



# The Art of Bliss

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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*.

## YOGA IS A PRACTICE NOT A PERFECTION

For those seasoned to yoga or those newbies, feeling like your forward fold resembles more of a mountain pose can be discouraging. Not everyone is super flexible. Flexibility – or mobility as I prefer to call it – is developed over time much like a marathon runner doesn't wake up a marathon runner. Yoga is all about the practice, not perfection.

Incorporating yoga into your every day life will help you develop your mobility, your sense of peace, and your own personal zen. Every day I meet new clients struggling through an injury or tightness, poor mobility, spondylosis, and more. My goal for every one is always to create a challenge for your body, with a respite for your mind. In teaching yoga, the goal is to be intentional in explaining the movements, to help achieve correct form and to avoid injury, to be versatile and adjust for every client without compromising anything, and to personalize the approach for everyone, every day, every body, every space with love.

Yoga at its core is connecting breath to movement, and if you are moving and you are breathing, you are practicing yoga. Be kind to yourself, your body and your heart. Practice self-love and know that every day

you are helping your body be stronger, your mind be more calm and your overall wellbeing improved. Practice toward stillness and peace, not perfection.



## 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. Our City of Dunwoody community class has also resumed with our Yoga Unwind on Wednesday night 6-7 pm. Registration is through the City of Dunwoody Parks & Recreation.*

**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 12, 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* at Art is Motion Dance Studio in Norcross. **Pending Fall dates**

Follow us on social media or our website for the latest dates, times and locations. **\*\* During the current COVID-19 climate, it is important to confirm classes are being held.**

## RECIPE PICK

### *Creamy mushroom and garlic pasta*

The local farms are full of amazing vegetables right now, and our local mushroom guy is no exception. Last week we brought home some beautiful shitake and oyster mushrooms. (still working on my mushroom foraging). So a perfect complement to the mushrooms and homemade pasta is a light cream sauce that highlights the shrooms.

In a large pan, heat up some olive oil. Add a few finely chopped shallots and your sliced mushroom varieties. Sauté about 4 minutes until the mushrooms begin to reduce, add your salt and pepper to season and add some finely chopped garlic. Cook gently until the garlic has released some of its

liquid. Add about ¼ cup of flour to the pan and stir to combine at this point. If you are low on oil in the pan you can add extra olive oil or perhaps some butter!! Work your roux until you cook out the flour taste, about 30 seconds or so, then add about ½ cup of your favorite milk, plant milk or cream,

and continue to stir to break up any lumps and to thicken. Use your judgement if you need more as this recipe is fully dependent on your mushroom/cream ratio preference. So don't hesitate to be creative in the kitchen! Remove from the heat and stir in some freshly grated parmesan cheese. Garnish with parsley and serve with your wine of choice, or our recommendation below. ENJOY!



## WINE PICK

Our wine pick this month is **Domaine de Couron 2015 Marie Dubois**.



This beautiful wine is from the Cotes du Rhone region of France and is a Syrah grape. It has a rich and intense flavor that pairs well with the mushroom pasta, which also makes it a great choice for beef, lamb or game meats. It has a deep purple color and bold flavor with mild tannin, it is dry on the mouth, yet has an acidic tang. Strong tobacco and chocolate flavors as well as plum fruit and earth, which is

why the mushroom pairing is amazing. Heavy wine with a finish that is strong and fruity. Best part, this wine is under \$20. ENJOY!

COME SEE US AT  
*Dunwoody Lemonade Days*  
8/22-8/23 2020  
*Brook Run Park Dunwoody*

**REUSE. RECYCLE. REPURPOSE**

*Wow, look at that tomato...*

This tomato plant is huge. She (I already named her Stella), stands 4 feet 3". She has my heart this season and I am hoping this is a sign at least my tomatoes are happy.

I always get very excited when plants begin to grow, and the anticipation of their amazing fruit yield is just upon me. Truth is, I move my plants so often around the garden to give them more room, that I often forget what variety is planted, until the fruit begins to form. This is very true of my current 27 tomato plants. Yes, I like tomatoes.

I also realized this month that my butternut squash has not been getting pollinated and I lost a few small fruit, which simply fall off without pollination. So, this week I am self-pollinating the squash. Trial and error folks, that is how my garden grows. Maybe I should have paid more attention in my youth when I grew up in a huge garden with my mom's green thumb.

ENJOY!

