

May 2018
issue



CIRCLE

Studio Beju - Wellbeing for Self, Home & Garden

This Month:

EAT THE RAINBOW!

NEW CLASSES & CONSULTATIONS WITH CINDY THOMPSON—

TRIMAZING VEGAN LIFESTYLE COACH

Art

Meditation . Chakradance™

Continuing Tai Chi . Bellydance

Gokhale Posture Foundations Course

Hypnotherapy . Gentle Yoga

Celebrate Mom: English Garden - Style



Mercati di Rialto, Venice Italy. Photo by Alan Bell.

Mama Was Right– Eat Your Veggies! by Cindy Thompson

We all remember sitting at the dinner table as kids and having mom tell us (often pleading) to eat our vegetables. And mom was right, vegetables are an important part of our healthy diet. In fact, according to the latest US dietary guidelines and Physicians Committee for Responsible Medicine, vegetables and fruits should make up 50% of our mealtime plates.

Why are vegetables so important? Vegetables are nutrient-dense, meaning they provide vitamins, minerals, and other substances that have positive health effects with relatively

low calories. Plant foods contain large amounts of fiber and water, both of which work to activate stretch receptors in our stomachs. And, being that they are generally low in calories, we can eat more volume of vegetables than processed, high-calorie foods and feel much more full and satiated with less calories consumed.

Eat the rainbow

Plants get their colors from substances called phytochemicals (natural plant chemicals), many of which are antioxidants and vitamins necessary to our good health. There are thousands of known phytochemicals, each with different properties and benefits. To gain the most benefit, we should eat a variety of colors or a “rainbow” of vegetables and fruits: Red, orange, yellow, green, blue, purple, brown, and even white.

Strategies for getting more veggies in your (and your family’s) diet

Put them in your smoothie!

You’ll be amazed how veggies like kale, spinach, summer squash, and even carrots “disappear” in smoothies!

Add extra vegetables to casseroles, spaghetti sauce, soups

Chop up carrots, red onions, greens, mushrooms, bell peppers, sweet potatoes and add to dishes you already make and love—no one may even notice their addition, but your body will.

Eat a salad first with each meal

Eating a salad first does two things: first, it ensures that you eat those veggies before you get too full to eat them, and second, it fills up your stomach with nutrient-dense, low calorie foods, preventing you from eating larger amounts of higher calorie items. And yes, eat veggies for breakfast, in your smoothies, scrambles, on toast, in breakfast burritos and savory hot cereals, or...even a salad!

Visit your local Farmers Markets

It’s spring time and seasonal Farmers Markets are opening back up! Carnation Farmers Market opens May 1 and Duwall Farmers Market opens May 3. Nothing beats fresh picked local produce! You can find other Washington state Farmers Markets near you at:

www.pugetsoundfresh.org/markets/list

Join a Community Supported Agriculture (CSA) program

Many farms offer fresh produce programs where you provide financial support or “shares” in return for fresh produce they grow. The Snoqualmie Valley is teeming with farms growing fresh produce offering CSA. Visit www.pugetsoundfresh.org/find-csa and www.snovalleycoop.com to find a CSA near you.

Grow your own herbs and vegetables

You don’t need a big garden plot to grow your own fresh herbs and veggies—many grow beautifully in pots on your patio. Many communities also offer community gardens or “pea patches” where you can rent a plot and grow your own produce.

More Resources

Physicians Committee for Responsible Medicine – www.PCRM.org

NutritionFacts.org – www.nutritionfacts.org

American Cancer Society - <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy.html>

USDA Choose my Plate - <https://www.choosemyplate.gov/>

About the Author

Cindy Thompson, MS, is an American Council on Exercise certified Health Coach, Peer Fitness Trainer, and Fitness Nutrition Specialist. She provides health and lifestyle coaching at Trimazing! Vegan Lifestyle Coaching (www.trimazing.com) and Studio Beju. Cindy can be reached at info@trimazing.com.





CIRCLE

Healthful Ideas · Meaningful Connections · Expert Advice

Studio Beju
Wellbeing for Self, Home & Garden

May Issue

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Special points of interest:

- New! Trimazing Vegan Lifestyle Coach
- New! Sensitive Soul workshop
- EVENT—CELEBRATE MOM—MAY 12TH
- Gokhale Method Posture class!

What's New This Month!

Of all the Seasons I love Spring the most, and May perhaps the best of all. So much so that I have May birth envy, since I was born in the cold dark month of January! :) May speaks to me in the way the weather warms up without being too hot. Rains still happen but it's a good rain that really helps plants grow. I get nursery fever and am out and about scouting out all the nurseries for their wonderful new plants. This year I found a bush cherry that says it has a small growth but regular sized dessert cherries and I am looking forward to seeing how it does in my raised beds.

So as you can tell I am excited about being outside in the garden. We are developing an Eng-

lish cottage Garden at the back of Studio Beju and hope to have classes and a Celebrate Mom Event on May 12th 3-6pm. Loads of gifts, appetizers and fun!

This month I am also excited to introduce Cindy Thompson, an Amazing Triathlete and Trimazing Vegan Lifestyle coach. I was inspired to buy rainbow veggies and cook them this month, and it really was visually exciting to see all these lovely colors and textures coming together in the pan.

We also have Katharine Wismer, who is going to be leading a Sensitive Soul workshop. She likes to work with community and build up relationships and is a great resource for those who get over -

whelmed with work and life.

Jennifer Orchard is back with her 8.30am Thursday morning Gentle Yoga, and Alfons & Ulrike are teaching a Tai Chi refinement class for those of us who took their Form 24 Beginner Yangstyle Tai Chi last month.

Martina is continuing her new set of Bellydance classes and is working up to her fabulous twice a year event at Studio Beju the Rook Circle Hafla. It is always a fantastic night of music, dance and laughter.

The new featured artist is Ilana Grace and her original oil pastels are on display.

Her Artist Reception is May 5th 6-8pm.

Tamy Khan is continuing her meditation classes at 10.00am Friday morning and Kerri Robertson is running her Gokhale Posture Foundations Course the first 3 Saturdays in May.

Lastly, we had an absolute blast at the Mind Body Spirit Expo in Bellevue at the end of April. So many people to see and talk to. Very grateful for the opportunity!

May is finally here and we have a lot to celebrate!

Geraldine.

Contact Geraldine at Studio Beju!
info@studiobeju.com

By promoting each other we lift each other up



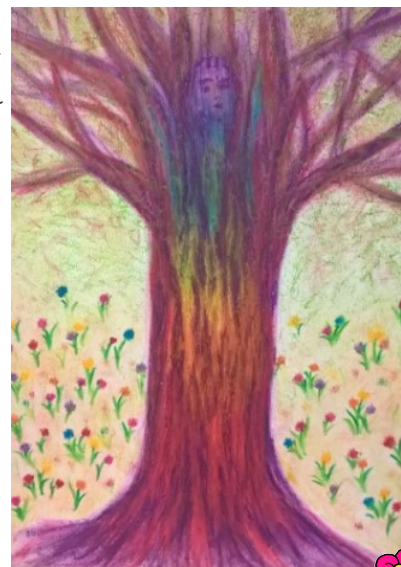


Ilana Grace—Featured Artist for May & June—Artist Reception is on May 5th 6-8pm



Ilana Grace is an intuitive artist, working with various media including wood, clay, oil pastel, acrylics, glass and fabric. She discovered her inner artist a little over a decade ago when she embarked on a spiritual journey to know herself more fully. Her spiritual and creative journeys are inextricably linked and the exploration of her wild feminine soul is deeply reflected in her art. Nestled in her century old home in the heart of Duvall, WA with her two teenage boys, Ilana is beginning a new chapter in her life and is newly emerging into the public eye as she releases her original creations. No reproductions are available.

"I created these oil pastel drawings as an embodied way to process and integrate all that has been happening in my life. Through witnessing the images emerge, I understand myself with more compassion. I am the tree, the goddess, the moon, the spiraling wind... the wild feminine. I am sometimes going deep within, alone; other times I am at the heart of community and celebration. I am a dynamic wild force, like the seasons; ever changing, always whole. Always beautiful. This year I've felt like I am coming completely apart, whilst also feeling like I'm coming together into the most complete version of me yet. My life has altered in every way and my identity is being recreated. This image, created in a moment of great pain and negative self judgement showed me that all of my rough, dense parts make up the outer shell, filtering, sheltering and holding the inner light that is growing. I am rooted in myself. I am growing into freedom."



Studio Beju has a Featured Artist every 2 months, we also sell gift items in the Reception



Moms, Sisters, Friends, You are Invited!

On May 12th we will be Celebrating Moms, English Garden-Style out our beautiful Studio Beju backyard. There will be appetizers by Cindy Thompson the Vegan Life Coach. Delicious Cake, gift baskets and a unique Mom's Make & Take gift idea. Jewelry, demos and live music. Bring your best friends and enjoy an afternoon in the English Cottage Garden at the back of Studio Beju.

Studio Beju's English Garden Party

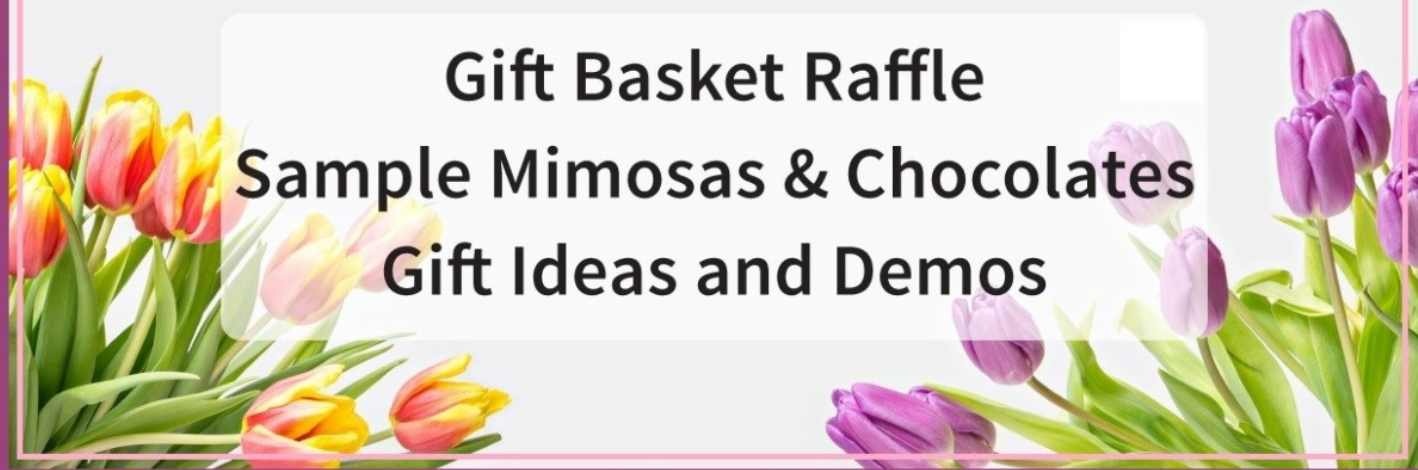
Celebrate Mom

May 12th 3-6pm

Gift Basket Raffle

Sample Mimosas & Chocolates

Gift Ideas and Demos



MAY 2018

10-5pm Wed—Sat for walk-ins, buy product and ask questions about classes.
Evening classes available.

Sun—Tuesdays—CLOSED. * *exception of classes.*

29th Sunday	Mon	Tue	Wed	Thu	Fri	Sat
Closed Easter Sunday	30 closed	1 classes only -8pm Beginning Bel-lydance 8-9pm Intermediate-	2 Crafting Afternoon 1-3pm Make a card for Mothers Day	3 Michele -Hypnotherapy 8.30am Gentle Yoga	4 10.00am MINDEFUL MEDITATION	5 10.30-2pm Gokhale POSTURE Alignment CLASS ART RECEPTION 6-8pm
6 classes only 10.00am Tai Chi	7 closed	8 classes only -8pm Beginning Bel-lydance 8-9pm Intermediate- Bellydance	9 Crafting Afternoon 1-3pm Make a card for Mothers Day	10 Michele -Hypnotherapy 8.30am Gentle Yoga 6pm Introduction to Chakra-dance	11 10.00am MINDEFUL MEDITATION	12 10.30-2.00pm Gokhale POSTURE Alignment CLASS 3-6pm CELEBRATE MOM MOTHERS DAY EVENT
13 class 10.00am Tai Chi Happy Mothers Day!	14 closed	15 classes only 7-8pm Beginning Bel-lydance 8-9pm Intermediate- Bellydance	16 Crafting Afternoon 1-3 pm	17 Michele -Hypnotherapy 8.30am Gentle Yoga 6pm Chakradance Awakening Series starts	18 10.00am MINDEFUL MEDITATION	19 Cindy -Trimazing Vegan Life-style Coach 10.30-2.00pm Gokhale POSTURE Alignment CLASS
20 classes only 10.00am Tai Chi	21 closed	22 classes only 7-8pm Beginning Bel-lydance 8-9pm Intermediate- Bellydance	23 Crafting Afternoon 1-3 pm Create a hanging ornament	24 Michele -Hypnotherapy 8.30am Gentle Yoga 6pm Chakradance Awakening Series continuing	25 10.00am MINDEFUL MEDITATION 6-8pm Stand-alone Qigong Review & Practice evening	26 Cindy -Trimazing Vegan Life-style Coach 10.30am-noon Balanced Living for Sensitive Souls 3-4pm Singing Bowl Meditation
27 classes only	28 closed	29 classes only 7-8pm Beginning Bel-lydance 8-9pm Intermediate- Bellydance	30 Crafting Afternoon 1-3 pm Learn the basics of Feng Shui	31 Michele -Hypnotherapy 8.30am Gentle Yoga 6pm Chakradance Awakening	1 10.00am MINDEFUL MEDITATION	2 Cindy -Trimazing Vegan Life-style Coach
3 10.00am Tai Chi 7-9pm ROOK CIRCLE HAFLAI	4 closed	5 classes only	6 Crafting Afternoon 1-3	7 8.30am Gentle Yoga 6pm Chakradance continuing	8	9 Cindy -Trimazing Vegan Life-style Coach 3-4pm Singing Bowl Meditation

Walk-ins Welcome for CranioSacral or Reiki, depending on availability, Weds—Saturday 10:00am—5:00pm



Volume 4 Issue 1.

Can Money Buy Happiness? by Tamy Khan

If you are like me, every Mother's Day you start thinking beginning in April "What am I going get for Mom?" My Mom lives in Puerto Rico, so that makes it a little bit of a challenge to try to figure out exactly what to get. "Can I get it shipped? How much is it going to cost me to ship?" My Mom, like me, is a runner. We love being outdoors, exploring new running routes, and buying gear to help us fuel our passion.

For this year, I decided to apply the principles of happy spending. Not only did it make my decision easy, I also knew for sure that it was going to make me happier. Recently, I came across this book from Elizabeth Dunn called "Happy Money." Dunn is a researcher who looked into what the best ways are that we can spend our money to increase our happiness. According to her, you can buy happiness – if you know how to use your money to maximize your wellbeing.

Here my favorite principles:

1. Buy Experiences

Material things do not provide as much happiness as experiences. Buyer's remorse is less likely to occur if you spend your money on an experience, even if it's a little bit painful, and especially if you come out of it with a good story to tell your friends. Book a class, a trip, or enroll in a race.

2. Pay Now, Consume Later

If you pay early and delay the consumption of what you buy, it allows you to savor the upcoming experience. We get just as much benefit out of that anticipation as out of the thing itself! Buy an experience one month ahead, and enjoy the anticipation of your future adventure.

3. Invest in Others

Social spending provides more happiness than spending money on yourself. Dunn proved it in a series of worldwide experiments. And it works whether you're a college student, a Ugandan citizen, or a toddler. Spending on others gives people the biggest boost. Generosity is a choice, and satisfyingly connects us with others.

So what am I getting for my Mom this year? I am going to register both of us for an upcoming 10K charity race in June. She is planning to come visit me at that time. I will be buying an experience that I'll pay for now and consume later. I'm anticipating a great experience together that will also be helping a non-profit charity. I will obtain extra satisfaction by helping others as well as giving a gift to my Mom.

Happy Money! And Happy Mother's Day!



Meditation

LEARN DEEP RELAXATION
BREAK FREE FROM WORRY,
STRESS & ANXIETY

Fridays at 10am
Cost \$20 per class

For more information contact
tamy@happymediator.com
www.HappyMeditator.com



Studio Beju - Center for Wellbeing

15630 Main St NE, Duvall, WA 98019

Directory of Services

Geraldine Baner CST, RMT, LMT

Owner of Studio Beju and Instructor. CranioSacral Therapy, Reiki and Chakradance™. Classes & individual sessions.

Email Geraldine at info@studiobeju.com

*

Maureen Ihle- Jewelry Artist & Life Coach

Maureen has been making jewelry since 2000. She designs original beaded jewelry mostly made out of gemstones, pearls, crystals and various types of metal. Check out more of Maureen's beautiful designs on her Pinterest page at: www.pinterest.com/mgreff/jewelry-creations

Or contact Maureen at: Meihle@gmail.com 425-301-6896

*

Randee Young- Certified Laughter Yoga Leader

Come to learn to laugh for no reason! Randee brings laughter, joy and good health to Studio Beju. She also teaches Methods of Relaxation. Classes also by request!

Email Randee at randeey74@gmail.com

*

Martina Crowe Hewett- Tribal Fusion Bellydance Instructor

& P/T Social Media for Studio Beju

Martina is looking forward to teaching you the health benefits of Tribal Fusion Bellydance.

Email Martina at bellyfringe@gmail.com

*

Tatiana Provalova - P/T Administrative Assistant

Tatiana will be there to meet and greet you & answer any questions

email info@studiobeju.com

*

Michele Whittington - Certified Hypnotherapist

Michele is available for consultations Thursdays at the Studio.

email michele@hypnosiredmond.com

*

Katharine Wismer, M.A.- Life Coach, Facilitator, Workshop Leader

Running classes to help you

<https://katharinewismer.com>

Or call

425-999-0410

Monika Star - P/T General Assistant/Ambassador

Monika is the Studio's People Connector & Networking Ambassador.

email monikacstar@gmail.com

*

Ekaterina Bespyatova- LMP

Qigong classes with gentle exercises and meditations to increase vitality and reduce stress. Classes & individual sessions

For more information visit: www.imageofqi.com

*

Suzanne Tabert- Founder, Herbalist Mentor.

Bio Regional Herbalist at Cedar Mountain Herb School. For more information visit: www.cedarmountainherbs.com or Email Suzanne at: suzanne@cedarmountainherbs.com

*

Kerri Robinson - LMT, Certified Gokhale Method Teacher

Kerri will be offering Posture Alignment classes and Foundations Course. For more information visit:

kerri@gokhalemethod.com

gokhalemethod.com (425) 344-1603

*

Tamy Khan - Meditation for Pain or Stress Management

Friday & Saturday appointments at the Studio during business hours

Call Tamy at (425) 298 3898 to arrange an appointment or book a class.

*

Cindy Thompson - Health & Lifestyle Coach,

Trimazing Vegan Lifestyle Coaching

American Council on Exercise certified Health Coach, Peer Fitness Trainer, and Fitness Nutrition Specialist. Services include: Healthy lifestyle coaching • Healthful shopping and cooking techniques • Fitness and wellness • Body composition analysis • Green practices, Waste Reduction, and Sustainability • Work with your healthcare provider to develop a comprehensive health plan custom-made for you! For more information visit: www.Trimazing.com or email:

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Trimazing-Three Times Amazing!

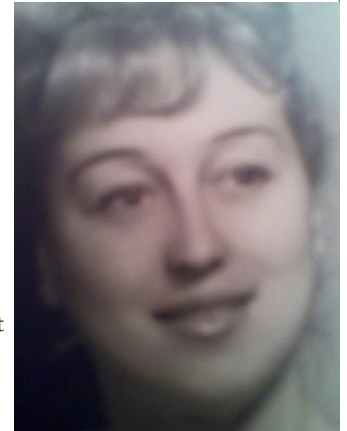




For my Mama by Monika Star—Networker & Studio Ambassador



In this month's article I would like to do a tribute to my departed beloved mama in honor of Mother's day and share part of my journey on how my road led to Studio Beju. My mother was in true sense a Renaissance woman. She was an artist, had various roles in the health care industry, and so much more. She passed away during the same period as I was moving out here to the PNW from NC in February 2016. We were in temporary housing at an Airbnb in Monroe and I was searching for a healing space as I was recovering from the deep grief I was in. With my online research I found Studio Beju and went to a laughter yoga session with Randee for my first time. I kept on coming to Wednesday's creative afternoons. I found it so healing for my heart & soul during this time. I can tell you more if you would like once we meet.



I know I am not alone on this healing journey. I encourage you to come connect with community who understand and who care about you to find your path to peace and healing.

I'm usually at the studio on Wednesday for Crafting afternoon and special events. Come out let's get our creative spirit on, chat, and share some tea. I'm lighting a candle for my mama and I will keep on dedicating my life to service in her honor.

Balanced Living for Sensitive Souls by Katharine Wismer

My life has been a roller coaster of emotional trauma all because I did not accept myself as a Sensitive Soul. As a child I was very shy and inhibited partly because of my sensitivity and also because of my dysfunctional family. When you are a Sensitive Soul any kind of discord is especially challenging. Growing up with in a dysfunctional setting impacts you even more than your less sensitive siblings. My brother does not get my emotional ups and downs.

It's been a struggle for me to accept the fact that I am especially sensitive. After spending a year abroad and returning home at 18 years old I struggled with depression and anxiety disorder. My coping strategies growing up in my family did not transfer well to the direct and harsh German family where I landed. Being a big people pleaser and terribly codependent kept me abroad when all I wanted was to come home. Thus my life long journey of self-discovery and personal growth started as a teenager.

Much personal work and lots of joys and sorrows later I ran across Elaine Aron's book, The Highly Sensitive Person. Reading this changed my life as I realized so much of what I was trying to overcome was my inherited trait of being sensitive. Elaine says that 15-20% of both men & women are sensitive. Sensitivity means that you are born with more nerve endings which allows you to pick up on more subtle clues in your environment. Things that bother you can include bright lights, loud noises, crowds, scratchy fabric, and the list goes on. Gifts of being sensitive include learning very quickly, being thorough, conscientious, and noticing detail. We make great employees though some might call us "high maintenance" because little things bother us.

What helps me is lots of self-care starting with stretching, meditation, eating healthy, exercise and a positive work environment. The Mission of the "Balanced Living for Sensitive Souls" Programs is to provide Community, Education, Programs, Coaching and Social Activities that provide a place to grow as whole human being in community; and at the same time learn to value all aspects of themselves creating a fuller, richer, and more fulfilling life.

Class cost : Intro class
\$29.00 takes 2 hours.
\$149 for a 3 class series.

Thanks,

Katharine Wismer, M.A.
Life Coach, Facilitator,
Workshop Leader
<https://katharinewismer.com>
425-999-0410



Being a Sensitive Soul and Strategies for Surviving

Sensitive Souls are intuitive, conscientious, intelligent and spiritual seekers. We think deeply and feel emotions intensely. We process physical stimuli at a lower threshold by being bothered by crowded places, bright lights, noise and chaos. We can be easily overwhelmed and need to time alone to recharge.

In this class you'll learn:

- > Characteristics of a Sensitive Soul
- > Gifts and talents you have as a Sensitive Soul
- > Tools and strategies for thriving in the world
- > Why the world needs us more than ever

Katharine Wismer, M.A.
Life Coach, Facilitator, Workshop Leader
<https://katharinewismer.com>
425-999-0410

May is the month of Mother's Day! by Martina Crowe Hewett



Recently, my husband surprised me for my birthday a weekend getaway on the coast near Seabrook. I have never seen the west coast line from this point so it was a really lovely treat! Having teenagers its getting harder and harder to find quiet moments where we can spend some time together as a family. My birthday and mothers day kinda run close together so we tend to celebrate everything all together. It was really lovely weekend and surprise the weather actually did cooperate! Beach combing and sandcastles with the family was really all a gal could ask for!

This month I have my students busy busy getting ready for the **Rook Circle Hafla** on **June 3rd** as well as performing at **Duvall Days on June 2nd**! I have drop ins available on Tuesday evening from 7-8pm for anyone who wants to try out Tribal Fusion Bellydance! Pop by! Have a great May everyone, and Happy Mothers day to all the fellow

Mothers out there! And remember save the date for **June 3rd** for another exciting edition of the **Rook Circle Hafla** right here at Studio Beju. Mark your calendars for that evening, there will be loads of talented dancers coming out to dance, laugh and make magic right here in Duvall.

You will not want to miss that special evening! Martina Teaches Tribal Fusion Bellydance on Tuesday evening from 7-9pm.



THE ROOK CIRCLE HAFLA
SUNDAY JUNE 3RD, 2018
STUDIO BEJU
7-9PM
DOOR IS FOOD DONATION
ALL PROCEEDS GO TO HOPELINKS
WWW.BELLYFRINGEBELLYDANCE.COM



SAVE THE DATE!

Join Us!
for the next

ROOK CIRCLE HAFLA

June 3rd, 2018

at

Studio Beju!

all procceds go to Hopelinks in Carnation
presented by Martina Crowe-Hewett
www.bellyfringe bellydance.com



all



Gokhale Foundations Course *with Kerri Robinson*



Last month I talked about having good posture while gardening and in particular, making sure you bend well. I would like to share an article written by Esther Gokhale, the founder of the Gokhale Method as she expands more on this topic. This method will help restore our primal posture, what we were all born with but have lost in our modern society. Learn how bending well preserves your discs while stretching and strengthening relevant muscles.

https://gokhalemethod.com/blog/65686?utm_source=180405NL&utm_campaign=PositiveStance&utm_medium=email

I will be teaching a Gokhale Method Foundations course in May on the following consecutive Saturdays, May 5th, 12th and 19th from 10:30am-2pm. You can find more info and sign up here:

<https://gokhalemethod.com/civcrm/event/info?id=8091&reset=1>

If you'd like to learn more before signing up, I'm offering a free workshop on Saturday, May 5th from 9-10am. Please sign up here to reserve your spot as space is limited.

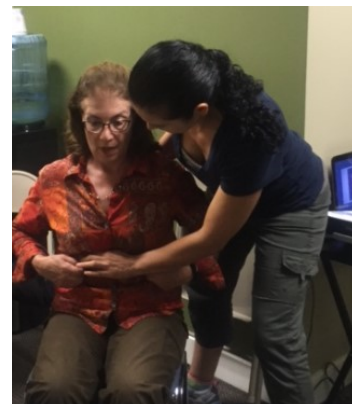
<https://gokhalemethod.com/civcrm/event/info?id=8090&reset=1>

Please feel free to email or call me. This method has been a life changer as it has significantly reduced my back pain and I love sharing it with others!

Kerri

425 344-1603

kerri@gokhalemethod.com



Whatever you practice – Have Fun and Enjoy the Ride

Don't take it (and yourself) too serious

As we go into spring and get ready for many new activities with renewed energy, I wanted to share my most important Tai Chi lesson: **Whatever you do, have fun and enjoy what you're doing!** Don't take yourself and the art that you're practicing too serious.

No matter what you chose to do in your personal time, this is not your work! If it's Tai Chi that you're focusing on, you choose to come every single time you go to class or practice on your own. You invest a lot of time and energy. You might as well enjoy it and have fun. Take it easy, there is no one who judges you - unless you let them. This is not your work. There is no goal that you need to achieve, there is no deadline. Relax, let go, open your mind to what presents itself and enjoy the ride!

Laugh at yourself as often as you can. And if you have a teacher who is deadly serious and cannot laugh about (or admit) his own mistakes - run as fast as you can.

Send a silent smile to yourself

When you practice Tai Chi, don't just go through the motions of the form. Use Tai Chi to generate and direct positive energy to yourself and the people training with you.

Smile and then send that smile to yourself and to the different parts of your body that you are working with. Send a smile to your lungs as you inhale and be mindful of the air streaming into your lungs. Send a smile to your heart and your inner organs. Send a smile to your skin as you brush over it. **Be mindful of what you do and then engage your mind for healing.**

Always be gentle and nice to yourself. In Tai Chi, we don't forcefully push our limits. We discover our boundaries and then gently push into them. Over time they will widen and become limitless. We don't need to break our body on the way.

Gently stretch. Ask your mind and your awareness to follow what your body is doing. Send a smile to your heart, your lungs and your inner organs and thank them for the work they are doing for you!

Enjoy spring and the energy it brings!

Our Form 24 class is on to the Refining Stage this May/June we have a 6 week course & then a break for Summer. We will start another Beginner class in September. Watch out for that and have a great Summer!





Celebrate your relationship with your Mom with Laughter Yoga! *by Randee Young*

Looking for a fun way to celebrate your relationship with your mother this month?

Laughter Yoga is a perfect solution! It's been scientifically proven that the combination of yogic breathing and laughter can deepen relationships. It naturally builds connections!

5 Benefits of Laughter Yoga

- **Good Mood and More Laughter!** Laughter Yoga helps to change your mood within minutes by releasing certain chemicals from your brain cells called endorphins. You will remain cheerful and in a good mood throughout the day and will laugh more than you normally do.
- **Healthy Exercise to Beat Stress!** Laughter Yoga is like an aerobic exercise which brings more oxygen to the body and brain thereby making one feel more energetic and relaxed.
- **Health Benefits!** Laughter Yoga reduces stress and strengthens the immune system.
- **Quality of Life!** Laughter is a positive energy which helps people connect with others quickly and improves relationships. If you laugh more, you will attract more!

Positive Attitude in Challenging Times! Everyone can laugh when life is good, but how does one laugh when faced with challenges? Laughter helps to create a positive mental state to deal with negative situations and negative people. It gives hope and optimism to cope with difficult times.

Consider treating your mom and all the special women in your life to you to a private laughter yoga session. People who laugh together, grow together!

Email me for special pricing for "Mom and Me" Laughter Yoga sessions.

Ha ha ha Happy Mother's Day!

Cheers,

Randee Young

Certified Laughter Yoga Teacher

No experience or equipment necessary.

Only \$10, cash preferred. No experience or equipment necessary.

Questions? Want to schedule a private group? Email Randee at randeey74@gmail.com or visit www.maylaughterglow.com



Randee Young—Laughter Yoga Leader with her sister & her beautiful mom!

The Perfect Mother's Day Gift *by Michele Whittington*

I recently had coffee with a new friend and her out-of-state visiting mother. It was a delightful conversation in learning about each other. They were very curious about hypnosis, so I explained to them that I support people to change their limiting beliefs which often develop without knowing it as young children from our parents. This 72-year-old mother then looked into her daughter's eye and asked with genuine curiosity what she had learned from her both the good and bad.

I was honored to be in a front row seat witnessing two hearts sharing and receiving these love notes for the very time. I could tell the mother really valued to know the influence she was for her daughter hearing the legacy she's influenced. What an incredible gift to give another. So maybe on this Mother's Day, look for the contributions you gained from your mother. If you are lucky enough to have her still with you, this just might make the perfect gift to give her this year...your heart felt appreciation expressed as to her influence in your wonderful life.



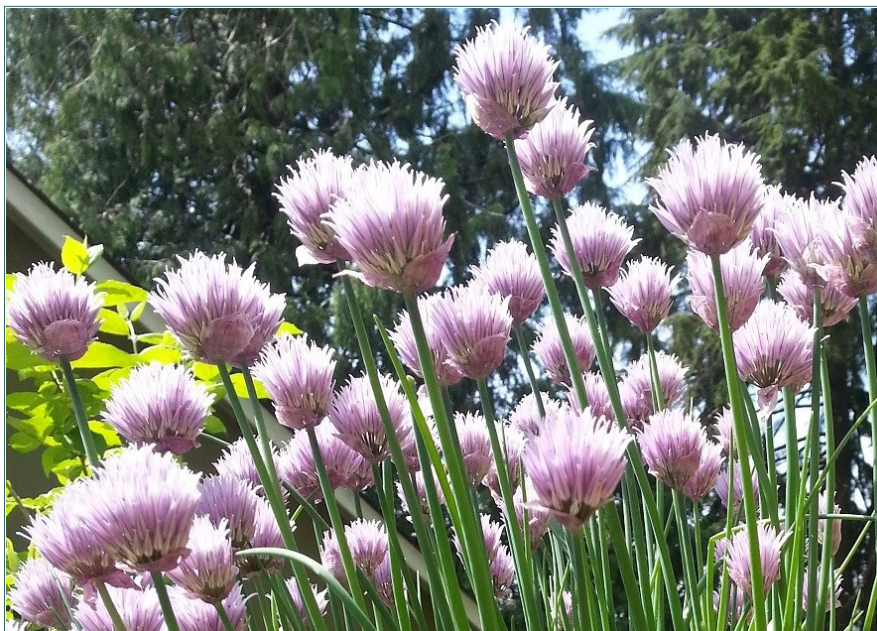
Michele Whittington

Certified Hypnotherapist & Life Coach

Call (425) 578 9495

Look forward to hearing from you!





Garden Delights

Greetings of the day! The lushness of spring is breathtaking here in the Pacific Northwest. The soil is warming, the plants are lifting their leaves and flowers to take in the sun, water, and the breath of all life around them. Spending time in the garden, prattling about weeding, hoeing, planting are all first steps to healing with herbs. Breathe in their scent and the oxygen they give. Breathe back and give them what they need – carbon dioxide. What an exquisite exchange! Feel the healing that begins right there.

Chives, *Allium schoenoprasum*, are flowering right now and are a beautiful eye-catching plant in any garden. They're not just a pretty face but are full of medicine. Chives contain decongestant, antibacterial, and antiviral properties. The organosulfur compounds within their cells have been shown to inhibit cancer cell proliferation and tumor growth. Chives have a protective effect

against some cancers including stomach, esophageal, and prostate.

Chop up chives and use them fresh to preserve their medicinal attributes. Sprinkle them on salads, sandwiches, quinoa, lentils. Fill a jar with minced chives, pour apple cider vinegar over them, add a layer of parchment paper between the lid and vinegar to prevent rusting, let them steep for a couple of weeks, then strain. Use the medicinal vinegar as a base for salad dressings, drizzled over cooked greens, splashed into stews. Make a shrub by adding a teaspoon in fizzy water and slowly savor the taste.

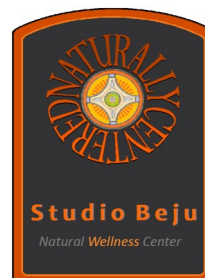
Be well, my friends! Until next month, when I'll share the healing properties of Calendula, I leave you Wild About Plants!

**Suzanne Tabert is the Founder/
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Happy May & Happy Mother's Day!