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# francesca lily yoga

BRINGING YOU HEALTH, HAPPINESS, INSPIRATION,  
MOTIVATION AND INSIGHT OF THE YOGA WORLD AND BEYOND

## the world of yoga and beyond

### posture of the month

#### tree pose/vrksasana.

perfect timing with autumn's arrival, the dark nights, getting the heating on, long fresh walks, homemade soups, crunching through the fallen leaves.

**benefits:** practicing this posture will build strength in your core, legs, ankles and feet, improve your focus, open your hips, and you'll start to feel rooted and stable but at the same time energised.

**tips:** only root your foot onto your leg where feels comfortable, you will find it easier to balance this way. do not put any pressure on your knee joint. engage your stomach muscles and focus on a stationary point.

**enhance the posture:** raising your arms, take your gaze to the sky, or close your eyes.



TREE POSE  
vrksasana

### passage

**fear. (n) 'an unpleasant emotion caused by the threat of danger, pain or harm.'**

we all have things in this world we are scared of; large, small, likely, unlikely. from spiders, to certain foods, heights, illness, falling, cities, the sea. personally, i am scared of the dark, but only when people are playing practical jokes and find joy in jumping out at me - i very pathetically cry, and drop to the ground. if i sense that someone is about to, i block my ears, close my eyes and freeze. to some people this will seem very irrational, and a pointless waste of time. i have no qualms with letting a spider crawl up my arm, jumping out of an airplane, or travelling abroad alone, yet i get goosebumps at the thought of being jumped out on! with this fear, i luckily don't have to avoid too much in day to day life; as i can't predict when such stream of 'jump' events may unfold; but for some people, opportunities, experiences and lives can be limited due to the things that cause us fear. fear is, however, simply a preconceived concept of the mind. things that are unlikely to physically occur; but we remain scared and purposely avoid certain things just in case. fear and anxiety occur when our minds are focused too much in the future; what might happen, what could happen, instead of remaining present and enjoying each moment and day as it comes. if we are forever worried and scared about things, we avoid embracing the beauty of what this world can give, and miss the very moment of now, which is the only notion of time we ever have, so simply breath and Be.

### recommendations

#### chia seeds.

a real superfood. there are so many health and nutritional benefits of eating a sprinkle of chia seeds every day on yoghurt, in your cereal, or making breakfast pots, including:

//sustainable energy provider //packed full of antioxidants which fight infection and maintain immune system //high in fibre to aid digestion //reduces risk of heart disease //include nutrients such as calcium and magnesium to strengthen bones.

can be purchased for £2.49 for 100g from holland and barrett stores.



HOLLAND & BARRETT  
the good life

### yoga tip

**why it is beneficial to set an intention for your yoga practice?**

the sanskrit word for intention is sankalpa, meaning 'a vow that has been birthed in the very core of your heart.' when you are offered the opportunity to set an intention for your practice, the first thing that comes to mind will tend to be something that originates from the true depths of your heart. examples may be, 'to treat myself with love and respect,' 'to find peace,' 'to live in the moment.' there is no right or wrong with what your intention might be, and it is something that is helpful for you now in that present time, not something to aim towards that is future driven. reciting this intention is a good way to remain in focus and allows you to practice yoga in a chatter-free state of mind.

### aim of the month

alongside the passage of fear, it has been recognised that we should try to do one thing a day that scares us. i am going to encourage you to try this month to do one thing that brings you onto the edge of your comfort zone; try something new, go somewhere new, accept an invite out with a new group of people, book a running race, or a sky dive, hold a snake, eat an olive. you can make me jump next time i see you and i promise to try and laugh.

### class reminders

// thursday 7-8pm - coopers' school studio, upminster  
// thursday 8.15-9.15pm - coopers' school studio, upminster  
// private tuition - contact me for more information  
// christmas functions are causing changes to classes; classes will take place on tuesdays for the following dates:  
11<sup>th</sup> november 2014. 2<sup>nd</sup> december 2014. 9<sup>th</sup> december 2014.



Namaste,  
francesca lily



### recipes by clean simple

www.cleansimpleuk.com



#### spinach base quiche

##### ingredients

½ bag of frozen spinach  
6 - 8 eggs  
½ courgette  
2 plum tomatoes  
2 tbsp of soy/any milk  
salt and pepper



##### method

1. preheat oven to 180oc.
2. defrost your frozen spinach and squeeze out as much excess water as possible.
3. line your quiche dish with baking parchment and then pat down the frozen spinach around the edges and base to make a ½ cm crust. try not make sure it is as dense and packed in as possible with no gaps for the egg to escape!
4. place in oven to dry out for 10 minutes.
5. in a jug mix 6-8 eggs, i only used 2 egg yolks and the rest i just used egg whites but it is up to you how you like it and number of eggs depends on exact size of your quiche dish.
6. add the milk, salt and pepper and finely chopped courgette and tomatoes to the jug and mix thoroughly.
7. remove the quiche base from the oven and pour in your egg mixture so it fills up right to brim.
8. carefully place back in the oven and cook for around 30-40 minutes, again it depends on the size of your dish but it should go slightly golden on top when done.
9. place on the side and leave to cool and set before slicing.

#### key lime pie

##### ingredients

##### base:

200g dates  
100g pecan nuts  
100g macadamia nuts  
50g desiccated coconut  
1 tbsp coconut oil  
1 tbsp vanilla paste  
pinch of salt

##### filling:

180ml freshly squeezed lime juice  
pinch of salt  
3 large ripe avocados  
3 tbsp honey  
2 tbsp coconut oil  
1 tsp vanilla paste  
1 can of coconut milk (leave to stand then drain out liquid and just use the fatty solid milk)  
optional ½ tsp of spiruline powder

##### method

1. place the base ingredients in a blender and blitz until the mixture is consistent, keeping some texture.
2. line your tin with foil a distribute crust evenly across the base and sides of the tin - lightly compact by hand. place in the freezer.
3. put all filling ingredients in the blender until completely smooth. check the taste is 'limey' enough, and add more lime/honey accordingly.
4. pour filling into the crust and flatten out. place back in freezer until set (a few hours)
5. take out of the freezer 5/10 mins before eating to allow it to soften very slightly and garnish with fresh lime slices.

