelihood & allows you to feel appreciated & needed in the world at large. Don't forget about fun & laughter in whatever you pursue as it brings joy, lightness, & relaxation to your soul.



Starting April 1st, the pricelist at The Casa will change as follows:

1. Unlimited classes will be \$85

2. Drop ins \$15

3. 5 class pass for \$65 with a 60-day expiration, starting the day of purchase



SPECIAL EVENTS & WORKSHOP SCHEDULE

3RD, SAT: ASHTANGA WORKSHOP WITH MENRNOUSH / 10.30 AM-12 PM/ DONATION BASED

10TH, SAT: AYURVEDA 101 WITH VIVIAN BLANCO / 2-4 PM / LEARN ABOUT THE HOLISTIC HEALTH BENEFITS OF AYURVEDA HEALTH SYSTEM & TREATMENTS/ DONATION BASED

11TH - GONG SOUND BATH DELAY UNTIL APRIL

18TH, SUN: SHAMIN ENERGETIC HEALING WITH DIANE SUEMI/ 11 AM- 1 PM CREATING A BALANCED RELATIONSHIP WITH YOURSELF AND FEMININE ENERGY. PLEASE RSVP \$25 ADV.OR \$30 @ DOOR/ OR 2 PEOPLE FOR \$30 A COUPLE

HATHA, KUNDALINI, & THERAPEUTICS YOGA CLASS SCHEDULE (CLASSES & TEACHERS MAY CHANGE)

MON	TUES	WED	THUR	FRI	SAT
8.30-9.45 A BEG. HATHA FLOW W/ VIVIAN	8.30-9.45 A BEG . HATHA W/ TORI	11A-12.15 P LEV. 2 HATHA FLOW W/ SASY	8.30-9.45A BEG. HATHA W/TORI	11A-12.15 A INT. HATHA FLOW W/ SASY	8.30-9.45 A KUNDALINI YOGA W/ SYLVIA
11A-12.15 P YOGA THERAPEUTICS W/ LORRIE	11A-12.15 P LEV. 2 HATHA FLOW W/ SASY	4-5.15 P YIN IN THE AFTERNOON W/ SASY		4 - 5.15 P YIN IN THE AFTERNOON W/ MOLLIE	10.30-11.45 A ASHTANGA W/MENRNOUSH (1ST SAT OF EACH MONTH)
6-7.15 P HEALTHY BACK CLASS W/ LORRIE	5.30-6.45 P GENTLE YOGA W/ ASHLEE	6-7.15 P PRIME OF LIFE(TM) W/ LORRIE	5.30-6.45 P GENTLE YOGA W/ ASHLEE	6-7.15 P RESTORATIVE FUSION YOGA W/ LORRIE	10-30-11.45 A LEV. 2 STRENGTH HATHA FLOW W/ KILLAN
7.30-8.45 P KUNDALINI YOGA W/ SYLVIA	7-8.15 P PRANAYAMA & MEDITATION W/ SASY	7.30-8.45 P ADV. YOGA W SASY	7-8.15 P BEG/ INT HATHA W/ ASHLEE		SUN 9-10.15 A LEV. 2 STRENGTH HATHA FLOW W/ KILLAN
					10.30-11.45 HATHA FLOW W/ MOLLIE

LENTIL SOUP serves 3-4

- 2 tbsp water (or sub oil of choice, such as avocado or coconut)
- 2 cloves garlic, minced (or sub 2 Tbsp garlic-infused oil*)
- optional: 2 small shallots or 1/2 white onion, diced
- 4 large carrots, thinly sliced
- 4 stalks celery, thinly sliced
- 1/4 tsp each sea salt and black pepper (divided), plus more to taste
- 3 cups yellow or red baby potatoes or other root vegetables, roughly chopped into bite-size pieces
- 4 cups vegetable broth
- 2-3 sprigs fresh rosemary or thyme
- 1 cup uncooked green or brown lentils, thoroughly rinsed and drained
- 2 cups chopped sturdy greens (such as kale or collard greens)



1. Heat a large pot over medium heat. Once hot, add water (or oil), garlic, carrots, shallots/onion (optional), & celery. Season with salt & pepper & stir
2. Sauté for 4-5 minutes or until slightly tender & golden brown. Be careful not to burn the garlic (turn heat down if it's cooking too quickly.)
3. Add potatoes or other root veggies and season with a bit more salt & pepper. Stir & cook for 2 minutes more.
4. Add vegetable broth, rosemary or thyme & increase heat to medium high. Bring to a rolling simmer. Then add lentils & stir. Once simmering again, reduce heat to low & simmer uncovered for 15-20 minutes or until lentils & potatoes are tender.
5. Add your greens, stir, & cover. Cook for 3-4 minutes more to wilt. Then taste & adjust flavor as needed, adding more salt and pepper for overall flavor, vegetable broth if it's become too thick, or herbs for earthy flavor.
6. Enjoy as is or serve with rice, cauliflower rice, or a side of flatbread or rolls. Top with a little fresh parsley