



And the day came when the risk to remain in a bud was more painful than the risk it took to blossom...

- Anais Nin

COURAGEOUS BLOSSOMING

These days we hear a great deal about why we should take risks, and how important it is to jump, head first, into the waters of awaiting success. While this is absolutely a necessary part of learning to build self-confidence, and trust our talents and abilities, what about the vulnerable, secret places inside that continue to haunt our days and nights, often sabotaging our efforts at lasting success? This kind of blossoming takes relentless bravery, yet must be achieved if we want to be free to live our lives out in the open, as we truly are.

Courageous blossoming requires a willingness to open up to our deep-seated vulnerabilities. It's being able to identify what scares us the most about being who we are in the world. It's also about our fierce struggle to allow our naked underbelly to be viewed by a public that places so much emphasis on materialism and perfectionism. The fear of humiliation works against our desire to be true to ourselves, and therefore to others. Finding ways to avoid owning our tender spots provides only the *illusion* of being safe.

An unopened rose bud has turned in on itself so strongly that it can never realize its natural beauty, or release its fragrant aroma. Like the rose bud, hiding our imperfections and profound wounds prevent us from courageously blossoming into the beauty of our self-acceptance and the aroma of our spiritual essence. By opening up and sharing what we know, *our* dead past becomes the fertilizer for other buds to open.

COURAGEOUS BLOSSOMING MEDITATION

- With each exhalation relax your body, releasing tension where you feel tight, tense, or contracted.
- When relaxed and breathing is gentle and rhythmic, bring your attention to a time in your life that you've purposely kept hidden. Each time you breathe in, visualize surrounding that time with the golden hue of empathic love.
- Continue holding this vision in your mind, allowing your inner light of compassion to gently embrace the person you were at that time. Feel your body and mind as they begin to rest deeply.
- Ask your Higher Self, what it is that you can take away from this meditation that will heal your hidden brokenness. Ask how you can transform the past that has been influencing your present.

Give a moment of gratitude for this meditation, and appreciate the courage you've shown in looking back in order to heal, move forward, and fully blossom.

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SOULUTIONS WORKSHOPS

CHICAGO, IL
SATURDAY, JUNE 15

• CONSCIOUS
RELATIONSHIPS
9AM - 12:30PM

• CONSCIOUS MONEY
1:30PM - 5PM

LAS VEGAS, NV
SATURDAY, JUNE 29

• CONSCIOUS ENERGY
PSYCHOLOGY

9AM - 12PM

held at:

Stillpoint Center for
Spiritual Development

**TO REGISTER
FOR WORKSHOPS:**

702-504-5602



CLASSES

CONSCIOUS YOGA
Tuesdays 6PM – 7PM

CONSCIOUS MEDITATION
Thursdays 6PM-7PM

held at:
Chiropractic Healing Center
7250 Peak Drive, Suite 106
Las Vegas

COUNSELING

• CONSCIOUS LIFE STRATEGIES

Individual and family counseling either in person or via skype

**TO REGISTER FOR A CLASS OR SCHEDULE AN APPOINTMENT:
702-504-5602**

CONTACT

Alice Percy Strauss
Founder, Yogatsu® Institute

EMAIL:
yogaflash@gmail.com

WEBSITE:
YogatsuInstitute.com

FACEBOOK:
TheYogatsuInstitute

FORGIV IN-TU-IT™ YOGA THERAPY

Breathe smoothly and fluidly in each asana, inhaling as you prepare to move into the asana, exhaling as you move into the deepest part of the asana.



**Camel pose opens the throat chakra, aiding self-honesty and clearer communication. Heart chakra is expanded, allowing unity and harmony between humans. Quiets the extraneous workings of the mind.*



**Triangle pose focuses the mind, steadies ability to stand strong and in balance regarding personal truths, encourages willingness to open to your inner world, strengthens internal resolve, and aids personal will.*



**Child's pose generates calmness of mind. Creates a sense of sacred gratitude that lifts the spirit and soothes the soul. Provides good opportunity to investigate ideas, beliefs, and attitudes about life.*

CAMEL POSE

- Begin kneeling. Inhale and lift chest up toward head.
- On exhalation, bend upper torso back, keeping chest lifted away from waistline. Place hands on back of hips, blocks/books placed outside of feet, or on heels. Allow head to hang gently back, without strain. Breathe smoothly and calmly.
- With each exhalation, gently move front thighs forward, allowing upper chest to fall back easily. Keep breathe easy and relaxed. Soften inner body.
- Inhale and slowly come up with hands on buttocks. Use strength of thighs, not lower back, to come up.

TRIANGLE POSE

- Begin in Mountain pose. Step right foot out about 3–4ft. Turn right foot directly out to face wall.
- Lift heel and turn it out slightly. Inhaling, raise both arms up to shoulder height, while keeping both feet well planted on the floor. On exhale, bring chest down to right side, elongating the entire torso. Keep left leg active and powerful.
- On next exhalation, place right hand on floor, or yoga block, to outside of right foot. Raise left arm up and turn head to look up at your left hand. Continue extending torso out over right leg and foot. Keep left foot and leg planted into the floor. Think of left leg as your anchor. Remain for several breaths.
- On inhalation, place focus and power on left leg and foot, and bring torso up from the strength of left leg.
- Repeat on other side.

CHILD'S POSE (CLOSED LEAF POSE)

- Begin by sitting on feet. On exhalation, bend entire torso forward. If you cannot get your head on the floor, place a folded towel, stack of books, or yoga block on floor, and rest forehead on it.
- Place arms and hands back near your feet and allow palms to face upward.
- Keep shoulders and neck very relaxed and restful.
- Remain here for a few minutes. Come up slowly to avoid dizziness.

YOGATSU® WISDOM WORD OF THE MONTH

AWARENESS

Living life consciously with full attention to each moment

- *Living with full awareness gives meaning to life.*
- *Meditation deepens awareness*