



The Art of Bliss

www.TheElitePeasant.com

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Welcome to the bi-monthly newsletter from the Elite Peasant. Each week 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*.

YOGA

Our social media offers a glimpse into our pose of the day or yoga motivation, but if you are local, please join us at one of our classes. You can find the class schedule posted on our website the 1st of each month. For the months of September and October we will be launching a sunrise class every Tuesday from 7:30 am -8:30 am in Dunwoody at Brook Run Park and a sunset practice on Wednesday from 6:30 pm -7:30 pm. We also teach at local studios so be sure to join our mailing list and visit the website to learn more.



Our yoga tip of the day relates to Tadasana or Mountain Pose. At first glance, Tadasana seems very simple. Stand straight, palms facing forward. But to really value this pose, dig a little deeper. Feel yourself deeply grounded into the earth with your feet

evenly balanced on all corners. Firm your thighs and lift your knee caps. Feel the energy rise from your feet to your crown. Feel your crown rise up to the sky and feel your arms and your heart open up before you. Lengthen your tailbone. Press your shoulder blades into your back and widen them. Widen your collar bones and let your arms hang. Soften your gaze or close your eyes. Take a deep breath and remember, all beautiful moments start with stillness. *Namaste, Nicole*

WINE

It's still summer and Tristan, our wine expert, recommends *Castel des Maures* - an excellent rosé from Provence that is easy on the wallet but full with subtle citrus notes, a smooth yet crisp middle palate and a bright finish.

If you can't make it to the Dekalb Farmer's Market and are hunting at your local store look for any Rosé with *Cotes de Provence* on the label and ***Appellation D'origine Protegee*** underneath it. It means it's the real deal.

FOOD PAIRING

A Provence Rosé goes perfectly with shellfish. Try our recipe for Mussels:

Prince Edward Island Mussels in a Rosé Saffron sauce

Serves 2

Prince Edward Island Mussels (1lb)

2 tbsp good quality olive oil

Parsley and Thyme finely chopped

2 tbsp butter

¼ cup half and half

¼ cup of Rose wine (recommended Provence)

Pinch of Saffron

1 shallot and 2 cloves of garlic finely chopped



A stock pot or any heavy bottomed pot with a tight-fitting lid works well for this.

Heat the olive over medium-high heat for a few minutes and add the shallots and garlic. Stir until the shallots go soft and the garlic becomes fragrant (a few minutes – don't burn the garlic).

Add the butter and when it starts to “sing” – become frothy – add the chopped herbs. Add the wine and reduce until the smell of alcohol dissipates (about three or four minutes).

Add the half and half and let that warm through for three minutes. Break the saffron between your fingertips and add to the pot. Finally add the mussels, give a stir and cover with a tight-fitting lid.

Check after 3 minutes. The shells should be open and the mussels should look plump. If the shells are still closed cover for a few more minutes. Turn off the heat and stir and leave covered.

Toast some crusty peasant bread and serve in shallow bowls with a lemon wedge.

Enjoy!

Chef Tristan

REUSE. RECYCLE. REPURPOSE

100% Soy Candles – coming soon

Finding an alternate use for items instead of discarding them is a core tenet at the Elite Peasant.

To this end we've started the process of *repurposing* our wine and sparkling water bottles into 100% Soy Candles.

These will be high quality, clean burning with essential oil scents – no chemicals or toxins

We'll keep you posted!

We challenge you to find an item you would typically throw away and find an alternate use for it. Let us know what you did and how you did it and we'll share it in the next issue!