



The Art of Bliss

www.TheElitePeasant.com

Volume 1 Issue 7
2019

Welcome to the bi-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*.

PRIVATE YOGA

Is it Worth the Cost?

The benefits of yoga are very broad and classes vary by location, studio, teacher and school of training. But what about private classes? Yes, private classes are an investment but they also provide a customized, hands on, specific program tailored to your individual needs, goals and skill level.

By moving our bodies into different twists and poses, we help the body fight against diseases such as osteoporosis. Yoga poses put stress on the bones, causing the body to deposit more calcium and therefore, strengthens them. But what about proper alignment or posture? Starting at a big yoga class with students at different levels can lead you to perform yoga poses without proper alignment. In big classes, the instructor cannot provide individualized attention and assurance that everyone is performing the pose correctly. A private instructor will take the time to show you how to get into and out of every pose properly, and many can show you how to benefit from props to grow your practice.

Private instructors can also work around injuries and health issues with more customization than you are able to obtain in a studio setting and they can help you work toward better motion and mobility through concentrated work and attention.

Lastly, you are paying for exactly what you need and want, with an instructor who can help you develop and

grow a lifelong practice. But the best thing a private yoga instruction will give you is the opportunity to help you see yourself at a different level, to go deeper to the place where your spirit shines, and to help you shine that light outward for others to see.

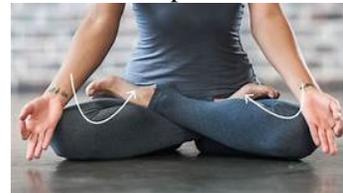
YOGA CLASSES

Don't forget to check our website for up-to-date class schedules or reach out to set up your private lessons today. Private lessons are a great way to work on expanding your yoga practice or to develop a meditation or personal practice outside of the studio.

www.TheElitePeasant.com/yoga

Lotus Pose

Lotus pose is the quintessential yoga pose – yet it is not an easy pose and certainly not for beginners. Lotus is one of the yoga poses which leads to a lot of injuries as students attempt to force into the pose, potentially



causing injury to the knees by squeezing and damaging the medial meniscus cartilage; this is painful and takes a long time to heal. The

hip joints must rotate outwards freely approximately 115 degrees to permit full lotus. This can be a goal, but not a starting point; rather, focus on what you accomplish in

your seated pose (any variety) and the focus on your breath and the work of your body. Some bodies, my own included, have limitations and listening to your body is a key principle of yoga.

Namaste, *Nicole*

WINE

For this issue, I wanted to focus on the Piedmont region of Italy which is most famous for Barolo and Barbera (King and Queen of wines) that typically, when aged, easily exceed the \$100 a bottle range. However, the grape on which these wines are based is the Nebbiolo



and, in the case of the Franco Serra wine, at a 100% and far more affordable. It's not a Barolo, but it has many of the same characteristics

Look for wines that say Nebbiolo and mention Piedmont and have the tell-tale blue sticker that means they are from a DOC.

Alternately, go to your favorite wine store and ask

for a Piedmont Nebbiolo in a good price range.

This is a medium body – medium tannin wine. It has more of a deep cherry and citrus initial palate with a healthy earthy taste (this is signature for Piedmont) that is deep and complex (mineral and pepper).

FOOD PAIRING

Reds from the Piedmont region pair classically with red meats, mushrooms and best of all, duck

Pan Seared Duck Breast with Vegetable Risotto and Charred Broccolini

1 duck breast

Chopped parsley and thyme

1 cup Carnoroli (or other Risotto) rice

Diced carrots (3), celery (2 stalks) and onion (medium)

4 cloves garlic chopped

Chicken stock (4 cups)

Butter

Bunch Broccolini

1 cup grated Parmesan

Olive oil

Preheat an oven to 400

Score the fat side of the duck into hatches with a sharp knife. Place fat side down in a cold skillet and raise the heat gradually to medium. Over 15 minutes, the fat should render (periodically reserve the rendered fat from the skillet) and once there is no whiteness left remove the duck breast and reserve.

Use half the duck fat to sweat the onions, carrots and celery. Add a bit of salt and a tbsp. of butter and stir on medium heat for about 10 minutes. Add the garlic and stir for a minute. Then add the rice, raise the heat, and stir until the grains are coated with the duck fat.

Add the chopped herbs, a bit more salt, cracked pepper and a cup of the broth and stir until it incorporates (about 4 minutes). Add 2 cups of broth, stir and cover and place in the oven for about 15 minutes.

Remove from the oven and taste – the risotto should be mostly done. Adjust salt and pepper and add another cup of broth and over a medium high heat stir to incorporate.



When the risotto has a bit of tooth when you taste, it is done. Turn of the heat, add grated Parmesan and cover.

Now finish the duck in a skillet using a tbsp. of the duck fat on high heat. Sear the non-fat side of the duck and season with salt and pepper. Place in the oven for about 4 minutes. Remove and let rest before cutting into thick slices.



In a **dry** skillet add the broccolini (no oil or salt) and on high heat let it char – about 5 minutes. Stir frequently. Add the rest of the duck fat, salt, pepper and squeeze in half a lemon. Stir for a few minutes and turn off the heat.

Serve as shown so the Risotto catches the drippings from the duck.

Enjoy!

Chef Tristan

Need More CANDLES ?

Come See Us at the Cider Days

**November 9
11am-4pm
Donaldson-Bannister Farm
Dunwoody GA**

NEW FRAGRANCE FOR THE FALL – **Rosemary!!**

Great for the holidays, come check out our stand on Saturday, November 9 at the Cider Days event in Dunwoody. You will love our hand-poured soy candles scented with 100% essential oils and presented in hand-cut recycled wine bottles which are finished with a smooth rough edge. We currently offer: Rosemary (with real rosemary inside), Lemongrass, Eucalyptus, Lavender, Gardenia, Rose geranium, Peppermint Eucalyptus, Lemon Eucalyptus and Grapefruit. Get your orders in early for the holidays!!!!



www.TheElitePeasant.com/shop

16oz \$18 or 2/\$30
8oz \$9 or 3/\$25
2-16oz + 1-8 oz. \$30
16 oz. + 2-8 oz. \$ 27

REUSE. RECYCLE. REPURPOSE

In our continued efforts to share with you some items that we incorporate into our lifestyle which helps us eliminate unnecessary waste, today's pick is bamboo cutlery.

Few options here for your next party or your work lunch. If your past has necessitated the use of plastic cutlery and Styrofoam plates, I have great news for you – there now is a bamboo compostable version of both. These plates and cutlery are eco-friendly and made from organic renewable bamboo. Best



of all, they are readily available in most grocery stores or online marketplaces.



And for those who pack your lunch and rely on the plastic cutlery at work, think about a small investment in the reusable bamboo version, complete with its own carrying pouch. I am not here to sell you on a brand, so be a savvy shopper. You will find lots offered everywhere from Target to Walmart to Amazon. I love mine and you will too!

HOLIDAY WINE CLASSES

Thinking of adding something special to your holiday plans???

Host a Wine Class!!!

Let The Elite Peasant take care of all the setup, provisions and cleanup. You simply arrange for the guests, and let the festivities begin.

Packages begin at \$250 for 10 people.

Reserve your spot today!!!

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