



# The Art of Bliss

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

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

Volume 2 Issue 8  
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*

## GRATITUDE JOURNALING Creating your daily Zen...weekly

Based on a study out of Berkley, writing in a gratitude journal three times per week might actually have a greater impact on our happiness than journaling every day. There's no wrong way to keep a gratitude journal, but here are some general instructions as you get started.

Write down up to five things for which you feel grateful. The physical record is important—don't just do this exercise in your head. The things you list can be relatively small in importance or relatively large. Don't just remember the event, record the emotions that come with it.

As you write, here are nine important tips:

1. Be as specific as possible.
2. Go for depth over breadth. Elaborating in detail about a particular person or thing for which you're grateful carries more benefits than a superficial list of many things.
3. Get personal. Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
4. Try subtraction, not just addition. Be grateful for the negative outcomes you avoided, escaped, prevented, or turned into something positive—try not to take that good fortune for granted.
5. See good things as "gifts". Try to relish and savor the gifts you've received.

6. Savor surprises. Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
7. Revise if you repeat. Focus on a different aspect in detail if you repeat.
8. Write regularly. Whether you write every other day or once a week, commit to a regular time to journal, then honor that commitment. But...
9. Don't overdo it. Evidence suggests writing occasionally (1-3 times per week) is more beneficial than daily journaling. That might be because we adapt to positive events and can soon become numb to them—that's why it helps to savor surprises.

## PRIVATE AND GROUP 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)



Come out and Enjoy Wine & Yoga with lots of new options

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**  
**October 23 (Spanish)**

Yoga and Wine **Pour Down the Peace**, Art is Motion, 1560 Indian Trail Lilburn Rd #109, Norcross GA:

**October 9 from 7-8:30 pm**  
**October 25 from 5-6:30 pm**

**Align & Wine...**virtual yoga and wine in partnership with iRestore Fitness.  
**Touch base for more info on our 11/20 class**

**UnWined** with City of Dunwoody  
**Yoga & Hot Cider – 10/11 and 10/25**  
**From 10-11 am at Brook Run Park**  
**Great Lawn**

**Yoga & Wine – 10/15 and 10/29**  
**From 6-7 pm at Brook Run Park**  
**Great Lawn**

Registration is through the City of Dunwoody Parks and Recreation

<https://secure.rec1.com/GA/dunwoody-ga/catalog>

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

## RECIPE PICK

### *Brazilian Fish Stew “MOQUECA”*

Creamy and decadent, this fish stew, much like it's cousins French bouillabaisse, the Portuguese bacalhoda, New England chowder and San Francisco cioppino, is easy, loaded with packed flavor that highlights the fish.

For your fish, you can select a firm white halibut, sea bass or black cod. Thick cuts work best and you need about one pound. Dry the fish and cut into 2” pieces. In a large sauté pan, heat 1-2 Tablespoons of coconut or olive oil over medium high heat.

Add 1 chopped onion and ½ tsp salt, and sauté 2-3 minutes. Turn heat down to medium, add 1 cup chopped carrot, 1 diced bell pepper, 4 garlic

cloves chopped and 1/2 jalapeno finely diced and cook 4-5 more minutes. Add 1 Tablespoon tomato paste, 2 tsp paprika and 1 tsp cumin with 1 cup fish or chicken stock. Mix and bring to a simmer and add 1-1 ½ cups diced tomatoes.

Cover and simmer gently on medium low for 5 minutes or until carrots are tender. Add the 1-14oz can of coconut milk and taste and add more salt if necessary. Nestle the fish pieces in the stew and simmer gently until it's cooked through, about 4-6 minutes. Spoon the flavorful coconut broth over the fish and cook until desired doneness or longer for thicker pieces. (You can also finish this in a 350F oven).



Season to taste and serve with some cilantro rice or side. Enjoy! Special thanks to Jamie W for this awesome recipe! Send us your recipe suggestion too!!

## WINE PICK



Our wine pick this month Vecordia Ribera Del Duero Criana. This Spanish Tempranillo has a deeply scented showcase of blueberry, along with subtle leather and floral qualities. With 13.5% alcohol, it finishes smooth with some oak and cloves and virtually tannin-free.

Drinks extremely well, and although an obvious choice for beef, lamb or game meats, because of the heartiness of the Moqueca, it pairs very nicely highlighting the spices in this dish.

ENJOY!

### CANDLES

*Get your holiday candle orders in 100% hand-poured soy candles with 100% cotton wicks and organic essential oils in a recycled hand cut rough edge wine bottle*

*16oz - \$18 or 2/\$30*

*10oz - \$12 3/\$30*

*8 oz - \$9 or 3/\$25*

*4 oz - \$5*

### REUSE. RECYCLE. REPURPOSE

*Your Fall Georgia Garden...*

So, fall has quickly sprung upon us and our gardens are ready for some fall cleaning. Here are some great steps to get your garden ready for the fall and spring:

- Choose the mild weather during this period to plant or transplant the following: beets, broccoli, cabbage, carrots, collards, lettuce, mustard, onions, radishes, spinach and turnips.

- Plant your second planting of fall crops such as collards, turnips, cabbage, mustard and kale.
- Refurbish mulch to control weeds, and start adding leaves and other materials for the compost pile. Store your manure under cover to prevent leaching of nutrients.
- Water deeply and thoroughly to prevent drought stress. Pay special attention to new transplants.
- Harvest mature green peppers and tomatoes before frost gets them — it may not come until November, but be ready.
- Harvest herbs and dry them in a cool, dry place.



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