



VIRTUAL WORKSHOP SERIES

# REMEMBERING SELF

*with Brooke Margherone*

**7-WEEK COURSE  
CHAKRA WORKBOOK**

# REMEMBERING SELF

## WORKSHOP

## OUTLINE

**FOLLOW THE SCHEDULE BELOW FOR 7-WEEKS  
OF SELF-EXPLORATION & TRANSFORMATION**

### **WEEK ONE:**

1. WATCH "INTRO TO CHAKRA SERIES" VIDEO
2. WATCH "ALIGNING WITH THE CURRENTS" VIDEO
3. WATCH "MULADHARA" INTRO
4. PAUSE VIDEO AND ANSWER PRE-PRACTICE JOURNAL PROMPTS
5. CONTINUE WATCHING "MULADHARA" VIDEO TO PRACTICE
6. ANSWER POST-PRACTICE PROMPTS
7. THROUGHOUT THE REST OF THIS WEEK:
  - A. RETURN TO THE VIDEOS AND PRACTICES AS OFTEN AS YOU WOULD LIKE
  - B. PRACTICE AT YOGA LIFE TAKING THE RECOMMENDED CLASSES THAT COMPLEMENT THE CHAKRA
  - C. COMPLETE THE "HOW TO KEEP PRACTICING HOMEWORK" TASKS
  - D. EAT THE SUPPORTIVE FOODS
  - E. USE THE COMPLEMENTARY ESSENTIAL OILS AND CRYSTALS AS WELL
  - F. CONTINUE REFLECTING UPON YOUR JOURNALED ANSWERS

### **WEEK TWO:**

1. WATCH "SVADHISTHANA" INTRO
2. PAUSE VIDEO AND ANSWER PRE-PRACTICE JOURNAL PROMPTS
3. CONTINUE WATCHING "SVADHISTHANA" VIDEO TO PRACTICE
4. ANSWER POST-PRACTICE PROMPTS
5. THROUGHOUT THE REST OF THIS WEEK:
  - A. RETURN TO THE VIDEOS AND PRACTICES AS OFTEN AS YOU WOULD LIKE

# REMEMBERING SELF

## WORKSHOP

## OUTLINE

### WEEK TWO: (CONTINUED)

- B. PRACTICE AT YOGA LIFE TAKING THE RECOMMENDED CLASSES THAT COMPLEMENT THE CHAKRA
  - C. COMPLETE THE "HOW TO KEEP PRACTICING HOMEWORK" TASKS
  - D. EAT THE SUPPORTIVE FOODS
  - E. USE THE COMPLEMENTARY ESSENTIAL OILS AND CRYSTALS AS WELL
- CONTINUE REFLECTING UPON YOUR JOURNALED ANSWERS

### WEEK THREE:

1. WATCH "MANIPURA" INTRO
2. PAUSE VIDEO AND ANSWER PRE-PRACTICE JOURNAL PROMPTS
3. CONTINUE WATCHING "MANIPURA" VIDEO TO PRACTICE
4. ANSWER POST-PRACTICE PROMPTS
5. THROUGHOUT THE REST OF THIS WEEK:
  - A. RETURN TO THE VIDEOS AND PRACTICES AS OFTEN AS YOU WOULD LIKE
  - B. PRACTICE AT YOGA LIFE TAKING THE RECOMMENDED CLASSES THAT COMPLEMENT THE CHAKRA
  - C. COMPLETE THE "HOW TO KEEP PRACTICING HOMEWORK" TASKS
  - D. EAT THE SUPPORTIVE FOODS
  - E. USE THE COMPLEMENTARY ESSENTIAL OILS AND CRYSTALS AS WELL
  - F. CONTINUE REFLECTING UPON YOUR JOURNALED ANSWERS

YOGALIFE

# REMEMBERING SELF

## WORKSHOP

## OUTLINE

### WEEK FOUR:

1. WATCH "ANAHATA" INTRO
2. PAUSE VIDEO AND ANSWER PRE-PRACTICE JOURNAL PROMPTS
3. CONTINUE WATCHING "ANAHATA" VIDEO TO PRACTICE
4. WATCH THE BONUS "COMPASSION MEDITATION" VIDEO
5. ANSWER POST-PRACTICE PROMPTS
6. THROUGHOUT THE REST OF THIS WEEK:
  - A. RETURN TO THE VIDEOS AND PRACTICES AS OFTEN AS YOU WOULD LIKE
  - B. PRACTICE AT YOGA LIFE TAKING THE RECOMMENDED CLASSES THAT COMPLEMENT THE CHAKRA
  - C. COMPLETE THE "HOW TO KEEP PRACTICING HOMEWORK" TASKS
  - D. EAT THE SUPPORTIVE FOODS
  - E. USE THE COMPLEMENTARY ESSENTIAL OILS AND CRYSTALS AS WELL
  - F. CONTINUE REFLECTING UPON YOUR JOURNALED ANSWERS

### WEEK FIVE:

1. WATCH "VISUDDHA" INTRO
2. PAUSE VIDEO AND ANSWER PRE-PRACTICE JOURNAL PROMPTS
3. CONTINUE WATCHING "VISUDDHA" VIDEO TO PRACTICE
4. WATCH THE BONUS "FOLLOWING YOUR THOUGHTS" MEDITATION
5. ANSWER POST-PRACTICE PROMPTS
6. THROUGHOUT THE REST OF THIS WEEK:
  - A. RETURN TO THE VIDEOS AND PRACTICES AS OFTEN AS YOU WOULD LIKE
  - B. PRACTICE AT YOGA LIFE TAKING THE RECOMMENDED CLASSES THAT COMPLEMENT THE CHAKRA
  - C. COMPLETE THE "HOW TO KEEP PRACTICING HOMEWORK" TASKS
  - D. EAT THE SUPPORTIVE FOODS
  - E. USE THE COMPLEMENTARY ESSENTIAL OILS AND CRYSTALS AS WELL
  - F. CONTINUE REFLECTING UPON YOUR JOURNALED ANSWERS

# REMEMBERING SELF

## WORKSHOP

## OUTLINE

### WEEK SIX:

1. WATCH "AJNA" INTRO
2. PAUSE VIDEO AND ANSWER PRE-PRACTICE JOURNAL PROMPTS
3. CONTINUE WATCHING "AJNA" VIDEO TO PRACTICE
4. ANSWER POST-PRACTICE PROMPTS
5. THROUGHOUT THE REST OF THIS WEEK:
  - A. RETURN TO THE VIDEOS AND PRACTICES AS OFTEN AS YOU WOULD LIKE
  - B. PRACTICE AT YOGA LIFE TAKING THE RECOMMENDED CLASSES THAT COMPLEMENT THE CHAKRA
  - C. COMPLETE THE "HOW TO KEEP PRACTICING HOMEWORK" TASKS
  - D. EAT THE SUPPORTIVE FOODS
  - E. USE THE COMPLEMENTARY ESSENTIAL OILS AND CRYSTALS AS WELL
  - F. CONTINUE REFLECTING UPON YOUR JOURNALED ANSWERS

### WEEK SEVEN:

1. WATCH "SAHASRARA" INTRO
2. PAUSE VIDEO AND ANSWER PRE-PRACTICE JOURNAL PROMPTS
3. CONTINUE WATCHING "SAHASRARA" VIDEO TO PRACTICE
4. ANSWER POST-PRACTICE PROMPTS
5. THROUGHOUT THE REST OF THIS WEEK:
  - A. RETURN TO THE VIDEOS AND PRACTICES AS OFTEN AS YOU WOULD LIKE
  - B. PRACTICE AT YOGA LIFE TAKING THE RECOMMENDED CLASSES THAT COMPLEMENT THE CHAKRA
  - C. COMPLETE THE "HOW TO KEEP PRACTICING HOMEWORK" TASKS
  - D. EAT THE SUPPORTIVE FOODS
  - E. USE THE COMPLEMENTARY ESSENTIAL OILS AND CRYSTALS AS WELL
  - F. CONTINUE REFLECTING UPON YOUR JOURNALED ANSWERS

# MULADHARA

## CHAKRA ONE

### RECOGNIZING YOUR ROOTS

+

### EARTHING IN SELF

**WATCH THE INTRO VIDEO FOR THE MEANING + QUALITIES OF THIS CHAKRA AND TRY TO ANSWER THE JOURNAL PROMPTS BEFORE THE PHYSICAL PRACTICE**

**MEANING:**

**QUALITIES OF THIS CHAKRA:**

**JOURNAL PROMPTS FOR SELF-REFLECTION PRE-PRACTICE:**

- **DO YOU FEEL THIS CHAKRA'S ENERGY IS PRESENT IN YOUR DAILY LIFE? IF SO, HOW?**
- **WHAT ARE YOUR TENDENCIES WITHIN THIS CHAKRA? ARE THEY EXPRESSED WHEN YOU ARE ALONE WITH YOURSELF, ONLY WITH OTHERS, OR AT ALL TIMES?**
- **DO YOU EMBRACE THIS ENERGY? IF YES, HOW DOES IT SUPPORT YOU?**
- **DO YOU AVOID OR DENY THIS ENERGY? IF YES, WHAT HURDLES ARISE FOR YOU WITHIN THIS CHAKRA?**

**NOW VIEW THE WORKSHOP DISCUSSION AND PRACTICE THE ASANA, PRANAYAMA, AND MEDITATION PORTIONS OF THE VIDEO. RETURN TO THESE PRACTICES AS OFTEN AS YOU WOULD LIKE THROUGHOUT THE WEEK.**

# MULADHARA

## CHAKRA ONE

### RECOGNIZING YOUR ROOTS + EARTHING IN SELF

#### POST PRACTICE JOURNALING PROMPTS & INSIGHTS

- HOW DO YOU VISUALIZE THIS CHAKRA MANIFESTING IN YOUR LIFE AND FUTURE?
- WHAT CURRENT BEHAVIOR DOES NOT SUPPORT THIS CHAKRA AND ARE YOU WILLING TO CHANGE IT?
- LIST 2 REALISTIC CHANGES YOU CAN START IMPLEMENTING IN YOUR LIFE TO CONTINUE SUPPORTING THIS CHAKRA'S ENERGY AND PROPER FUNCTIONING.

#### HOW TO KEEP PRACTICING THIS WEEK:

THIS WEEK MAKE BALANCE YOUR TOP PRIORITY! DON'T FIND IT FROM A PLACE IN YOUR HEAD AND WHAT YOU THINK IT SHOULD LOOK LIKE, INSTEAD FIND GUIDANCE FROM YOUR BODY. IN THIS MOMENT, DO YOU NEED MORE SLEEP? MORE EXERCISE? DO YOU NEED TO EAT DIFFERENTLY? DO YOU NEED TO PRAY AND REFLECT MORE? DO YOU NEED SOME VARIETY IN YOUR LIFE? MOVE ACCORDING TO THE MESSAGES OF YOUR BODY AND EXPLORE WHAT BALANCE REALLY FEELS LIKE FOR YOU THIS WEEK. NOTICE THE EFFECTS ON YOUR LIFE AND EVERYONE YOU COME IN CONTACT WITH.

# MULADHARA

## CHAKRA ONE

### RECOGNIZING YOUR ROOTS

+

### EARTHING IN SELF

#### ON-GOING PRACTICES & SUPPORT TOOLS

- **FOODS FOR SUPPORT:**  
PROTEINS (QUINOA, LEGUMES, BEANS, LENTILS, ETC.)  
MEATS  
COMFORT FOODS
- **ESSENTIAL OILS FOR SUPPORT:**  
PATCHOULI  
CEDARWOOD  
MYRRH
- **CRYSTALS FOR SUPPORT:**  
RED JASPER  
HEMATITE  
BLACK OBSIDIAN  
SMOKY QUARTZ  
SNOWFLAKE OBSIDIAN  
RED CALCITE  
FALCON'S EYE  
ZIRCON  
MOOKAITE  
BLACK BANDED AGATE  
JET  
BLACK OPAL  
PETRIFIED WOOD
- **YOGA LIFE CLASSES THAT CAN SUPPORT YOU THIS WEEK:**  
ALL PHYSICAL CLASSES CONNECTING YOU WITH BODY INCLUDING SLOW FLOW,  
VINYASA, YIN, POWER, RESTORATIVE, AND MEDITATIONS THAT GROUND YOU.



# SVADHISTHANA

## CHAKRA TWO

### EMBRACING CHANGE + THE MONKEY MIND

**WATCH THE INTRO VIDEO FOR THE MEANING + QUALITIES OF THIS CHAKRA AND TRY TO ANSWER THE JOURNAL PROMPTS BEFORE THE PHYSICAL PRACTICE**

**MEANING:**

**QUALITIES OF THIS CHAKRA:**

**JOURNAL PROMPTS FOR SELF-REFLECTION PRE-PRACTICE:**

- DO YOU FEEL THIS CHAKRA'S ENERGY IS PRESENT IN YOUR DAILY LIFE? IF SO, HOW?
- WHAT ARE YOUR TENDENCIES WITHIN THIS CHAKRA? ARE THEY EXPRESSED WHEN YOU ARE ALONE WITH YOURSELF, ONLY WITH OTHERS, OR AT ALL TIMES?
- DO YOU EMBRACE THIS ENERGY? IF YES, HOW DOES IT SUPPORT YOU?
- DO YOU AVOID OR DENY THIS ENERGY? IF YES, WHAT HURDLES ARISE FOR YOU WITHIN THIS CHAKRA?

**NOW VIEW THE WORKSHOP DISCUSSION AND PRACTICE THE ASANA, PRANAYAMA, AND MEDITATION PORTIONS OF THE VIDEO. RETURN TO THESE PRACTICES AS OFTEN AS YOU WOULD LIKE THROUGHOUT THE WEEK.**

# SVADHISTHANA

## CHAKRA TWO

### EMBRACING CHANGE + THE MONKEY MIND

#### POST PRACTICE JOURNALING PROMPTS & INSIGHTS

- HOW DO YOU VISUALIZE THIS CHAKRA MANIFESTING IN YOUR LIFE AND FUTURE?
- WHAT CURRENT BEHAVIOR DOES NOT SUPPORT THIS CHAKRA AND ARE YOU WILLING TO CHANGE IT?
- LIST 2 REALISTIC CHANGES YOU CAN START IMPLEMENTING IN YOUR LIFE TO CONTINUE SUPPORTING THIS CHAKRA'S ENERGY AND PROPER FUNCTIONING.

#### HOW TO KEEP PRACTICING THIS WEEK:

THIS WEEK, WATCH WHERE YOU ARE RUNNING INTERFERENCE ON OTHERS' LIVES. ARE YOU A WORRIER? A FIXER? DISCERN THE DIFFERENCE BETWEEN "HELP" AND "SUPPORT". NOTICE WHAT YOU MIGHT BE AVOIDING IN YOUR OWN LIFE BECAUSE YOU ARE SO INTERESTED IN OTHERS' LIVES. "TRUTH RARELY SEEMS TO ASK THE EASIER CHOICE OF US." STEP INTO YOU AND AS YOU BUILD YOUR OWN CONNECTION TO SELF FROM A SOLID FOUNDATION, YOUR OUTER WORLD WILL FALL INTO PLACE TOO.

# SVADHISTHANA

## CHAKRA TWO

### EMBRACING CHANGE + THE MONKEY MIND

#### ON-GOING PRACTICES & SUPPORT TOOLS

- **FOODS FOR SUPPORT:**

ALL THINGS LIQUID  
DRINK PLENTY OF WATER  
JUICING  
BROTHS

- **ESSENTIAL OILS FOR SUPPORT:**

JASMINE  
ROSE  
SANDALWOOD  
ORANGE

- **CRYSTALS FOR SUPPORT:**

CARNELIAN  
ORANGE CALCITE  
COPPER  
PINK BANDED AGATE  
MOONSTONE  
PEARL  
GRAY BANDED AGATE  
VANADINITE  
CHIASTOLITE  
CROCOITE  
SARDONYX  
PICASSO MARBLE  
HALITE

- **YOGA LIFE CLASSES THAT CAN SUPPORT YOU THIS WEEK: FLUID MOVEMENT AND CLASSES THAT SPARK YOUR CREATIVIITY PLUS, VINYIN, AND YIN TO FOCUS ON PELVIS.**

# MANIPURA

CHAKRA THREE

BUILDING PRANA

+

BURNING BIJAS

**WATCH THE INTRO VIDEO FOR THE MEANING + QUALITIES OF THIS CHAKRA AND TRY TO ANSWER THE JOURNAL PROMPTS BEFORE THE PHYSICAL PRACTICE**

**MEANING:**

**QUALITIES OF THIS CHAKRA:**

**JOURNAL PROMPTS FOR SELF-REFLECTION PRE-PRACTICE:**

- DO YOU FEEL THIS CHAKRA'S ENERGY IS PRESENT IN YOUR DAILY LIFE? IF SO, HOW?
- WHAT ARE YOUR TENDENCIES WITHIN THIS CHAKRA? ARE THEY EXPRESSED WHEN YOU ARE ALONE WITH YOURSELF, ONLY WITH OTHERS, OR AT ALL TIMES?
- DO YOU EMBRACE THIS ENERGY? IF YES, HOW DOES IT SUPPORT YOU?
- DO YOU AVOID OR DENY THIS ENERGY? IF YES, WHAT HURDLES ARISE FOR YOU WITHIN THIS CHAKRA?

**NOW VIEW THE WORKSHOP DISCUSSION AND PRACTICE THE ASANA, PRANAYAMA, AND MEDITATION PORTIONS OF THE VIDEO. RETURN TO THESE PRACTICES AS OFTEN AS YOU WOULD LIKE THROUGHOUT THE WEEK.**

# MANIPURA

## CHAKRA THREE

## BUILDING PRANA

+

## BURNING BIJAS

### POST PRACTICE JOURNALING PROMPTS & INSIGHTS

- HOW DO YOU VISUALIZE THIS CHAKRA MANIFESTING IN YOUR LIFE AND FUTURE?
- WHAT CURRENT BEHAVIOR DOES NOT SUPPORT THIS CHAKRA AND ARE YOU WILLING TO CHANGE IT?
- LIST 2 REALISTIC CHANGES YOU CAN START IMPLEMENTING IN YOUR LIFE TO CONTINUE SUPPORTING THIS CHAKRA'S ENERGY AND PROPER FUNCTIONING.

#### HOW TO KEEP PRACTICING THIS WEEK:

THIS WEEK PRACTICE COURAGE AND STEPPING INTO YOUR POWER BY DOING SOMETHING DAILY THAT YOU TYPICALLY WOULDN'T DO. IF YOU'RE FEELING BRAVE, MAKE THAT ONE THING SOMETHING THAT SCARES YOU. IF YOU'RE FEELING REALLY COURAGEOUS, GET EXCITED ABOUT THE FACT THAT YOU'RE SCARED AND YOU'RE DOING IT ANYWAY. SEE IF YOU CAN DISCERN BETWEEN FEAR AND THE UNFAMILIAR. WATCH WHAT HAPPENS TO YOUR SENSE OF SELF AND HOW YOUR RELATIONSHIPS WITH OTHER MIGHT BE DIFFERENT BECAUSE YOU ARE COURAGEOUSLY STEPPING INTO UNKNOWN TERRITORY.

# MANIPURA

## CHAKRA THREE

### BUILDING PRANA + BURNING BIJAS

#### ON-GOING PRACTICES & SUPPORT TOOLS

- **FOODS FOR SUPPORT:**  
COMPLEX CARBOHYDRATES + HIGH FIBER FOODS  
BEANS, OATMEAL, SWEET POTATOES, WHOLE WHEAT BREADS
- **ESSENTIAL OILS FOR SUPPORT:**  
VETIVER  
YLANG YLANG  
BERGAMOT  
LEMON
- **CRYSTALS FOR SUPPORT:**  
CITRINE  
IMPERIAL TOPAZ  
AMBER  
TIGER'S EYE  
YELLOW JASPER  
JESSONITE  
ANHYDRITE  
AMETRINE  
BERYL  
SCHALENBLLENDE  
HELIODOR  
SULFUR  
GOLDEN CALCITE
- **YOGA LIFE CLASSES THAT CAN SUPPORT YOU THIS WEEK:**  
POWER, VINYASA, PRANAYAMAS AND ANY OTHER CLASSES THAT BUILD YOUR ENERGY!

# ANAHATA

## CHAKRA FOUR

### BALANCING KOSAS + HEALING

**WATCH THE INTRO VIDEO FOR THE MEANING + QUALITIES OF THIS CHAKRA AND TRY TO ANSWER THE JOURNAL PROMPTS BEFORE THE PHYSICAL PRACTICE**

**MEANING:**

**QUALITIES OF THIS CHAKRA:**

**JOURNAL PROMPTS FOR SELF-REFLECTION PRE-PRACTICE:**

- DO YOU FEEL THIS CHAKRA'S ENERGY IS PRESENT IN YOUR DAILY LIFE? IF SO, HOW?
- WHAT ARE YOUR TENDENCIES WITHIN THIS CHAKRA? ARE THEY EXPRESSED WHEN YOU ARE ALONE WITH YOURSELF, ONLY WITH OTHERS, OR AT ALL TIMES?
- DO YOU EMBRACE THIS ENERGY? IF YES, HOW DOES IT SUPPORT YOU?
- DO YOU AVOID OR DENY THIS ENERGY? IF YES, WHAT HURDLES ARISE FOR YOU WITHIN THIS CHAKRA?

**NOW VIEW THE WORKSHOP DISCUSSION AND PRACTICE THE ASANA, PRANAYAMA, AND MEDITATION PORTIONS OF THE VIDEO. RETURN TO THESE PRACTICES AS OFTEN AS YOU WOULD LIKE THROUGHOUT THE WEEK.**

# ANAHATA

## CHAKRA FOUR

### BALANCING KOSAS + HEALING

#### POST PRACTICE JOURNALING PROMPTS & INSIGHTS

- HOW DO YOU VISUALIZE THIS CHAKRA MANIFESTING IN YOUR LIFE AND FUTURE?
  
- WHAT CURRENT BEHAVIOR DOES NOT SUPPORT THIS CHAKRA AND ARE YOU WILLING TO CHANGE IT?
  
- LIST 2 REALISTIC CHANGES YOU CAN START IMPLEMENTING IN YOUR LIFE TO CONTINUE SUPPORTING THIS CHAKRA'S ENERGY AND PROPER FUNCTIONING.

#### HOW TO KEEP PRACTICING THIS WEEK:

THIS WEEK LIVE IN NON-EXCESS. EAT, WORK, AND SLEEP TO THE POINT OF INCREASED ENERGY AND BEFORE THE LETHARGY OF EXCESS SETS IN. PONDER THE WORDS OF GENSEI, A JAPANESE BUDDHIST MONK, WHO SAID, "THE POINT IN LIFE IS TO KNOW WHAT'S ENOUGH." FOR THIS WEEK, KNOW WHAT IS ENOUGH AND STOP THERE. PRACTICE PLEASURE WITHOUT EXCESS AND BEGIN TO NOTICE THE ABUNDANCE YOU ALWAYS HOLD INSIDE.



# ANAHATA

## CHAKRA FOUR

### BALANCING KOSAS + HEALING

#### ON-GOING PRACTICES & SUPPORT TOOLS

- **FOODS FOR SUPPORT:**  
ALL VEGETABLES + EAT YOUR GREENS  
BROCCOLI, SPINACH, KALE, CABBAGE, ARUGULA
- **ESSENTIAL OILS FOR SUPPORT:**  
ROSE  
BERGAMOT  
MELISSA  
MELALEUCA
- **CRYSTALS FOR SUPPORT:**  
MALACHITE  
AVENTURINE  
ROSE QUARTZ  
GARNET  
RUBY  
GREEN MOSS AGATE  
AMAZONITE  
EMERALD  
JADE  
PERIDOT  
UNAKITE  
MORGANITE  
LARIMAR
- **YOGA LIFE CLASSES THAT CAN SUPPORT YOU THIS WEEK: CLASSES THAT ALLOW YOU TO FEEL BALANCED. WHAT DO YOU NEED THIS WEEK? SLOW MOVING? FASTER PACED CHALLENGING? A VARIETY?! PRANAYAMAS + MEDITATION DEFINITELY!**

# VISUDDHA

## CHAKRA FIVE

### EXPRESSIVE CREATIVITY + FINDING YOUR VOICE

**WATCH THE INTRO VIDEO FOR THE MEANING + QUALITIES OF THIS CHAKRA AND TRY TO ANSWER THE JOURNAL PROMPTS BEFORE THE PHYSICAL PRACTICE**

**MEANING:**

**QUALITIES OF THIS CHAKRA:**

**JOURNAL PROMPTS FOR SELF-REFLECTION PRE-PRACTICE:**

- DO YOU FEEL THIS CHAKRA'S ENERGY IS PRESENT IN YOUR DAILY LIFE? IF SO, HOW?
- WHAT ARE YOUR TENDENCIES WITHIN THIS CHAKRA? ARE THEY EXPRESSED WHEN YOU ARE ALONE WITH YOURSELF, ONLY WITH OTHERS, OR AT ALL TIMES?
- DO YOU EMBRACE THIS ENERGY? IF YES, HOW DOES IT SUPPORT YOU?
- DO YOU AVOID OR DENY THIS ENERGY? IF YES, WHAT HURDLES ARISE FOR YOU WITHIN THIS CHAKRA?

**NOW VIEW THE WORKSHOP DISCUSSION AND PRACTICE THE ASANA, PRANAYAMA, AND MEDITATION PORTIONS OF THE VIDEO. RETURN TO THESE PRACTICES AS OFTEN AS YOU WOULD LIKE THROUGHOUT THE WEEK.**

# VISUDDHA

## CHAKRA FIVE

### EXPRESSIVE CREATIVITY + FINDING YOUR VOICE

#### POST PRACTICE JOURNALING PROMPTS & INSIGHTS

- HOW DO YOU VISUALIZE THIS CHAKRA MANIFESTING IN YOUR LIFE AND FUTURE?
  
- WHAT CURRENT BEHAVIOR DOES NOT SUPPORT THIS CHAKRA AND ARE YOU WILLING TO CHANGE IT?
  
- LIST 2 REALISTIC CHANGES YOU CAN START IMPLEMENTING IN YOUR LIFE TO CONTINUE SUPPORTING THIS CHAKRA'S ENERGY AND PROPER FUNCTIONING.

#### HOW TO KEEP PRACTICING THIS WEEK:

THIS WEEK TAKE RESPONSIBILITY FOR ALL YOUR EMOTIONAL DISTURBANCES. TRACE EVERY ANNOYANCE AND UPSET BACK TO YOURSELF. CHOOSE TO STAY IN THE DISTURBANCE OR TO RETURN TO THE CALM CENTER OF CONTENTMENT (OR TO BE CONTENT WITH YOUR DISTURBANCE).

YOGALIFE

# VISUDDHA

## CHAKRA FIVE

### EXPRESSIVE CREATIVITY + FINDING YOUR VOICE

#### ON-GOING PRACTICES & SUPPORT TOOLS

- **FOODS FOR SUPPORT:**  
FRUITS- THE JUICIER THE BETTER!  
PINNEAPPLE, MANGO, WATERMELON, GRAPES, BERRIES
- **ESSENTIAL OILS FOR SUPPORT:**  
CHAMOMILE  
MYRRH  
PEPPERMINT  
SPEARMINT  
CARDAMOM
- **CRYSTALS FOR SUPPORT:**  
BLUE LACE AGATE  
APATITE  
TURQUOISE  
KYANITE  
ANGELITE  
AQUAMARINE  
HAWK'S EYE  
AQUA AURA  
AZURITE  
BLUE OPAL  
BLUE QUARTZ  
BLUE FLUORITE
- **YOGA LIFE CLASSES THAT CAN SUPPORT YOU THIS WEEK:**  
PRANAYAMA AND CHANTING, POWER, VINYASA, CLASSES THAT EXCITE YOU TO EXPRESS!

# AJNA

CHAKRA SIX

PERCEIVING

YOUR PATH

**WATCH THE INTRO VIDEO FOR THE MEANING + QUALITIES OF THIS CHAKRA AND TRY TO ANSWER THE JOURNAL PROMPTS BEFORE THE PHYSICAL PRACTICE**

**MEANING:**

**QUALITIES OF THIS CHAKRA:**

**JOURNAL PROMPTS FOR SELF-REFLECTION PRE-PRACTICE:**

- DO YOU FEEL THIS CHAKRA'S ENERGY IS PRESENT IN YOUR DAILY LIFE? IF SO, HOW?
- WHAT ARE YOUR TENDENCIES WITHIN THIS CHAKRA? ARE THEY EXPRESSED WHEN YOU ARE ALONE WITH YOURSELF, ONLY WITH OTHERS, OR AT ALL TIMES?
- DO YOU EMBRACE THIS ENERGY? IF YES, HOW DOES IT SUPPORT YOU?
- DO YOU AVOID OR DENY THIS ENERGY? IF YES, WHAT HURDLES ARISE FOR YOU WITHIN THIS CHAKRA?

**NOW VIEW THE WORKSHOP DISCUSSION AND PRACTICE THE ASANA, PRANAYAMA, AND MEDITATION PORTIONS OF THE VIDEO. RETURN TO THESE PRACTICES AS OFTEN AS YOU WOULD LIKE THROUGHOUT THE WEEK.**

# AJNA

## CHAKRA SIX

## PERCEIVING

## YOUR PATH

### POST PRACTICE JOURNALING PROMPTS & INSIGHTS

- HOW DO YOU VISUALIZE THIS CHAKRA MANIFESTING IN YOUR LIFE AND FUTURE?
- WHAT CURRENT BEHAVIOR DOES NOT SUPPORT THIS CHAKRA AND ARE YOU WILLING TO CHANGE IT?
- LIST 2 REALISTIC CHANGES YOU CAN START IMPLEMENTING IN YOUR LIFE TO CONTINUE SUPPORTING THIS CHAKRA'S ENERGY AND PROPER FUNCTIONING.

#### HOW TO KEEP PRACTICING THIS WEEK:

KRISHNA DAS MAKES THE OBSERVATION THAT IN OUR COUNTRY WE HAVE A MUSCLE IN THE MIND THAT WE FORGET IS THERE. HE CALLS IT THE "LETTING GO" MUSCLE. KRISHNA DAS SAYS WE HAVE DEVELOPED A STRONG "HOLDING ON" MUSCLE IN THE MIND, BUT THE "LETTING GO" MUSCLE IS UNDEVELOPED. HE SUGGESTS WE GET OUR MIND IN SHAPE BY USING THIS MUSCLE MORE OFTEN, PRACTICING WITH LITTLE THINGS SO WE ARE PREPARED WHEN THE BIGGER THINGS COME ALONG. THIS WEEK NOTICE WHEN YOU CLING TO EXPERIENCES, EMOTIONS, THOUGHTS, HABITS, AND BELIEFS. THEN GIVE YOUR "LETTING GO" MUSCLES SOME EXERCISE AND BEGIN TO LET GO.

# AJNA

CHAKRA SIX

PERCEIVING

YOUR PATH

## ON-GOING PRACTICES & SUPPORT TOOLS

- **FOODS FOR SUPPORT:**  
NONE. FASTING IS A PRACTICE THAT SUPPORTS AJNA.  
PLENTY OF FRESH AIR AND SUNLIGHT
- **ESSENTIAL OILS FOR SUPPORT:**  
HYACINTH  
VIOLET  
ROSE GERANIUM  
LAVENDER
- **CRYSTALS FOR SUPPORT:**  
LAPIS LAZULI  
SODALITE  
SAPPHIRE  
MOLDAVITE  
PREHNITE  
CANVANSITE  
CELESTITE  
DUMORETIERITE  
PIERTERSITE  
TANZANITE  
RUTILE  
FIRE AGATE
- **YOGA LIFE CLASSES THAT CAN SUPPORT YOU THIS WEEK:**  
MEDITATION, PRANAYAMA, YIN, AND RESTORATIVE. REFLECTIVE PRACTICES THAT HELP YOU QUIET THE MIND. THIS MAY MEAN POWER FOR SOME OF YOU. MOVE TO FIND AND HONOR THE STILLNESS

# SAHASRARA

## CHAKRA SEVEN

### SHIFTING FROM KNOWING TO UNDERSTANDING

**WATCH THE INTRO VIDEO FOR THE MEANING + QUALITIES OF THIS CHAKRA AND TRY TO ANSWER THE JOURNAL PROMPTS BEFORE THE PHYSICAL PRACTICE**

**MEANING:**

**QUALITIES OF THIS CHAKRA:**

**JOURNAL PROMPTS FOR SELF-REFLECTION PRE-PRACTICE:**

- DO YOU FEEL THIS CHAKRA'S ENERGY IS PRESENT IN YOUR DAILY LIFE? IF SO, HOW?
- WHAT ARE YOUR TENDENCIES WITHIN THIS CHAKRA? ARE THEY EXPRESSED WHEN YOU ARE ALONE WITH YOURSELF, ONLY WITH OTHERS, OR AT ALL TIMES?
- DO YOU EMBRACE THIS ENERGY? IF YES, HOW DOES IT SUPPORT YOU?
- DO YOU AVOID OR DENY THIS ENERGY? IF YES, WHAT HURDLES ARISE FOR YOU WITHIN THIS CHAKRA?

**NOW VIEW THE WORKSHOP DISCUSSION AND PRACTICE THE ASANA, PRANAYAMA, AND MEDITATION PORTIONS OF THE VIDEO. RETURN TO THESE PRACTICES AS OFTEN AS YOU WOULD LIKE THROUGHOUT THE WEEK.**



# SAHASRARA

## CHAKRA SEVEN

### SHIFTING FROM KNOWING TO UNDERSTANDING

#### POST PRACTICE JOURNALING PROMPTS & INSIGHTS

- HOW DO YOU VISUALIZE THIS CHAKRA MANIFESTING IN YOUR LIFE AND FUTURE?
  
- WHAT CURRENT BEHAVIOR DOES NOT SUPPORT THIS CHAKRA AND ARE YOU WILLING TO CHANGE IT?
  
- LIST 2 REALISTIC CHANGES YOU CAN START IMPLEMENTING IN YOUR LIFE TO CONTINUE SUPPORTING THIS CHAKRA'S ENERGY AND PROPER FUNCTIONING.

#### HOW TO KEEP PRACTICING THIS WEEK:

THIS WEEK PRACTICE WELCOMING EACH MOMENT AND GROWING YOURSELF INTO THE OPPORTUNITY OF WHAT IS BEING OFFERED AND ASKED OF YOU. WHEN YOU FIND YOURSELF SHRINKING AWAY, TRUST THAT LIFE IS GIVING YOU A CHANCE TO STEP INTO A FULLER, MORE SKILLFUL YOU. SUPPORT YOURSELF WITH THESE WORDS FROM PABLO PICASSO, "I AM ALWAYS DOING THAT WHICH I CANNOT DO, IN ORDER THAT I MAY LEARN HOW TO DO IT." BECOME A SKILLFUL, WORTHY STUDENTS OF EACH MOMENT THAT LIFE PRESENTS TO YOU.

# SAHASRARA

## CHAKRA SEVEN

### SHIFTING FROM KNOWING TO UNDERSTANDING

#### ON-GOING PRACTICES & SUPPORT TOOLS

- **FOODS FOR SUPPORT:**  
NONE. FASTING IS A PRACTICE THAT SUPPORTS SAHASRARA.  
PLENTY OF FRESH AIR AND SUNLIGHT
- **ESSENTIAL OILS FOR SUPPORT:**  
FRANKINCENSE  
ROSEWOOD
- **CRYSTALS FOR SUPPORT:**  
AMETHYST  
CHAROITE  
SPIRIT QUARTZ  
SUGILITE  
LABRADORITE  
WHITE CALCITE  
DANBURITE  
HERKIMER DIAMOND  
HOWLITE  
PETALITE  
SELENITE
- **YOGA LIFE CLASSES THAT CAN SUPPORT YOU THIS WEEK:**  
ANY CLASSES THAT ALLOW YOU TO CONNECT. TO STILL, BUT ALSO FIND THE  
SILENCE WITHIN. TO TRULY REST IN SAVASANA AND RESTORE YOUR  
UNDERSTANDING OF YOUR WHOLENESS. SLOW FLOW, POWER, VINYASA,  
RESTORATIVE, YIN, VINYIN, MEDITATION AND PRANAYAMA DEFINITELY.

# REMEMBERING SELF

## SOURCES

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# REMEMBERING SELF

## RECIPE LIST

### CHAKRA ONE:

- BROCCOLI QUINOA CAKES
- COOL BEAN SALAD
- EASY MOROCCAN CHICKPEA STEW
- ROASTED CAULIFLOWER AND FARRO SALAD

### CHAKRA TWO:

- CARROT-ORANGE JUICE
- GARDEN FRESH TOMATO SOUP
- GUT-HEALING VEGETABLE BROTH
- STRAWBERRY-CUCUMBER JUICE

### CHAKRA THREE:

- ORECCHIETTE PASTA WITH BROCCOLI SAUCE
- VEGETARIAN PAD THAI

### CHAKRA FOUR:

- DELICIOUS & SIMPLY CELERY SOUP
- CRUNCHY TACO KALE SALAD
- ROASTED BEET GOAT CHEESE SALAD

### CHAKRA FIVE:

- STRAWBERRY CORN SALSA
- BERRY WHITE ICE POPS
- BLACKBERRY MINT POPS
- GRILLED STONE FRUITS WITH BALSAMIC SYRUP

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MULADHARA

Chakra One

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# Broccoli Cakes

★★★★★ 4.5 from 8 reviews

Author: [Sylvia Fountaine](#) Prep Time: 20 Cook Time: 10 Total Time: 30 minutes

Yield: 4 patties  Category: main, vegetarian Method: stove top Cuisine: American

## Description

*These vegetarian Broccoli Quinoa Cakes can be made in 30 minutes & are a delicious healthy meal that your whole family will love!*

## Ingredients

SCALE

- 1 1/2 cup quinoa (uncooked) or 1 1/2 cups cooked (see notes)
- 2 1 cup of water
- 3 4 –5 cups fresh broccoli florets (8 ounces)
- 4 2 scallions, diced
- 5 1 egg
- 6 1 teaspoon [salt](#)
- 7 1/4 teaspoon pepper
- 8 1 garlic clove, finely minced (or 1/2 teaspoon [granulated garlic](#))
- 9 1/4 cup almond flour (or use regular flour or bread crumbs), more as needed
- 10 1/2 cup grated cheese (cheddar, jack, mozzarella or vegan cheese)
- 11 2–3 tablespoons oil for searing.

## Instructions

**Bring quinoa and water to boil** in a very [small pot](#), cover, lower heat to low and cook 12-15 minutes or until **all the water is gone**. Turn off heat, let stand 5 minutes covered.

**Steam broccoli** (at the same time) until just tender and drain well, and *pat dry*.

**Combine:** Place broccoli, scallions, [quinoa](#), egg, [salt](#), pepper, garlic, and cheese into a

[food processor](#) and pulse until finely ground. Pulse in the almond flour, mixing in well. The mixture should easily mound on a spoon and just be slightly wet, but easily forming a patty. If the mixture seems very wet, continue adding almond flour a tablespoon at a time until manageable. Form 4 large patties. You shouldn't need to coat these in flour, but do as you like.

**Sear:** Heat oil in a skillet over medium heat. Carefully place patties in the skillet, lowering heat to medium-low— resisting the temptation to move or fiddle with them. As they form the deep golden crust, they will naturally release themselves from the pan, and not stick- making flipping much easier. (I like to use a thin [metal spatula](#) here. Rubber spatula have thicker edges, much harder to get under delicate things.) Flip when golden and releasing, about 5 minutes. Cook the other side until slightly puffed in the center, lowering heat more if need be.

**SERVE:** At this point, you could refrigerate if making ahead, and reheat down the road. Or keep in a warm oven until serving. Serve with a [side salad](#) or [sauteed greens](#). Top with a flavorful sauce if you like (see options in notes).

## Notes

- i Feel free to sub 1 1/2 cups cooked rice for the quinoa.
- i Making sure the steamed broccoli **is as dry as possible (pat it dry)** will allow you to use less flour or bread crumbs. The first time I made this, I did not pat dry the broccoli, and it needed 1/2 cup almond flour. The second time, I patted the broccoli dry, and only needed 1/4 cup flour, if that.
- i Make sure the [quinoa](#) is dry and not watery.
- i **Pick a sauce to serve these!**
- i [Chipotle mayo](#)
- i [Vegan Cilantro Crema](#)
- i [Tzatziki](#)
- i [Authentic Zhoug Sauce Recipe with Yogurt](#)
- i [Avocado Cilantro Sauce](#)

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# Cool Beans Salad

★★★★☆

*This protein-filled dish could be served as a colorful side dish or a meatless main entree. When you make it, double the recipe because it will be gone in a flash! The basmati rice add a unique flavor and the dressing gives it a bit of a tang. —Janelle Lee, Appleton, Wisconsin*

---

**TOTAL TIME:** Prep/Total Time: 20 min.

**YIELD:** 6 servings.

---

## Ingredients

1/2 cup olive oil

1/4 cup red wine vinegar

1 tablespoon sugar

1 garlic clove, minced

1 teaspoon salt

1 teaspoon ground cumin

1 teaspoon chili powder

1/4 teaspoon pepper

3 cups cooked basmati rice

1 can (16 ounces) kidney beans, rinsed and drained

1 can (15 ounces) black beans, rinsed and drained

1-1/2 cups frozen corn, thawed

4 green onions, sliced

1 small sweet red pepper, chopped

1/4 cup minced fresh cilantro



# Directions

1. In a large bowl, whisk the first eight ingredients. Add the remaining ingredients; toss to coat. Chill until serving.

---

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# Easy Moroccan Chickpea Stew

★★★★☆

*When I'm invited to a potluck, I easily double or triple this healthy vegetarian recipe to treat the crowd to an exotic dish of enticing, bold flavors. —Heather Demeritte, Scottsdale, Arizona*

---

**TOTAL TIME:** Prep/Total Time: 30 min.

**YIELD:** 4 servings.

---

## Ingredients

1 tablespoon olive oil

2 cups cubed peeled butternut squash (1/2-inch cubes)

1 large onion, chopped

1 large sweet red pepper, chopped

1 teaspoon ground cinnamon

1/2 teaspoon pepper

1/4 teaspoon ground ginger

1/4 teaspoon ground cumin

1/4 teaspoon salt

1 can (15 ounces) chickpeas or garbanzo beans, rinsed and drained

1 can (14-1/2 ounces) diced tomatoes, undrained

1 cup water

Chopped cilantro, optional

## Directions

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**1.** In a Dutch oven, heat oil over medium-high heat. Add squash, onion and red pepper; cook and stir until onion is translucent and red pepper is crisp-tender, about 5 minutes. Stir in seasonings until blended.

---

**2.** Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer until squash is tender, about 8 minutes. If desired, top with cilantro.

---

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# Roasted Cauliflower and Farro Salad with Feta and Avocado

Author: Cookie and Kate Prep Time: 15 mins Cook Time: 30 mins

Total Time: 45 minutes Yield: 4 salads  1x  2x  3x Category: Salad

Method: Stovetop Cuisine: Mediterranean

★★★★★

4.9 from 93 reviews

This satisfying vegetarian salad recipe features warm whole grains, roasted cauliflower, fresh greens and bold Mediterranean flavors. It packs well for lunch, too! Recipe yields 4 hearty salads.

## INGREDIENTS

SCALE  1x  2x  3x

### *Roasted cauliflower*

- 1 large head cauliflower (about 2 pounds), cut into bite-sized florets
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon red pepper flakes (scale back or omit if sensitive to spice)
- 1/4 teaspoon fine sea salt



### *Garlicky farro*

- 1 cup uncooked farro, rinsed
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, pressed or minced
- 1/4 teaspoon fine sea salt

### *Everything else*

- 1/3 cup pitted Kalamata olives, rinsed, half sliced into small rounds and the rest halved lengthwise
- 1/4 cup oil-packed sun-dried tomatoes, rinsed and roughly chopped
- 1/2 cup crumbled feta (about 2 ounces)
- 1 tablespoon lemon juice (about 1/2 lemon), plus more for serving
- Freshly ground black pepper, to taste
- 1 avocado, sliced into thin strips
- 4+ handfuls leafy greens (spring greens, spinach, arugula or baby kale are all good choices)

## INSTRUCTIONS

1. To roast the cauliflower: Preheat the oven to 425 degrees Fahrenheit. Toss the cauliflower florets with the olive oil, red pepper flakes and salt, and arrange it in an even layer across the pan. Roast for 25 to 35 minutes, tossing halfway, until the cauliflower is tender and deeply golden on the edges.
2. To cook the farro: In a medium saucepan, combine the rinsed farro with at least three cups water (enough water to cover the farro by a couple of inches). Bring the water to a boil, then reduce the heat to a gentle simmer, and cook until the farro is tender to the bite but still pleasantly chewy. (Pearled farro will take around 15 minutes; unprocessed farro will take 25 to 40 minutes.) Drain off the excess water and mix in the olive oil, garlic and salt. Set aside.
3. In a large serving bowl, toss together the roasted cauliflower, cooked farro, olives, sun-dried tomatoes, feta and lemon juice. Taste and season with additional salt and pepper if necessary.
4. Divide the avocado and greens between four dinner plates. Top with a generous amount of the cauliflower and farro salad. Finish the plates with an extra squeeze of lemon juice or drizzle of olive oil, if desired. Serve promptly.

## NOTES

*Recipe inspired by George's at the Cove in La Jolla.*

**Storage suggestions:** Leftovers should keep well for several days. Store greens separately and slice the avocado just before serving.

**Change it up:** If you can't find farro, spelt berries or wheat berries would be great substitutions. You might have to cook those grains longer.

**Make it gluten free:** I think this would be good with cooked short-grain brown rice or quinoa instead of farro.

**Make it vegan:** Skip the feta. You might want to add some extra olives to make up for it.

## ► NUTRITION INFORMATION

*The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice.*

# YOGALIFE



SVADHISTHANA  
Chakra Two

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## Carrot-Orange Juice



In this vibrant, healthy carrot-orange juice recipe, we jazz up plain orange juice by adding a yellow tomato, apple and carrots to pack in immune-boosting vitamins A and C. No juicer? No problem. See the juicing variation below to make this carrot-orange juice recipe in a blender.

Source: EatingWell Magazine, September/October 2013

By EatingWell Test Kitchen



### Ingredients

1 medium yellow tomato, cut into wedges

1 medium orange, peeled and quartered

1 medium apple, cut into eighths

4 large carrots, peeled

Ice cubes (optional)

### Directions

#### Step 1

Working in this order, process tomato, orange, apple and carrots through a juicer according to the manufacturer's directions. (No juicer? See Tip.)

#### Step 2

Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

#### Tips

No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. First, place the soft and/or juice ingredients in the blender and process until liquefied. Then, add the remaining ingredients; blend until liquefied. Cut two 24-inch-long pieces of cheesecloth. Completely unfold each piece and then stack the pieces on top of each other. Fold the double stack in half so you have a 4-layer stack of cloth. Line a large bowl with the cheesecloth and pour the contents of the blender into the center. Gather the edges of the cloth together in one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

### Nutrition Facts

**Serving Size:** About 8 Ounces

**Per Serving:**

111 calories; 1 g total fat; 0.1 g saturated fat; 38 mg sodium. 434 mg potassium; 24 g carbohydrates; 1 g fiber; 18 g sugar; 2 g protein; 16950 IU vitamin a iu; 40 mg vitamin c; 82 mcg folate; 91 mg calcium; 1 mg iron; 41 mg magnesium;

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## Garden Fresh Tomato Soup



A quick and easy recipe for real homemade tomato soup like no other you've had before.

By Charlotte

**Prep:** 5 mins

**Cook:** 30 mins

**Total:** 35 mins

**Servings:** 6

**Yield:** 6 servings



### Ingredients

4 cups chopped fresh tomatoes

1 slice onion

4 eaches whole cloves

2 cups chicken broth

2 tablespoons butter

2 tablespoons all-purpose flour

1 teaspoon salt

2 teaspoons white sugar, or to taste

### Directions

#### Step 1

In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.

#### Step 2

In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

#### Partner Tip

Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

#### Nutrition Facts

##### Per Serving:

80 calories; 1.8 g protein; 9.4 g carbohydrates; 11.8 mg cholesterol; 742.9 mg sodium.

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YIELD: 8

## Gut-Healing Vegetable Broth

A nutritious, gut-healing broth as a vegan alternative to bone broth. If you don't like or can't find any ingredients, don't worry. Add what flavours you like and try to get as much variety and nutritional goodness as you can!

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	1 hour	1 hour 5 minutes



### Ingredients

- 12 cups / 2 3/4 litres filtered water
- 1 tbsp coconut oil , or extra-virgin olive oil
- 1 red onion, quartered (with skins)
- 1 garlic bulb, smashed
- 1 chilli pepper, roughly chopped (with seeds)
- 1 thumb-sized piece of ginger, roughly chopped (with skin)
- 1 cup greens, such as kale or spinach
- 3-4 cup mixed chopped vegetables and peelings, I used carrot peelings, red cabbage, fresh mushrooms, leeks and celery
- 1/2 cup dried shiitake mushrooms
- 30 g dried wakame seaweed
- 1 tbsp peppercorns
- 1 - 2 tbsp ground turmeric (use less for a milder taste)
- 1 tbsp coconut aminos, (see notes)
- A bunch of fresh corriander, or other herb of your choice
- (optional) 1/4 cup nutritional yeast flakes, for extra flavour and vitamins

### Instructions

1. Simply add everything to a large pot. Bring to a boil then simmer, with the lid on, for about an hour.
2. Once everything has been cooked down, strain the liquid into a large bowl.
3. Serve immediately with some fresh herbs, for decoration or cool for later. It also freezes well.

## Notes

\*Coconut aminos can be very salty, depending on what brand you use so taste before adding any additional salt.

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<http://wallflowerkitchen.com/gut-healing-vegetable-broth-better-bone-broth/>

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## Strawberry-Cucumber Juice



This refreshing, healthy strawberry-cucumber juice is also made with an apple and carrots, making it taste like the farmers' market in a glass. No juicer? No problem. See the juicing variation below to make this strawberry-cucumber juice recipe in a blender.

By EatingWell Test Kitchen



### Ingredients

- 6 fresh strawberries, hulled
- 1 large cucumber, peeled and cut into chunks
- 1 large red apple, cut into eighths
- 2 medium carrots, peeled
- Ice (optional)

### Directions

#### Step 1

Working in this order process strawberries, cucumber, apple and carrots through a juicer according to the manufacturer's directions. (No juicer? Blender Variation.)

#### Step 2

Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

#### Tips

No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. First, place the soft and/or juice ingredients in the blender and process until liquefied. Then, add the remaining ingredients; blend until liquefied. Cut two 24-inch-long pieces of cheesecloth. Completely unfold each piece and then stack the pieces on top of each other. Fold the double stack in half so you have a 4-layer stack of cloth. Line a large bowl with the cheesecloth and pour the contents of the blender into the center. Gather the edges of the cloth together in one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

### Nutrition Facts

**Serving Size:** About 10 Ounces

#### Per Serving:

69 calories; 0.1 g saturated fat; 30 mg sodium. 566 mg potassium; 15 g carbohydrates; 1 g fiber; 12 g sugar; 1 g protein; 8450 IU vitamin a iu; 56 mg vitamin c; 48 mcg folate; 53 mg calcium; 1 mg iron; 37 mg magnesium;

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# YOGALIFE



MANIPURA  
Chakra Three

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## Orecchiette Pasta with Broccoli Sauce

★★★★★ 4.7 from 66 reviews

Author: [Sylvia Fountaine](#) Prep Time: 5 Cook Time: 25 Total Time: 30 minutes Yield: 4

Category: vegetarian main Method: stove top Cuisine: Italian

### Description

[Orecchiette Pasta with Broccoli Sauce](#) – a simple vegetarian pasta dish hailing from Tuscany that is easy to make, healthy and oh so delicious!

### Ingredients

SCALE

12 ounces broccoli florets- cut or broken into **very small florets** about equal size (about 6 cups packed)

8 ounces short pasta- [orecchiette](#) pasta, penne, rigatoni, etc

2 tablespoons [olive oil](#)

6 garlic cloves- rough chopped

generous pinch chili flakes

generous pinch [salt](#) and pepper, more to taste

1 teaspoon [miso](#) paste ( or sub 1–2 mashed anchovies)

2 cups [veggie broth](#) or chicken broth

**Garnish:** grated parmesan or [pecorino](#) cheese, lemon zest, chili flakes, fresh basil ribbons, toasted [pine nuts](#), toasted bread crumbs, [truffle oil](#) or kalamata olives- all optional.

### Instructions

- 1 Steam small broccoli florets **until very tender** (easily pierced with a fork) and set aside.
- 2 Cook pasta according to directions, and **save some hot pasta water when you drain.**
- 3 In a large pan, saute the garlic and chili flakes in the [olive oil](#), over medium heat until fragrant and golden, about 2-3 minutes. Stir in the [miso](#) paste (or anchovy), then add steamed broccoli, [salt](#), pepper and the **broth**.

- 4 Bring to a gentle simmer and start breaking apart the broccoli with a [metal spatula](#) into tiny pieces. As it cooks it will get easier to break apart. You want the broccoli to basically melt down into a “sauce”. Continue simmering gently on low heat until half of the liquid evaporates and it becomes the consistency of a thick sauce, **about 10-15 minutes**.
- 5 If it seems watery and separated, just keep cooking it down. It won't be smooth- but just broken down and very very tender.
- 6 Add the pasta. Toss well. Add more pasta water if you like it a little more ” saucy.” Taste for [salt](#), adding more along with pepper, chili flakes and lemon zest.
- 7 Divide among bowls and top with any of the garnishes you like. **Grated Parmesan or [pecorino](#) adds depth and [salt](#)**, lemon zest adds a nice brightness, which I highly recommend and a drizzle of [truffle oil](#) elevates.
- 8 Enjoy!

## Notes

- i Sometimes I'll halve the pasta (if cooking for two) and make this with the same amount of broccoli sauce, boosting the broccoli part. Just sayin'.:)

<b>Nutrition Facts</b>	
Serves 4	
<hr/>	
<b>Amount Per Serving</b>	
<b>Calories</b>	407
<hr/>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 16.3g	<b>21%</b>
Saturated Fat 5.9g	
<b>Cholesterol</b> 19.3mg	<b>6%</b>
<b>Sodium</b> 423mg	<b>18%</b>
<b>Total Carbohydrate</b> 49.6g	<b>18%</b>
Dietary Fiber 7.5g <b>27%</b>	
Sugars 3.3g	
<b>Protein</b> 20.7g	<b>41%</b>
<hr/>	
Magnesium 25%	Potassium 12%

**Keywords:** *Orecchiette Pasta, Orecchiette, broccoli pasta, broccoli pasta recipes, orecchiette pasta recipe, broccoli recipes, vegetarian pasta recipes, healthy pasta recipes, vegetarian broccoli pasta*

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# Vegetarian Pad Thai

★★★★☆

*This is a simple pad thai loaded with crisp vegetables and zesty flavor. It's quick, simple, and fresh-tasting. —Colleen Doucette, Truro, Nova Scotia*

---

**TOTAL TIME:** Prep/Total Time: 30 min.

**YIELD:** 4 servings.

---

## Ingredients

6 ounces uncooked thick rice noodles

2 tablespoons packed brown sugar

3 tablespoons reduced-sodium soy sauce

4 teaspoons rice vinegar

2 teaspoons lime juice

2 teaspoons olive oil

3 medium carrots, shredded

1 medium sweet red pepper, cut into thin strips

4 green onions, chopped

3 garlic cloves, minced

4 large eggs, lightly beaten

2 cups bean sprouts

1/3 cup chopped fresh cilantro

Chopped peanuts, optional

Lime wedges

## Directions



1. Prepare noodles according to package directions. Drain; rinse well and drain again. In a small bowl, mix together brown sugar, soy sauce, vinegar and lime juice.
2. In a large nonstick skillet, heat oil over medium-high heat; stir-fry carrots and pepper until crisp-tender, 3-4 minutes. Add green onions and garlic; cook and stir 2 minutes. Remove from pan.
3. Reduce heat to medium. Pour eggs into same pan; cook and stir until no liquid egg remains. Stir in carrot mixture, noodles and sauce mixture; heat through. Add bean sprouts; toss to combine. Top with cilantro and, if desired, peanuts. Serve with lime wedges.

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ANAHATA  
Chakra Four

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## Simple Celery Soup

★★★★★ 4.9 from 125 reviews

Author: [Sylvia Fountaine](#) Prep Time: 15 Cook Time: 20 Total Time: 35 minutes Yield: 7 cups

Category: Soup, vegan, Gluten free Method: Stove top Cuisine: Northwest

### Description

*A healing bowl of Celery Soup- comforting, affordable and flavorful, that can be made in 35 minutes. Healthy, delicious and vegan adaptable!*

### Ingredients

SCALE

2 tablespoons [olive oil](#), or butter

1 onion, diced

4 fat garlic cloves, rough chopped

6 cups celery, ***sliced thin*** (about 1 ¼–1 ½ pounds) 1 extra-large head, save some leaves for garnish

2 cups potatoes, sliced into ½ inch thick rounds ( about ¾ lb – 1 extra-large russet peeled, or use a few yukons, unpeeled.

4 cups veggie or chicken broth ( or 4 cups water + 1 tablespoon “Better than Bouillon” Vegetable Base)

1 cup water

1 bay leaf (optional, remove before blending)

1 teaspoon [salt](#)

½ teaspoon pepper

1/8 – 1/2 teaspoon cayenne, start conservatively or leave it out entirely.

Add:

¼ cup fresh dill (small stems ok)

½ cup fresh parsley (small stems ok)

Stir in: ½ cup (or more) of sour cream, plain yogurt, vegan sour cream, heavy cream or cashew cream. (see notes)

## Instructions

Heat the oil in a big pot over medium high heat, and add the onion, stirring occasionally, letting the onions get golden, about 5 minutes.

While the onions are cooking, rough chop the garlic, celery and potatoes. When the onions are golden add the garlic and stir 1-2 minutes, until fragrant. Add the celery, potatoes, broth, water, bay leaf, [salt](#), pepper, and cayenne. The liquid should just cover the veggies. Cover, bring to a rolling boil, turn heat down and simmer gently until potatoes are tender, about 10 minutes.

Turn heat off, remove bay leaf and add the fresh herbs and just wilt them (don't cook herbs or you lose the vibrant color!)

Using an [immersion blender](#) blend until very silky smooth – OR if using a regular [blender](#), let cool before blending in smaller batches. ( If blending warm soup, *fill blender no more than halfway full*, cover tightly with a lid and [kitchen towel](#), *holding it down firmly*, when you start the motor (on the lowest setting, working up gradually) to prevent a [blender](#) “explosion”).

Blend well, a full minute, until herbs are fully blended, creating a vibrant colored soup. For extra “green” color, add a handful of raw spinach if you like, or more fresh parsley. Place it back in the same pot over low heat. Stir in your choice of sour cream, or any of the other options.

\*\*\*Gently heat, careful to not over simmer, or you may lose the lovely vibrant color.

To make the crispy celery leaves, heat a generous amount of [olive oil](#) in a small skillet over medium heat. Wait until the oil is hot. Fry a “tester” celery leaf for 10-20 seconds on each side. Set on a paper towel. If it is crisp, continue on. Adding a few at a time, not overly crowding. If not crisp, fry them a little longer. You want about 3-5 leaves per [serving bowl](#). In the same oil, you could fry the [nigella seeds](#) until you just begin to hear popping. Turn heat off. Arrange the crispy celery leaves in a crescent shape. Spoon a little of the [nigella seeds](#) along with a little oil in the same shape. Sprinkle with [hemp seeds](#) if you like.

Enjoy!

## Notes

- i If using cashew cream, adding a little splash of lemon juice, enlivens the soup. Sour cream and yogurt have a natural tanginess, so you may not need it.
- i A quick way to make this vegan version ( with cashew cream), is toss the ½ cup of cashews into the simmering pot at the beginning with the celery and potatoes, letting them soften. Then just blend it all up!
- i Slicing the celery thinly will prevent fibers texture.

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YIELD: 2 TO 4

# Crunchy Taco Kale Salad

cook time: 15 MINS total time: 45 MINS

## INGREDIENTS

### crunchy chili tortilla strips

- 4 (4-inch) corn tortillas
- 1 tablespoon olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt

### chipotle lime avocado dressing

- 1/3 cup plain greek yogurt
- 1 tablespoon adobo sauce from can of chipotle peppers in adobo
- 2 limes, juiced
- 1 avocado
- 1/4 teaspoon ground cumin
- 1/4 teaspoon smoked paprika
- pinch of salt and pepper

### salad

- 1 head curly green kale, leaves torn from stems
- 1 head red kale, leaves torn from stems
- 2 tablespoons olive oil
- 1 cup grape tomatoes, quartered
- 1/2 cup black beans
- 1/2 red onion, diced
- 1/2 cup freshly grated white cheddar cheese
- 1 jalapeno or serrano pepper, sliced
- 1 avocado, sliced
- 2 tablespoons chopped fresh cilantro

## INSTRUCTIONS

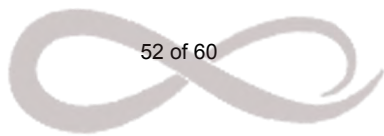
1. Preheat the oven to 400 degrees. Slice the tortillas into 1/4 or 1/2 inch thick strips. Place them



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on a baking sheet and toss with the olive oil. Sprinkle with chili powder and salt. Bake for 15 to 20 minutes, until crispy and golden brown.

2. While the tortillas are baking, make the dressing. Add all of the ingredients to a food processor or blender and puree until smooth and creamy. Taste and season additionally if needed. You may want more spice, more salt, more smokiness?
3. Add all of the kale to a large bowl. Drizzle it with the olive oil and use your hands to massage the the oil into the kale – you want every leave moistened. Let it sit for 5 minutes. After 5 minutes, take 1/3 cup of the dressing you made and do the same. Drizzle it over the kale and massage. Now build your salad! On go the black beans, tomatoes, diced onion, cheddar cheese, peppers, avocado and cilantro. If you want, you can totally add chicken or steak or tofu or anything else you'd like!

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# delish

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## Roasted Beet Goat Cheese Salad

by DELISH EDITORS

MAY 11, 2018

**YIELDS: 4 SERVINGS**

**PREP TIME: 0HOURS 15MINS**

**TOTAL TIME: 1HOUR 15MINS**

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### INGREDIENTS

- 6 medium beets, scrubbed
- 6 c. arugula
- 1 avocado, sliced
- 4 oz. goat cheese, crumbled
- 1/2 c. chopped toasted walnuts

### FOR DRESSING

- 1/2 c. extra-virgin olive oil
- 1/4 c. balsamic vinegar
- 1 tbsp. maple syrup
- 2 tsp. Dijon mustard
- Kosher salt
- Freshly ground black pepper

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### DIRECTIONS

- 1 Preheat oven to 400°. Wrap each beet in foil and place on a baking

sheet. Roast until tender (you can insert a fork or knife through the foil to test), about 1 hour. Let sit until cool enough to handle, then peel and cut into wedges.

- 2** Meanwhile, make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup, and Dijon until fully combined. Season with salt and pepper.
- 3** Place arugula in a large serving bowl and lightly dress with vinaigrette. Top with beets, avocado, goat cheese, and walnuts. Toss gently and add more vinaigrette as needed.



VISSUDHA  
Chakra Five

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# Strawberry Corn Salsa

★★★★☆

*This recipe makes art in a bowl! All the colors of summer are captured in this salsa with a fresh, light flavor perfect for snacking between swims or to kick off a backyard barbecue. This can be served with chips or alone as a side dish. —Catherine Goza, Charlotte, North Carolina*

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**TOTAL TIME:** Prep: 15 min. + chilling

**YIELD:** 5-1/2 cups.

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## Ingredients

2 cups fresh strawberries, chopped

2 cups grape tomatoes, chopped

1 package (10 ounces) frozen corn, thawed

2 green onions, chopped

3 tablespoons minced fresh cilantro

1/3 cup olive oil

2 tablespoons raspberry vinegar

2 tablespoons lime juice

1/2 teaspoon salt

Baked tortilla chips

## Directions

1. In a large bowl, combine the first 5 ingredients. In a small bowl, whisk the oil, vinegar, lime juice and salt. Drizzle over strawberry mixture; toss to coat. Refrigerate for 1 hour. Serve with chips.



## Berry White Ice Pops

★★★★★

*Nothing says summer like an ice pop. Kids and adults alike love this fruit-filled version. — Sharon Guinta, Stamford, Connecticut*

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**TOTAL TIME:** Prep: 10 min. + freezing

**YIELD:** 10 pops.

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### Ingredients

1-3/4 cups whole milk, divided

1 to 2 tablespoons honey

1/4 teaspoon vanilla extract

1-1/2 cups fresh raspberries

1 cup fresh blueberries

10 freezer pop molds or 10 paper cups (3 ounces each) and wooden pop sticks

### Directions

1. In a microwave, warm 1/4 cup milk; stir in honey until blended. Stir in remaining 1-1/2 cups milk and vanilla.
2. Divide berries among molds; cover with milk mixture. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm.

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# Blackberry Mint Pops

☆☆☆☆☆

*Classic pops get a nutrition makeover and go gourmet when blackberries and mint collide in the freezer.—Myrna Campbell, Philomath, Oregon*

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**TOTAL TIME:** Prep: 20 min. + freezing

**YIELD:** 16 pops.

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## Ingredients

2 cups water

1 cup packed brown sugar

2 cups strained blackberry puree (from 4 cups fresh blackberries)

1/4 cup minced fresh mint

16 freezer pop molds or 16 paper cups (3 ounces each) and wooden pop sticks

## Directions

1. In a small saucepan, bring water and brown sugar to a boil. Cook and stir until sugar is dissolved. Stir in blackberry puree and mint.
2. Fill molds or cups with 1/4 cup fruit mixture. Freeze for 1 hour or until slushy. Gently stir to distribute mint. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm.

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# Grilled Stone Fruits with Balsamic Syrup

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*Get ready to experience another side of stone fruits. Hot off the rack, these grilled nectarines practically melt in your mouth. —Sonya Labbe, West Hollywood, California*

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**TOTAL TIME:** Prep/Total Time: 20 min.

**YIELD:** 4 servings.

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## Ingredients

1/2 cup balsamic vinegar

2 tablespoons brown sugar

2 medium peaches, peeled and halved

2 medium nectarines, peeled and halved

2 medium plums, peeled and halved

## Directions

1. In a small saucepan, combine vinegar and brown sugar. Bring to a boil; cook until liquid is reduced by half.
2. On a lightly oiled grill rack, grill peaches, nectarines and plums, covered, over medium heat or broil 4 in. from the heat until tender, 3-4 minutes on each side or until tender.
3. Slice fruits; arrange on a serving plate. Drizzle with sauce.

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