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Subject: Transformation Tuesday: Vitamins for the Mind, Body, Soul (and tummy!)
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Transform & Radiate with Cheryl



Live Radiantly

My "Aha" Moment of Gratitude

I had an interesting moment on Thanksgiving day. I attended a morning gratitude yoga class. It was wonderful for my body and felt so good. The teacher was fabulous, the environment was warm and beautiful, my heart was thankful for the practice of yoga and it's ability to rid my mind of distraction, I was excited to be in that mind space, and I was ready to fill with gratitude. But over the course of the class, I found that something was desperately missing for me.

[Read the Blog](#)

Tips to Transform

An Attitude of Gratitude

I hope everyone had a wonderful Thanksgiving with their families and had the opportunity to practice gratitude.

Did you know that gratitude may be one of the most overlooked tools that we all have access to every day? And that the link between gratitude and well-being has been scientifically proven? Gratitude opens the door to improved relationships, psychological health, and self-esteem. That makes sense. But what we often overlook are the physical benefits. Grateful people are documented to experience fewer aches and pains, better quality sleep, and reduced stress.

Cultivating gratitude doesn't cost any money or take much time, but the benefits are enormous. Set an intention to jot down 3-5 things that you are grateful for before you go to bed at night or before you start your day and watch what shifts for you. Better yet, keep a running list, and when it gets nice and long, save it and read it when you're feeling stressed!

Psalm 9:1 I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.

Holy Yoga Invites you to This Week's Slow Flow Yoga

Helmet of Salvation



Today:
On South Roscoe Blvd

Monday December 3rd
6:30 PM PVPC



Tuesday December 4th
9:00 AM 201 South Roscoe
Blvd, Ponte Vedra

“For as he thinks within himself, so he is.”
Proverbs 23:7 NIV

Donation based (\$5 suggested) and bring a
yoga mat and water (and a block if available)

Week 4 of our series on the Armor of God... the Helmet of Salvation. Covers the head... which houses the mind... Does anyone besides me need a piece of gear that protects us from our less than encouraging thoughts? Thankfully, there is much to protect us - come and see!

You do not want to miss today at 9:00! Week 3: Shoes of Peace.

Be sure to check out class listings
at: <https://transformandradiate.com/pages/classes>. Don't forget to register!

Recipe of the Week

Spicy Cashew Dressing (strategy: "add flavor")

Those who have been following me for a while know that one of my favorite strategies for making a healthy but delicious meal is enhancing the flavor profile through clean dressings, sauces or spices. Recently, I ordered a meal from the Sprout Kitchen that included this spicy cashew dressing. I loved it so much I begged owner, Forrest Masters, to share the recipe with us. Check it out

below.

For me, I would typically use this dressing on a macro bowl, using whatever vegetables, grains, proteins, and healthy fats that I have on hand. For ideas that you can personalize, also check out my recipe entitled "build a better bowl" -- an absolute go-to for me to create a nutritious, delicious and quick meal.

Speaking of quick, if you haven't tried Sprout Kitchen, I encourage you to do so. I have so much gratitude to have access to such clean and nourishing meals right to my doorstep on a busy week. <https://www.thesproutkitchen.com>

[See Recipe](#)



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