

OMgoddess Newsletter



Welcome to the first edition of OMgoddess Newsletter. Eric Ferrone and Ashley DeSaro are excited to bring you an authentic newsletter from our heart to your eyes of what we think your looking to read. Eric Ferrone has had a vision of bringing you a cutting edge newsletter with fun to read articles. Check it Out!

From Studio to Virtual

2020 has been a crazy year so far and a year we will never forget. Many of us honestly were like WTF I cannot go without yoga! But luckily the Yoga Community is strong and creative. We all have joined focus and went online to continue to serve our students and even get a bigger range of students through platforms like Zoom, Facebook, Google Meetups, Instagram, and More. Doing a class in your home is a completely different experience then enjoy a class at a studio space; but at least we can still come together and honor ourselves in this digital age. Personally, I don't know what



I would do without my community and being able to see them and give them virtual hugs and high fives. I know we all cannot wait to our yoga shalds open again and we can practice together! Part of the yoga practice is practicing Santosha where you accept your surrounds and you accept yourself; letting go of what you can't control and focus on what you can control. You can control your thoughts and your actions. You can still make it to your mat and practice. So much material has come from this and the yoga community has really showed how strong we can be together. If you have lost your practice, make sure to get back to it- Self Care is so important. Pure's Virtual Schedule is on last page and information on how to ZOOM.

Find Your Zen with Sa Ta Na Ma



Mantras have a powerful ability to reshape our subconscious mind and open us to the possibility of transformational change. When we chant SA TA NA MA, we can connect are Best Self; giving your subconscious a fresh start. .The SA TA NA MA chant derives from the Kundalini lineage and was created by Yogi Bhanan. Yogi Bhanan recommends doing this every day for 11 minutes.

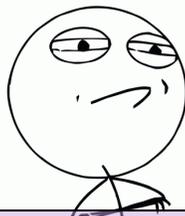
To meditate using SA TA NA MA, you will connect the thumb to each finger, creating different mudras that represent the four stages of life

Bring your thumb to each finger, and repeat:
point finger – SA – this is where all existence is birth from, the universe
middle finger – TA – this is where you're a existing as part of the world, evolving
ring finger – NA – all things experience death, transitioning
pinky finger – MA- rebirth and renewal



Eric Ferrone @yogabruhh
Ashley DeSaro @littlest_unicorn_yogi
Adrienne Stevens @seaside_yogi
Ariana Speranza @arianasperanza
Danny Petrone @spiritwomanofthefirewolf
Erica Pierson @ericadolphin

CHALLENGE ACCEPTED



Up for a Challenge?

OMgoddess Scavenger Hunt

Think King of the Road meets Yoga. Each Time you complete a Challenge you receive points. At the end of the month we will tally up the points for a winner.

Post a Picture of the Following and #Omgoddesschallenge

- Puppy with your puppy (50 pts)
- Yoga with your family (50 pts)
- Warrior 2 on the wall (25 pts)
- Sphinx with a cat (50 pts)
- Double plank with a family member (100 pts)
- Arm balance on an object (150 pts)
- Side Plank on a couch (25 pts)
- Tree pose holding 2 eggs (25 pts)
- Downdog over a pet or family member (50 pts)
- Wheel over a pet or family member (50 pts)
- Tree and eat a snack (25 pts)
- Take a Virtual Yoga Class- Snap a Pic (75 pts)
- Any Acro Pose (100 pts)
- Inversion at the wall (75 pts)
- Chair pose over a chair (25 pts)
- Low plank and read a book (50 pts)
- Pigeon Pose & chill -Netflix in the background (75 pts)
- Pour a drink in warrior 3 (150 pts)
- Tree Pose next to a tree (25 pts)

Recipe Corner

From thelazybroccoli.com

The Best Vegan Tofu Nuggets

Prep Time: 5 mins

Cook Time: 15 mins

Total Time: 20 mins

Servings: 1 people

Ingredients

1/2 block extra firm tofu

1/4 cup panko breadcrumbs

2 teaspoons cornstarch

2 teaspoons water

1/8 teaspoon salt

1/4 teaspoon basil flakes optional

1/4 cup vegetable oil

Instructions

1. Mix 1/4 cup of panko breadcrumbs with 1/8 teaspoon salt, and 1/4 teaspoon basil flakes if you have it.
 2. Mix 2 teaspoons cornstarch (packed) with 2 teaspoons of water. You will get a relatively thick slurry.
 3. Pat dry with a paper towel 1/2 block of tofu and chop into bite-sized pieces. I go for rectangle blocks, but you can do cubes as well.
 4. Heat up some vegetable oil in a frying pan as you're doing this.
 5. Dip the tofu chunks into the cornstarch slurry - no need to try and achieve a "thick" layer. As long as it's coated it is fine! After that dip it in the breadcrumb's mixture. After that, place the tofu into the pan/fryer. Repeat this for all the tofu chunks you have.
 6. I do a shallow fry and use approximately 1/4 cup vegetable oil. Do adjust the amount of oil if you need to! Deep frying would probably give the best or most even frying results, but I don't like deep frying at home.
 7. Fry the tofu over medium heat until golden brown (you'll need to probably flip it around if you're shallow frying).
 8. When done, remove the tofu nuggets from the pan and let it rest on a paper towel to soak up any excess oil. Serve after a minute or two
- Note:** 1/2 block of extra firm tofu can serve 1-2 people, depending on what other snacks/ dishes you serve it with. Gluten-free version, you can use gluten-free panko breadcrumbs.



What the Zoom?

Zoom has blown up this last month. Looks like we have some more time on zoom and if you haven't tried it yet- what are you waiting for? It is very simple to use! Basic Steps:

1. Download App or Zoom.us to create a Free Account
2. Sign up for a Class on Mindbody and receive a meeting id (and/or password)
3. Click Join Meeting to type in the Meeting Id number and/or password
4. Click use internal audio and you're in!
5. To mute line click the microphone with mute under it
6. To stop your video click Stop Video – this will stop yours not ours- but we love to see you flow!

Eric and Ashley's Songs to Flow To



Olivia by Rayland Baxter

Don't Hold Your Breath by Wookiefoot

California by Tyler Lyle

For The Good Times by Al Green

The Suburbs by Arcade Fire

Fresh Roses by Juke Ross

Little Light by Amos Lee

Carry Me Way by John Mayer

Let it Breathe by Rob Riccardo

Memories by Maroon 5

Pure's Virtual Schedule

- Sunday 8 AM Rise and Shine
- 9:30 AM Fitness Flow
- Monday 9:30 AM Hatha Yoga
- Noon Gentle Yoga
- 6 PM Open Levels
- Tuesday 9:30 AM and 6 PM Vinyasa Flows
- Wednesday 9:30 AM Gentle Yoga
- 6 PM Freedom Flow
- Thursday 9:30 AM Hip Flow
- 6 PM Slow Flow
- Friday 9:30 AM Hatha Flow
- 10:45 AM Kid's Yoga
- \$5 Donation Flow Fridays at 4 PM – all proceeds go to Love Your Brain

Pop Up Classes and More Coming in April-
Check out our Website and Social Media
Pages for Details

