



Reuse. Recycle. Repurpose.

The Art of Bliss

www.TheElitePeasant.com

Email: TheElitePeasant@gmail.com

Volume 3 Issue 3
March/April 2021

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*

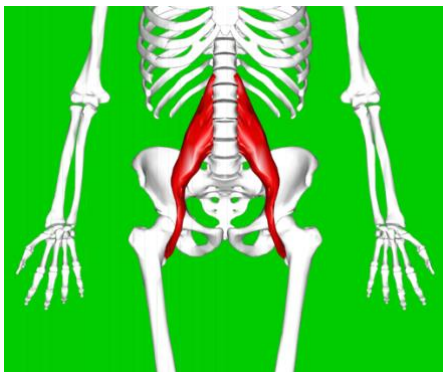
CANDLES

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

Scents include respiratory blend, clove, cinnamon, lavender, eucalyptus, lemon eucalyptus, jasmine, cedarwood, lemongrass, orange, lemon and rosemary.

YOGA and the PSOAS MUSCLE



The psoas muscle attaches to the T12-L4 vertebral bodies and the L1-L5 transverse processes (see illustration above). Its primary role is to flex the hip, but it also is important in side-bending the spine. Every time you step forward, your iliopsoas (portion where psoas and iliacus are one) working to lift the leg. Having a tight psoas muscle can cause difficulty and pain when trying to stand in a full upright position, pain in the buttocks and pain radiating

down the leg and into the groin. A tight psoas can force a tilt in your lower back (anterior pelvic tilt) and compress back muscles.

Stretching the psoas through yoga postures can help you alleviate and avoid psoas pain. Postures that work your leg flexed against gravity (think Tree Pose) help work this area, but also working the gluteus maximus and hamstrings (the antagonists) facilitate the psoas through the contraction on the opposite side (reciprocal inhibition).

****Postures to Stretch the Psoas:**

Standing: Triangle, Warrior 1, Warrior 2

Floor/Supine. Single knee to chest, Supine Lunge (aka 1/2 happy baby), Low Lunge, Pigeon





Yoga & Wine

Yoga and Wine ***Pour Down the Peace***, Art is Motion, 1560 Indian Trail Lilburn Rd #109, Norcross GA \$30 per person; RSVP: Art is Motion

March 26 from 7-8:30 pm Argentina

April 9 from 7-8:30 pm South Africa
April 25 from 5-6:30 pm New Zealand

May 7 from 7-8:30 pm Alsace
May 16 from 5-6:30 pm Greece

Breath & Brunch...COMING IN MAY.
Stay Tuned for Details.

Yoga Classes

UnWined with City of Dunwoody
 Classes begin April, 2021
<https://secure.rec1.com/GA/dunwoody-ga/catalog>

Saturday Morning Yoga
 with City of Doraville
 Classes begin April 17, 2021
https://www.doravillega.us/departments/parks_and_recreation/programs.php

Follow us on social media or our website for the latest dates, times and locations **for yoga, private, corporate and wine/yoga events.**

www.TheElitePeasant.com/yoga

RECIPE PICK

Sesame Seared Ahi Tuna with Japanese Spinach Salad and Miso Mayo Sauce
 Credit: Chef John, Food Wishes



Spinach Salad:
 1/2 lb. baby spinach leaves;
 3 TBL white sesame seeds, 1 TBL honey (or sugar), 1 TBL soy sauce, 1/2 tsp mirin

Place spinach in a dry pot over medium heat and cook down 1-2 minutes as

it just begins to wilt. Transfer to a strainer. While draining, toast the sesame seeds over dry heat until golden brown. Transfer to a mortar and pestle and crush into a very course paste. Add sugar/honey, soy sauce and mirin. Combine. Remove as much liquid from spinach as possible and rough chop. Add the dressing and mix well. Chill in the refrigerator.

Miso Mayo Sauce:
 Combine 1/4 c mayonnaise, 2 tsp miso paste, and 1 TBL rice vinegar together. Chill.

Sesame Seared Ahi Tuna:
 2-5 oz sushi grade tuna steaks
 2 TBL black sesame seeds, 2 tsp vegetable oil

Lightly salt your tuna steaks and then coat ALL sides with as many sesame seeds as you prefer. Brush a nonstick pan with oil and place over medium heat. Sear the tuna steaks on all sides 30-45 seconds each side.

ASSEMBLE: place miso sauce on plate and add tuna steaks. Add spinach salad and more sesame seeds to your preference. Enjoy!

Serve with a crisp Rosé

WINE PICK

This issue's wine pick features the Futurosa Rosata from the Piedmont region of Italy. This wine showcases a beautiful rosé blend of Barbera and



Merlot which is dry, fruity, full bodied and inviting to a long list of delicious food pairs: try it with pesto, asparagus, wings, our seared Ahi Tuna (feature recipe), grilled salmon

and more. Is isn't the sweet rosé you may have experienced before, but rather pic up on the notes of strawberry and watermelon, with a nice acid balance. Color is darker than a Provence rosé, almost filtering a hint of orange. Dry and crisp and ready for your palate challenge!

Enjoy!

REUSE. RECYCLE. REPURPOSE

Blame it on St. Patrick's Day falling on the calendar this month! Join us in creating your own personal challenge this month:

This Month's Challenge: Eat Your Greens

🗣️ Did you know that only 1 in 10 Americans eat enough vegetables every day? We're going to do our part to change that, starting with our own diets!

🥗 Your goal is simple. You just need to eat something green ... as in a veggie or fruit ... every single day. (Sorry, drinking green beer does not count toward this challenge!)

👥 Depending on your age and gender, it's recommended you eat 1.5 to 2 cups of fruit every day and 2 to 3 cups of veggies, as part of a healthy diet!

🧐 Possibilities: spinach, kale, green grapes, green apples, lettuce or salad greens, broccoli, kiwi, zucchini, or any other "green" item you can find in the produce section.

💖 Bonus: you also can include a "greens" supplement in your smoothie.

How to get your green veggies this week:

👉 Toss a handful of fresh spinach or kale into your morning smoothie.

🥚 Add greens to your scrambled eggs.

🥗 Have a salad for lunch.

🥦 Eat a side of green beans, broccoli, Brussels sprouts or other favorite green veggie with your dinner.

💖 Will you be joining us? What is your favorite green produce choices?



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