

Hi, just a reminder that you're receiving this email because you have expressed an interest in Healthy Zen. Don't forget to add melanee@healthyzen.com to your address book so we'll be sure to land in your inbox!

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Courage and Fear

It has been a busy and exciting past few weeks. I recently returned from traveling to Chicago, New York, and Israel. One of my favorite things about trips back to Chicago is studying with one of my favorite yoga teachers Sara Strother. Sara has a masterful way of weaving powerful themes into the asana practice that cause me to pause and contemplate. On my last visit she brought up the theme of courage and fear. This really resonated with me in many areas of my life and followed me throughout my time in Israel.

I last visited Israel 17 years ago, so it was interesting to what had and had not changed. It was wonderful to connect with the captivating people, history, and culture. Although I was there in a heightened state of tension in the region, it was awe inspiring to see so much courage in the face of adversity. Living in a land of no peace, the people continue on each day with as much joy and determination as possible. They appreciate everyday and make the most of it whatever the circumstances.

This caused me to consider how we can all have

Check out [Healthy Zen](#) yoga, nutrition, recipes, and lifestyle tips!

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About Melanee Cooper and Healthy Zen



Founded by [Melanee Cooper](#) in 2012, [Healthy Zen](#) was one of the first private practices to offer yoga, meditation, and nutritional counseling, providing clients a holistic approach to optimal wellness.

courage in the face of adversity in our daily lives whatever our circumstances. Instead of letting fear paralyze us, we can move through that fear with courage. How would it change the way we live if we refused to let fear contract us and rule our lives, but instead moved from a more expansive space of courage that elevates us from the heart ?



"Life shrinks or expands in proportion to our courage."

~ Anais Nin

Hummus and Falafel

www.healthyzen.com

Testimonials



"Melanee truly teaches from the heart with a deep experience and intuition on what her students need to know in order to develop their own practice."
- R.G

"Melanee's Healthy Zen cleanse is nurturing, informative, practical and very supportive. Melanee mentors you through any issues, and makes the shift into conscious eating easy, fun, educational, and inspiring. The net result is feeling lighter on many levels and fueling the body inside and out. A fabulous investment in ones health that lasts beyond the class."
- Carone S. RN, MS



Schedule a private, group yoga session or health consultation with Melanee today!

melanee@healthyzen.com

[Healthy Zen](#)
[14 Day](#)
[Transformation](#)
[Cleanse](#)

January 21, 2016

- 1 15.5 ounce can chickpeas, rinsed and drained
- 3 medium to large cloves garlic, chopped
- 1.5 Tbsp tahini
- 1.5 Tbsp fresh lemon juice
- 1/2 C chopped parsley
- sea salt and black pepper
- 3-4 Tbsp quinoa flour
- 4 Tbsp olive oil for cooking

[Directions and more recipes!](#)



[Baba Small Batch](#)

[Hummus](#)

A local southern California company, Baba Small Batch Hummus sells their delicious homemade hummus at Santa Barbara's farmers markets, Whole Foods, and Lazy Acres. They have a variety of flavors

girls inc.®
Girls Incorporated
of Greater Santa Barbara

Girls Incorporated offers girls ages 4-1/2 to 18 years opportunities to experience success as they prepare to lead independent and fulfilling lives. At the heart of Girls Incorporated is the mission to inspire all girls to be strong, smart and bold. Check out their [website](#) for

and our current favorite is the power greens!

more information and ways to support this non-profit!

Try our newest hummus flavor
packed with **Power Greens!**



**kale,
spinach
& chard
hummus**

garbanzo beans
organic baby kale
organic spinach
organic rainbow chard
tahini
olive oil
fresh lemon juice
sea salt & spices



Melanee's Yoga Teaching Schedule



Mindful Yoga

Private and semi-private
sessions available at Healthy
Zen's new yoga room in the
Healthy Zen House!

Prayer at the Western Wall in Jerusalem



May I be peaceful
May I be happy
May I be healthy
May I be free from fear and suffering
May I be free

May all beings be peaceful
May all beings be happy

May all beings be healthy

May all beings be free from fear and suffering

May all beings be free

This is a Loving Kindness meditation that can be done throughout your day in a seated or walking meditation. Notice the effects on your mental and physical body.

Restorative Yoga for Stress, Anxiety, and PTSD



Mountain Brook Pose

- Sit in front of the horizontal side of two stacked blankets
- Make an accordion fold and place just below shoulder blades
- Place rolled blanket under knees
- Place rolled blanket under neck
- Lie back and breathe normally
- Let everything soften and rest

Post Traumatic Stress Disorder affects 20% of the world's population. That means 44.7 million people have or will suffer from PTSD. When we are in fear our nervous system is in a heightened state. If this continues the stress response can get triggered more easily over time. Yoga and meditation provide powerful tools to activate the parasympathetic nervous system which controls functions of the body at rest and maintains homeostasis.

If you suffer from stress or anxiety [schedule a yoga or meditation session with me](#) to learn tools and techniques to cultivate a calmer body and mind.



The Tin Man in Oz Park, Chicago

Happy Halloween!

healthy zen love,
melanee



healthy zen house

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