



# The Art of Bliss

[www.TheElitePeasant.com](http://www.TheElitePeasant.com)

Email: [TheElitePeasant@gmail.com](mailto:TheElitePeasant@gmail.com)

Volume 2 Issue 6  
2020

Welcome to the monthly newsletter from the Elite Peasant. Each issue we will cover topics from yoga, wine and useful tips that guide towards a reuse, recycle and repurpose lifestyle.  
Welcome to *The Art of Bliss*.

## BEGINNING A MEDITATION PRACTICE

As we continue to settle into the continually changing pandemic landscape, I wanted to take a bit of time to share some thoughts on starting a meditation practice to help you ground, settle, relax and reduce anxiety. Researchers have found that as little as 12 minutes day of meditation over an 8-week period, can produce noticeable changes in the brain, decrease levels of anxiety and increase immune function and perhaps overall happiness and well-being. As many are still working remotely, this could be the best time to start to develop this wonderful practice into your every day.

If you are new to mediation, the best advice is to start slow. When you are new to the practice, sitting for 5 minutes can begin to feel like an eternity. First, lets find a spot to meditate. I recommend using a pillow on the floor, or sitting upright in a chair with your feet resting on the floor. You can also lie down, although the goal is not sleep 😊 Jon Kabat-Zinn describes the best mediation pose as on that “embodies dignity and wakefulness”.

The best meditation is effortless. It is letting your mind do what it needs to cleanse and purge. You can start by focusing on your breath or introducing a mantra. The reason we introduce a mantra is to keep

us focused, not on the items in our mind, but rather on nothing. Let your mind wander, acknowelge the thoughts, let them go and gently return to your mantra or the focus on your breath. Don't fight any part of it. Let the flow be gentle and do not worry if you are doing it correctly or criticize yourself. Your practice will grow organically and gently.



Try to commit to the same time each day, perhaps once a day or even in the morning and evening. You will find even the simplest approach will yield lasting benefits.

## YOGA CLASSES

*Private classes have resumed, so feel free to reach out to set up your day/time. We are currently practicing hands-off with more cues for alignment and safety first during Covid.*

**CHECK** our website for up-to-date class schedules or reach out to set up your **Corporate Yoga** or **Private Yoga** classes today.

[www.TheElitePeasant.com/yoga](http://www.TheElitePeasant.com/yoga)



Check out our new Yoga & Wine Class **Zen to Zin** hosted at LaVella Grace Skin & Wellness Spa, 3091 Holcomb Bridge Road, Suite I2, Norcross, GA; sign ups through LaVella Grace 404-229-4219. **Time 7-8:30 pm**  
**August 28**  
**September 25**  
**October 23**

Also, stay tune for upcoming dates for **the City of Dunwoody Parks and Recreation UnWined Yoga and Wine** Classes. Signups are through the park and recreation website.  
**Dates: pending Fall dates**

And join us at our monthly yoga and wine **Pour Down the Peace, Art is Motion**, 1560 Indian Trail Lilburn Rd #109, Norcross GA: **August 7, 7-8:30 pm**

*Follow us on social media or our website for the latest dates, times and locations*

## RECIPE PICK

### *Roasted Chickpea Gyros*

The local farms are still bursting with summer vegetables, including onions, lettuces, and tomatoes. With the simple addition of chickpeas, a wonderful summer friendly meal is just around the corner!!

Take 1 1/2 cups of soaked chickpeas and drain and dry them. (You can typically soak the chickpeas overnight for ease). Toss your chickpeas with about

1 Tbsp. olive oil, 1 Tbsp. sweet paprika, 1 tsp ground pepper, 1/2 tsp cayenne pepper, 1/4 tsp salt until well coated and spread out on a greased rimmed baking sheet. Then pop into a preheated 400 degree F oven for 20 minutes, until crispy. While they are baking, make some quick pita flatbread and tzatziki sauce. For the pita, we will combine 4 cups flour, 1 2/3 cups hot water, 1/4 olive oil and 1 tsp. salt. Mix until combined and then knead for 5 minutes. Cut into 12 equal pieces, roll out each into a circle and add individually to pre-heated cast iron pan, for 1 minute each side. For the tzatziki sauce, mix 2 cup plain Greek yogurt with 1 cup shredded cucumbers (let them sit a bit to drain), 2 Tbsp. lemon juice, 2 minced cloves of garlic, salt & pepper to taste and about 1 Tbsp. chopped dill. After you drain the cucumbers, mix together and adjust seasoning to taste. Best part is the pita flatbreads and the sauce can be made ahead of time and quick dinner comes together with the chickpeas. Once the chickpeas are done, assemble your pita with some tzatziki sauce, red onion, lettuce, tomatoes and of course your beautifully baked chickpeas. DELISH. Quick summer dish that pairs well with our white Bordeaux wine below. Enjoy!

## WINE PICK

Our wine pick this month is **Les Portes de Bordeaux Sauvignon Blanc**. This beautiful wine is from the left bank region of Bordeaux France and is a full sauvignon blanc grape. It has a very aromatic fruity nose and a surprisingly dry crisp taste full of citrus, green apple and oak. Medium body and medium to long finish, it's refreshing and pairs well not only with citrus dishes, but also fish and vegetables. Best part, this wine is a best buy under \$20. ENJOY!



## CANCELLED

*Dunwoody Lemonade Days*

*8/22-8/23 2020*

*Brook Run Park Dunwoody*

*Lemonade Days has been cancelled*

## SCHEDULED

*sign up to enjoy our free yoga class and  
candle stand at the*

**DUNWOODY FARMER'S  
MARKET**

**8/8**

**9/12**

**10/10**

**8 am to Noon**

**Brook Run Park**

## REUSE. RECYCLE. REPURPOSE

*Late Summer, getting ready for fall plantings...*

The summer is fast coming to an end and it is perfect time to think about getting the garden ready for fall plantings.

If you're like me, you are still awaiting some more of your tomatoes, peppers, eggplant and squash to mature, but your beans and lettuce beds are ready to be remade. Start planting your broccoli, cauliflower, cabbage, kales as well as your late summer snap peas, cucumbers and replanting squash. Lettuces can be resown again as well as they like the cooler temps, as does your parsley and spinach.

I would love to see your successes and failures with your garden this season. Mine have been many on both fronts, but that's what keeps me working on the process. From my one-day green thumb to yours, ENJOY!



We really appreciate your business, support and feedback, and truly value you as a customers and friends.

Our goal is to provide the very best service and continue to improve. We are looking to gain feedback on our service so that we can enhance your experience and continue to grow.

We would love to hear your feedback, and I would be incredibly grateful if you could take a couple of minutes to write a quick Google review for us. This will help us let others recognize the value and services we provide.

To submit your review, simply click the link below.

<https://g.page/the-elite-peasant/review?gm>

Thank you so much for taking the time to leave a review. Your feedback is highly appreciated and important to us and I look forward to reading your comments. Feel free to also read our current reviews, which give us a 5.0!

Many thanks,

Nicole @ The Elite Peasant