

Compliments of Jodee Harris

essential living

503



Stunningly Simple Home Decor



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Escape the ordinary and immerse yourself in a world of wonder and tranquility. Begin your journey with an unforgettable encounter with the majestic whales of the Pacific Northwest. There's something truly awe-inspiring about witnessing these gentle giants in their natural habitat. Let their graceful movements inspire a sense of peace and wonder.

Returning home, create a serene sanctuary by following our seven-day deep clean challenge. Once your surroundings are in order, turn your attention inward. Discover the perfect yoga practice to calm your mind and strengthen your body. Whether you're a seasoned yogi or a curious beginner, there's a style that's perfect for you.

After all that hard work, nourish your body with our delicious and easy-to-prepare sheet pan recipes. These one-pan wonders are the perfect way to end a busy day.

— From the Publisher



What's your favorite interior décor trend from our modern minimalism article?

Scan the QR code to cast your vote!



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Bring Spring Inside

Let the spirit of spring flourish indoors,
creating a rejuvenating atmosphere.

Brighten your space with a vase of fresh flowers like tulips or daffodils.

Swap heavy winter throws for light, pastel or floral-patterned fabrics.

Use essential oil diffusers, scented candles or potpourri with floral or citrusy scents to freshen the air.

Add cheerful touches to your kitchen with bright placemats and napkins.



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4 SIMPLE Sheet Pan Dinners

Dreading another night of dishes overflowing the sink? Craving a flavorful meal without the hassle? Look no further than the wonder of sheet pan dinners! These one-pan marvels offer a weeknight dinner solution that's both incredibly convenient and bursting with taste.



Sausage and Veggie Medley

INGREDIENTS

- ½ head broccoli, cut into florets
- ½ head cauliflower, cut into florets
- 1 large carrot, diced
- ½ red onion, roughly chopped
- 2 tbsp. whole grain mustard
- 3 tbsp. olive oil
- 1 tsp. dried thyme
- ½ tsp. dried oregano
- Salt and ground black pepper, to taste
- 4 mild Italian sausage links, sliced

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. In a large bowl, combine the broccoli, cauliflower, baby potatoes, carrot and onion. Pour in mustard, olive oil, thyme, oregano, salt and pepper. Toss well to coat, then spread vegetables in an even layer on a sheet pan.
3. Arrange sausage slices on the pan, pushing aside the vegetables so that the sausages touch the bottom of the pan.
4. Bake in the oven for 20-25 minutes, or until the sausages are browned. Flip the sausages and vegetables halfway through cooking for even browning.

Prep time: 10 minutes
Cook time: 20 minutes
Yield: 4 servings



Roasted Chicken & Potatoes

Prep time: 10 minutes | Cook time: 55 minutes | Yield: 5 servings

INGREDIENTS

For the Chicken

- 5 chicken thighs or drumsticks
- 1 lb. baby potatoes, halved
- 1 10-oz. container cherry tomatoes
- 1 red onion, chopped
- Salt and ground black pepper, to taste
- 3 sprigs fresh thyme, roughly chopped

- 1 tbsp. fresh rosemary, roughly chopped

For the Marinade

- $\frac{3}{4}$ c. balsamic vinegar
- 2 tbsp. olive oil
- 1 clove garlic, crushed
- 2 tbsp. Dijon mustard

INSTRUCTIONS

1. Preheat the oven to 400° F. Dry the chicken well with a paper towel. Then line a 9x13" rimmed sheet pan with parchment paper.
2. In a large bowl, whisk together the balsamic vinegar, olive oil, garlic and Dijon mustard for the marinade. Add the chicken and toss it around to coat. Place in refrigerator.
3. Toss the halved potatoes in a small amount of olive oil, then place on the sheet pan and bake for 15 minutes.
4. Next, add the red onion and chicken to the sheet pan. Pour remaining marinade over the chicken. Sprinkle on the chopped rosemary and thyme. Season with salt and pepper to taste.
5. Bake for 25 minutes before adding the cherry tomatoes and baking for an additional 20 minutes.



Baked Eggplant Fan

Prep time: 15 minutes | Inactive time: 30 minutes
Cook time: 45 minutes | Yield: 6 servings

INGREDIENTS

- 3 medium eggplants
- Extra virgin olive oil
- Salt and ground black pepper, to taste
- 3 large tomatoes, sliced thin
- 3 large garlic cloves, minced
- Fresh dill, chopped
- ¼ c. grated Parmesan cheese
- 1 16-oz. package shredded mozzarella cheese

INSTRUCTIONS

1. Preheat the oven to 350° F. Rinse the eggplants and pat dry. Prepare a 9x13" baking sheet with parchment paper.
2. Lengthwise, cut the eggplants into thin slices, stopping about an inch from the top, leaving it attached to the stem. Season every slice on both sides generously with salt. Then, fan the slices out on the baking sheet over a few layers of paper towels. Let the eggplants sit for 30 minutes.
3. Remove paper towels and line baking sheet with parchment paper. Coat each slice of the eggplant with olive oil, then season with salt and pepper.
4. Place the tomato slices between each eggplant slice; sprinkle some minced garlic and chopped fresh dill. Repeat with the remainder of the eggplant slices.
5. In a small bowl, combine the cheeses before sprinkling over the eggplants.
6. Bake for 45 minutes or until the liquid from the eggplants has evaporated.
7. Serve immediately and enjoy!

Garlic Lemon Butter Salmon

Prep time: 15 minutes
Cook time: 15 minutes
Yield: 2 servings

INGREDIENTS

- 1 lb. salmon steak
- ½ lb. asparagus
- 1 10-oz. container cherry tomatoes
- 1 small red onion, chopped
- 3 tbsp. olive oil
- 5 cloves garlic, minced
- 1 tbsp. fresh rosemary, roughly chopped
- ½ tsp. salt
- ½ tsp. black pepper
- 1 lemon, sliced
- 1 garlic bulb, halved

INSTRUCTIONS

1. Preheat the oven to 400° F. Line a rimmed 9x13" baking sheet with parchment paper.
2. Place salmon steak skin-side down in the center of the baking sheet. Brush with olive oil.
3. Toss the asparagus, cherry tomatoes and chopped red onion with the remaining olive oil. Spread around salmon on a sheet pan.
4. Sprinkle the salmon and the vegetables with salt and pepper. Top with minced garlic and fresh rosemary. Add the lemon slices and garlic halves to the pan.
5. Bake for about 15 minutes, until the salmon is cooked through.
6. Remove from the oven and enjoy!





Crafting Your Own **TERRARIUM**

Ever wished you could bring a slice of nature indoors, but worried about the commitment of a full-fledged houseplant? Terrariums offer the perfect solution! These miniature ecosystems housed in glass containers are a captivating display of greenery that requires minimal care.

*This guide will walk you through everything
you need to know to create your own mini oasis!*



Select a clear glass container to allow plenty of sunlight to reach your plants. Bowls, apothecary jars or even recycled fish tanks with wide openings are all great options. Choose a container that's large enough to comfortably fit the drainage layers, potting mix and your plants at their mature size.

CHOOSING THE PERFECT CONTAINER

PICKING THE PERFECT PLANTS

When choosing plants, consider both their mature size and the limitations of your container. Here are some low-maintenance options that thrive in drier environments:

- Air plants
- Bromeliads
- Hens and chicks
- Pincushion cactus
- Button fern

Pro tip: Select plants with similar light and watering needs to ensure a harmonious environment within your terrarium.



BUILDING A FOUNDATION FOR SUCCESS

Terrariums don't have drainage holes, making it extra important to create a well-draining base to prevent root rot.

Drainage Layer:

- Add a layer of coarse gravel, sea glass or beach stones to the bottom of your container.
- Next, add a quarter- to a half-inch layer of activated charcoal on top of the gravel. This will help prevent fungus growth.

Barrier Layer

- Next, cover the stones and charcoal with a layer of sphagnum moss. This will prevent the potting soil from mixing in with the drainage layers. (Do not use peat moss for this layer.)

Soil Layer

- Add sterile potting mix on top of the moss. The soil should be formulated for the plants you've picked, like a cactus and succulent mix.





PLANTING AND DESIGN

Here's where you can unleash your creativity! Before planting, take some time to design the layout of your terrarium. Carefully remove your plants from their pots, loosen the roots and gently brush away any excess dirt. Play with the arrangement to create a visually interesting composition.

Once you're happy with the layout, use a spoon or your fingers to carefully plant each one in your terrarium. Fill in any gaps with moss for a natural, finished look.

CARING FOR YOUR TERRARIUM

Light:

Terrariums prefer bright, indirect sunlight. Avoid direct sunlight which can scorch your plants. Rotate your terrarium occasionally for even growth.

Watering:

Less is more when it comes to watering your terrarium. Use a spray bottle or tablespoon to add water sparingly when the soil is dry.

Upkeep:

Remove yellowing and dead plants right away. Occasionally wipe down the glass with damp newspaper or a lint-free cloth.

Enjoy your thriving little world!



ADDING YOUR PERSONAL TOUCH

Finally, it's time to decorate! Add decorative elements like small rocks, figurines or colorful gravel to personalize your miniature world.



7-DAY SPRING CLEANING CHALLENGE

Feeling swamped by spring cleaning? No sweat! This challenge breaks down the tasks into bite-sized daily wins, leaving you with a sparkling home in just a week.

Day 1: Tackle the Entryway

First impressions matter! Declutter your entryway of shoes, jackets and bags. Designate spots for frequently used items — keys, wallets, maybe even a stylish umbrella holder. Create a donation pile for anything no longer needed. Wash doormats and wipe down surfaces for a fresh welcome.

Day 2: Kitchen Conquest

Declutter cabinets and drawers, tossing expired food and unused gadgets. Deep clean your oven, microwave and fridge. Tackle greasy backsplashes and sanitize counters. Don't forget to scrub the sink and shine up the faucet!

Day 3: Bathroom Refresh

Scrub bathtubs, showers and toilets for a sparkling clean. Disinfect countertops and sinks, banishing lurking germs. Sort through your toiletries, discarding expired products and organizing the rest. Wash bathmats and shower curtains.

Day 4: Deep Clean Blitz

Rotate your mattress and vacuum it thoroughly. Declutter nightstands and dressers. Sort through clothing to decide what stays and what goes for a wardrobe refresh.

Day 5: Living Room Love

Wash throws and blankets. Dust furniture and organize books, games and any lingering clutter. Freshen up the space with a scented candle or some blooming flowers.

Day 6: Floor Fantastic

Now that most surfaces are clean, dedicate a day to your floors. Deep clean carpets with a professional cleaner or rental machine. Mop hard floors with a disinfectant solution. Bonus points for cleaning baseboards for a truly polished look!

Day 7: Brighten Up

Let the sunshine in! Wash windows inside and out for a brighter, cleaner feel. Dust windowsills, blinds and air vents. Open windows for fresh air circulation, bringing the invigorating scent of spring indoors.

Spring cleaning doesn't have to be a daunting chore! By dedicating a little time each day for a week, you can achieve a sparkling clean home and feel the satisfaction of a job well done.



DECOR TRENDS

for the

MODERN MINIMALIST



Modern minimalism has become a beloved design style for its ability to create spaces that are both serene and functional. This style emphasizes clean lines, clutter-free spaces and purposeful design, all while maintaining a sense of comfort. Far from being cold or impersonal, today's minimalist interiors are warm and inviting. Whether you're looking to refresh your space or embark on a complete home makeover, these top decor trends for the modern minimalist will inspire you to create a home that has the perfect balance of simplicity and sophistication.

WARM NEUTRALS

Take
OVER



Soft beiges, creamy whites and gentle taupes dominate this trend, creating a soothing backdrop that feels elegant and welcoming. These colors not only add warmth but also provide a versatile palette that complements various textures and materials. Whether through plush rugs, linen curtains or wooden accents, incorporating warm neutrals can make any minimalist space feel like home.

SUSTAINABILITY

in STYLE

Eco-conscious living is no longer a niche concept; it's a core value for many. Think pre-loved furniture, reclaimed wood shelving and organic textiles like linen and hemp. This doesn't mean sacrificing aesthetics — vintage finds can add unique character, while natural materials bring warmth and texture. Plus, you'll be doing your part for the planet!



STREAMLINED

Furniture



Streamlined furniture is designed to prioritize simplicity and functionality while minimizing bulk. These pieces feature clean lines, sleek profiles and minimal ornamentation, making them ideal for creating an uncluttered and open living space. Examples of streamlined furniture include slim, low-profile sofas, minimalist dining tables and lightweight chairs that offer both comfort and aesthetic appeal. Perfect for smaller spaces or those looking to embrace modern design, streamlined furniture helps maintain an airy, spacious feel without compromising on practicality or elegance.

LIGHTING *as* ART

Statement lighting fixtures, such as sculptural pendant lights, sleek floor lamps and unique wall sconces, play a dual role in lighting up the space and serving as focal points. These artistic pieces can transform a room, adding depth and character without overwhelming the minimalist aesthetic. The key is to choose lighting that is both functional and visually striking, seamlessly integrating it into the overall design.



Breaking away from the rigid lines often associated with minimalism, curved furniture is becoming increasingly popular. Rounded sofas, chairs with soft, flowing shapes and circular tables add a sense of fluidity and comfort to minimalist interiors. These pieces soften the overall look of a space, making it feel more approachable and relaxed. Curved furniture also encourages a natural flow within the room, enhancing the sense of openness and harmony.

Curved

FURNITURE

SPACE *to* RELAX



With life seemingly moving faster and faster, having a serene retreat at home is more important than ever. Dedicate a corner of your home to unwinding. This could be a cozy reading nook with a plush armchair and soft lighting, or a meditation space with a comfortable yoga mat and calming artwork. Soft cushions and luxurious throws add comfort and warmth, while natural elements such as plants and wooden accents promote a sense of calm. These areas become havens of tranquility in an otherwise busy world.

Whether through the warm embrace of neutral colors, the thoughtful selection of sustainable pieces or the artful look of curved furniture, minimalist decor continues to evolve, offering endless possibilities for creating beautiful, serene spaces.



WEST COAST WHALE WATCHING

Whale watching on the West Coast offers an unforgettable experience filled with awe and wonder. The Pacific Ocean's vastness is home to magnificent whales, providing a spectacular show of nature's beauty. From the colossal blue whale to the playful orca, these majestic animals of the sea captivate with their size, grace and intelligence.

WHALES TO WATCH FOR

Depending on your location and the time of year, here are some of the magnificent whales you might see on your whale-watching adventure.

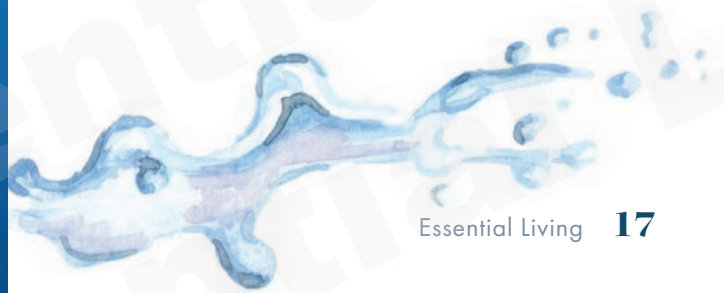


GRAY WHALE

These gentle giants have a mottled gray body with white patches, often covered in barnacles, giving them a rugged appearance. They are known for their long migration between the Arctic and Mexico.

The largest animal on Earth, blue whales can reach lengths of up to 100 feet. They have a long, slender body with mottled blue-gray coloration and a small dorsal fin.


BLUE WHALE





HUMPBACK WHALE


Famous for their acrobatic breaches and soulful songs, humpback whales are a favorite among whale watchers. They are identifiable by their long pectoral fins and the distinctive hump in front of their dorsal fin.



The smallest of the baleen whales, minke whales are sleek and fast. They have a pointed head and a white band on their flippers.



MINKE WHALE



Orcas are not true whales but belong to the dolphin family and are known to be highly social and intelligent. They are often seen in pods, hunting and playing together.

ORCA



TOP WEST COAST WHALE WATCHING DESTINATIONS

Whether you enjoy the excitement of spotting whales from a boat or the serenity of observing them from scenic coastal spots, these destinations provide unforgettable experiences for all whale-watching enthusiasts.

CALIFORNIA

Monterey Bay: A haven for marine life, Monterey Bay offers exceptional whale watching experiences throughout the year. During the peak season from April to December, visitors can marvel at the majestic humpback whales breaching in the bay. This is also the prime time to spot blue whales.

The bay offers breathtaking views of migrating gray whales from late winter to early spring. Be sure to keep an eye out for orcas during this period, as they are known to hunt migrating whales.

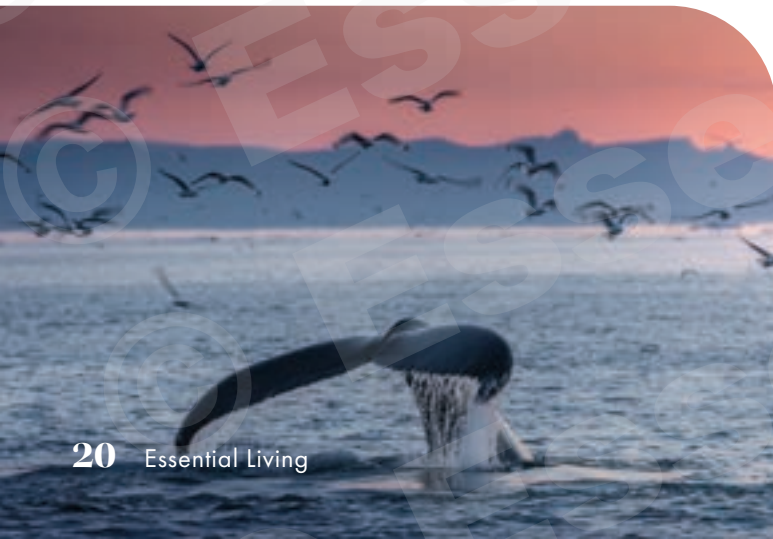
Point Reyes National Seashore: Located just north of San Francisco, Point Reyes is ideal for spotting gray whales during the winter and spring. The Lighthouse Visitor Center offers spectacular views, and the surrounding trails provide additional vantage points for whale watching.



OREGON

Depoe Bay: Dubbed the “Whale Watching Capital of the Oregon Coast,” Depoe Bay certainly lives up to its name. Head to the Whale Watching Center to watch nearly 20,000 gray whales migrating between Baja Mexico and the Arctic. The center’s staff is always happy to share their knowledge, tips and binoculars.

Cape Perpetua: At 800 feet above sea level, the cape offers the highest viewpoint accessible by car on the Oregon Coast. This vantage point allows you to scan over 30 miles out to sea, making it a prime location for spotting whales migrating along the coastline.

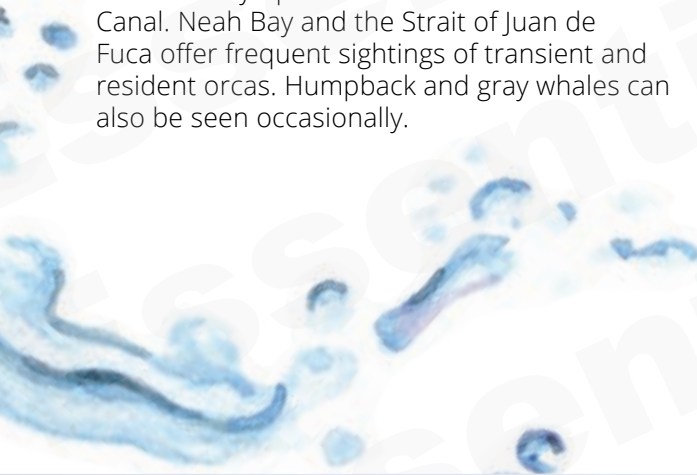


WASHINGTON

San Juan Islands: Home to two orca species, these islands are a prime spot for whale watching, especially in the summer months. The Southern Resident orca pods feed on salmon and are commonly seen from April through October. Bigg's killer whales, which prey on other mammals, can be spotted year-round. Beyond orcas, keep your eyes peeled for gray, minke and humpback whales.

For the best land-based orca viewing experience in the world, head to Lime Kiln Point State Park on the west coast of San Juan Island.

Olympic Peninsula: The Olympic Peninsula has 15 viewing spots along the Pacific Ocean, northern Olympic Peninsula coast and Hood Canal. Neah Bay and the Strait of Juan de Fuca offer frequent sightings of transient and resident orcas. Humpback and gray whales can also be seen occasionally.



WHALE WATCHING TIPS

- ◆ Scan from left to right, slowly, and then back again, keeping an eye out for anything that breaks the surface of the water.
- ◆ If what you are watching stays on the surface and in the same spot, chances are it's a piece of driftwood.
- ◆ Look for spouting — these plumes of water are from whales exhaling on the surface.
- ◆ In addition to whales, keep an eye out for other wildlife including elephant seals, sea otters, harbor seals and sea lions.
- ◆ Bring binoculars for an even better experience.
- ◆ Always respect all wildlife and their habitats.

Return of the PORK CHOP



Affordable, easy to cook and endlessly adaptable, pork chops are a weeknight wonder. They can be dressed up for a fancy dinner or thrown on the grill for a casual barbecue. Get ready to tantalize your taste buds with four mouthwatering recipes that will ensure you never get bored with this dinnertime staple. From Apricot-Glazed Grilled Pork Chops for a touch of sweetness to savory Roasted Pork Chops with Apples & Brussels Sprouts, there is a world of pork chop recipes to enjoy.

Apricot-Glazed Grilled PORK CHOPS

You've never had pork chops quite like this before! This dish is ideal for hot summer nights and features a delicious apricot glaze that pairs beautifully with the charred pork chops!

Prep time: 25 minutes | Cook time: 15 minutes | Yield: 2 servings

INGREDIENTS

- 2 bone-in pork chops
- 2 tsp. pepper
- 1 tsp. salt
- $\frac{3}{4}$ c. apricot preserves
- $\frac{1}{4}$ c. chili-garlic paste
- 2 tbsp. apple cider vinegar

INSTRUCTIONS

1. Heat the grill to medium-high heat, then gently grease to prepare.
2. Pat the pork chops dry with paper towels, then season with salt and pepper.
3. Add the apricot preserves, chili-garlic paste and apple cider vinegar to a small saucepan. Bring to a simmer, stirring frequently to combine. Then, remove from heat and allow to cool.
4. Place the pork chops directly on the grill, cooking for six minutes on each side. Brush with the apricot glaze throughout the cooking process, adding more until the glaze is thickly on the pork chops.
5. Remove the pork chops from the grill once the internal temperature reads 145° F.
6. Allow to cool, adding one to two more coats of apricot glaze. Then, enjoy!

Mustard PORK CHOPS

This tangy recipe of roasted pork chops with a mustard sauce makes for the perfect weeknight dinner.

INGREDIENTS

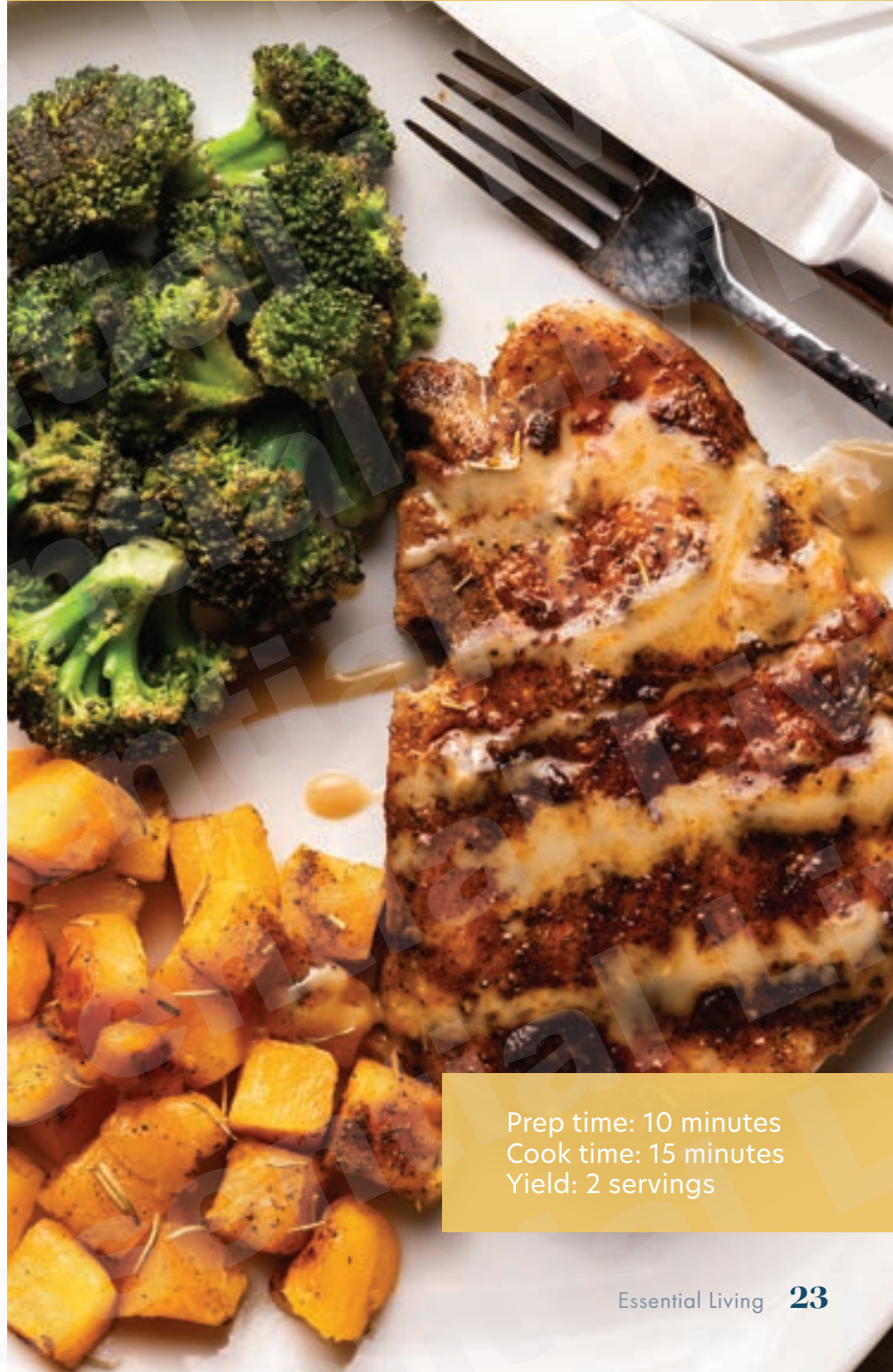
- 2 bone-in pork chops
- 2 tsp. olive oil
- 1 tsp. brown sugar
- 1 tsp. smoked paprika
- 1 tsp. oregano
- 1 tsp. garlic powder
- 1 tsp. pepper
- ½ tsp. salt
- 2 tbsp. Dijon mustard
- 1½ tbsp. honey
- 1 tbsp. mayonnaise
- 1½ tsp. soy sauce

For Serving

- Broccoli, cooked
- Butternut squash, cooked

INSTRUCTIONS

1. Allow the pork chops to come to room temperature, then pat dry with paper towels and drizzle olive oil over each side.
2. Preheat the oven to 400° F and line a baking sheet with parchment paper.
3. Combine the brown sugar, paprika, oregano, garlic powder, pepper and salt in a small bowl. Use your hands to rub the seasonings into both sides of the pork chops.
4. Place on the prepared baking sheet and bake 10-12 minutes. The pork chops are done when the internal temperature reads 145° F.
5. To make the mustard sauce, combine the Dijon mustard, honey, mayonnaise and soy sauce in a small bowl. Whisk together until smooth. Then, pour over the pork chops and serve with veggies.



Prep time: 10 minutes
Cook time: 15 minutes
Yield: 2 servings



Roasted Pork Chops with **APPLES & BRUSSELS SPROUTS**

This pairing is a classic for a good reason! The sweetness of the apples combined with the mild, nutty flavor of the Brussels sprouts makes for the perfect balance of flavors!

Prep time: 15 minutes
Cook time: 40 minutes
Yield: 2 servings

INGREDIENTS

- 2 bone-in pork chops
- 2 tsp. olive oil
- 3 tbsp. brown sugar
- 3 tsp. chili powder
- 3 tsp. dried rosemary
- 1 tsp. garlic powder
- 1 tsp. pepper
- ½ tsp. salt
- 2 c. Brussels sprouts, halved
- 1 apple, cut into slices
- 2 tbsp. apple cider vinegar

INSTRUCTIONS

1. Allow the pork chops to come to room temperature, then pat dry with paper towels and drizzle olive oil over each side.
2. Preheat the oven to 400° F and line a baking sheet with parchment paper.
3. In a bowl, combine the brown sugar, chili powder, rosemary, garlic powder, pepper and salt. Use roughly two teaspoons of the mixture to season each side of the pork chops. Use your hands to rub the seasonings into the pork chops. Then, place on the prepared baking sheet. Set aside any remaining mixture.
4. Place Brussels sprouts on the baking sheet and lightly drizzle a touch of olive oil over them with a sprinkle of the seasonings.
5. Add the sliced apples to the bowl with the remaining seasoning mixture. Add the apple cider vinegar, then stir to combine before transferring the apples to the sheet.
6. Bake for 14 minutes, flipping the pork chops halfway to cook on the other side. Remove from the oven and let it cool.
7. Serve with a side of fig jam and enjoy!



Air-Fried & Stuffed PORK CHOPS

This unique twist on traditional pork chops easily elevates any dinner with minimal effort or time required!

Prep time: 15 minutes
Cook time: 35 minutes
Yield: 2 servings

INGREDIENTS

- 2 pork loin chops
- 2 tsp. rosemary, minced
- 1 tsp. salt
- 1 tsp. pepper
- 2 tsp. olive oil
- 1 shallot, diced
- 2 celery stalks, diced
- 1 clove garlic, minced
- 2 tbsp. fresh parsley, chopped
- $\frac{3}{4}$ c. breadcrumbs
- 2 tbsp. chicken broth
- 2 c. fresh green beans

INSTRUCTIONS

1. Allow the pork chops to come to room temperature, then pat dry with paper towels.
2. Preheat the air fryer to 375° F and grease the tray.
3. Use a sharp knife to carefully slice each pork chop horizontally, creating an even incision in the middle of the meat. This is where the stuffing will go, so try and make the cut as even as possible.
4. Combine one teaspoon of the rosemary, salt and pepper in a small bowl. Mix together, then sprinkle over both sides of the pork chops. Use your hands to work the seasonings into the meat.
5. Add the olive oil to a medium-sized pan and heat over medium-high heat. Add the shallot, celery and garlic. Sauté for five minutes, then allow to cool before adding to a bowl.
6. Add the parsley, breadcrumbs and chicken broth to the pan to finish making the stuffing. Mix to combine.
7. Add 2-3 tablespoons of stuffing to each pork chop. There will be additional stuffing left over; set aside.
8. Secure the opening of the pork chops with toothpicks before placing them on the greased tray. Cook the pork chops for eight minutes on each side. Then remove from the air fryer and allow to cool.
9. Toss the green beans with the remaining stuffing and place on an air fryer tray. Cook for 15 minutes until the green beans are tender and the stuffing is golden brown.
10. Serve the stuffed pork chops over the green beans and enjoy!



find your YOGA



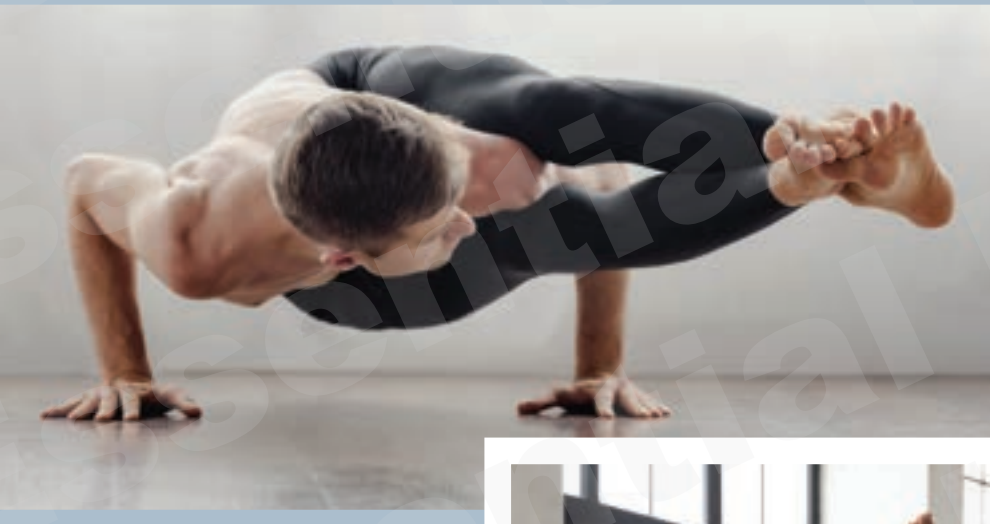
YOGA'S POPULARITY HAS SOARED IN RECENT YEARS, AND FOR GOOD REASON.

It offers a holistic approach to well-being, combining physical postures, breathing exercises and meditation for a mind-body connection.

Whether you're a fitness enthusiast seeking a challenging workout, a relaxation connoisseur yearning for a deep stress release or someone simply curious about improving your flexibility, there's a yoga style perfectly suited to your goals.

Essential Living does not provide medical advice, diagnosis or treatment. Any information in this publication is not intended as a substitute for medical advice, and you should not take any action before consulting with a healthcare professional.

for the **FITNESS ENTHUSIAST**



ASHTANGA YOGA

Embrace the challenge of Ashtanga yoga, a vigorous series of postures practiced in a specific order. As you master each pose, the sequences become more demanding, building impressive strength and stamina.

POWER YOGA

Channel your inner athlete with power yoga's fast-paced flow. This practice incorporates athletic movements into yoga postures, pushing you to your physical limits. Expect a high-energy workout that leaves you feeling invigorated and accomplished.

VINYASA YOGA

This dynamic practice seamlessly links poses together in a flowing sequence. This style of yoga keeps your heart rate up, building strength, endurance and coordination.



for the **SERENITY SEEKER**



HATHA YOGA

Hatha yoga is the foundation for many other styles and serves as a perfect entry point for beginners. This gentle practice introduces basic postures, breathwork exercises and relaxation techniques. It offers a versatile approach to de-stressing and improving overall well-being, whether you're a complete newcomer or someone seeking a more relaxed experience.

RESTORATIVE YOGA

For ultimate relaxation, sink into the calming world of restorative yoga. This calming practice utilizes props like bolsters, blankets and straps to support your body in comfortable postures for extended holds. It's an ideal way to de-stress, promote deep relaxation and melt away tension.

for the **FLEXIBILITY FANATIC**

YIN YOGA

Yin yoga focuses on holding passive poses for longer durations, targeting your connective tissues and increasing your range of motion. This practice is perfect for those seeking to achieve deeper stretches and enhance overall flexibility.

IYENGAR YOGA

This meticulous style emphasizes precise alignment using props like blocks and straps. Iyengar yoga helps you refine your poses with meticulous attention to detail, safely improving your flexibility and body awareness.



for the **ADVENTUROUS**

ACRO YOGA

Acro yoga adds a playful twist to the practice. Working with a partner or in small groups, you'll explore poses that combine yoga postures with acrobatics. It's a fantastic way to build trust, communication and strength while having a blast.



AERIAL YOGA

Take your practice to new heights with aerial yoga! This unique style utilizes suspended hammocks or fabrics to support your body weight. It allows you to achieve deeper stretches, improve core strength and experience yoga from a whole new perspective.



Don't be afraid to try different classes until you find the perfect fit.

Choose a class that feels challenging but achievable,
leaving you feeling energized or relaxed based on your goals.

The most important factor? Enjoy the journey!

VISUAL GUIDE TO FROGS

Slimy, bumpy or brightly colored, frogs are some of the most fascinating creatures on Earth. With over 7,700 known species, they've adapted to life in nearly every corner of the globe, from rainforests to deserts.

- **Frogs are the only amphibians without tails.**
- **Frogs stay hydrated by absorbing water through their skin!**
- **Most frogs can jump 20 times their body length.**



SUPERSIZED HOPPER

NATIVE TO: West Africa

As the largest frog species, this behemoth can grow a whopping 13 inches long and tip the scales at over seven pounds!



GOLIATH FROG

VIETNAMESE MOSSY FROG



THE BEST CAMOUFLAGED

NATIVE TO: Northern Vietnam

With mottled green and brown skin that resembles moss, this warty frog disappears in plain sight.

MIMIC POISON FROG



THE IMPERSONATOR

NATIVE TO: Peru

This clever amphibian has evolved to resemble poison dart frogs, deterring predators who might otherwise consider it prey.

THE LITTLEST LEAPER

NATIVE TO: Papua New Guinea

Measuring a mere 0.3 inches long, this tiny frog is the world's smallest vertebrate. This species hatches right into miniature adults, skipping the tadpole stage.



PAEDOPHRYNE AMAUENSIS

A WORLD OF COLOR

The amphibian world bursts with a kaleidoscope of colors! Meet some of the most incredibly colorful frog species on the planet.

DYEING POISON DART FROG



NATIVE TO:
Forests of Central
and South
America

RED-EYED TREE FROG



NATIVE TO:
Forests from
Central America
to northwestern
South America



NATIVE TO:
Rainforests
of Colombia

GOLDEN POISON FROG



NATIVE TO:
Tropical
rainforests of
South America

AMAZON MILK FROG



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One Pan Baked Eggplant Fan Shopping List

- 3 medium eggplants
- 3 large tomatoes
- 1 large garlic
- Fresh dill
- Extra virgin olive oil
- Salt
- Ground black pepper
- 16 oz. shredded mozzarella cheese
- Fresh Parmesan cheese (enough for ¼ cup, grated)



OVERLOADED S'MORES POPCORN



COOK TIME: 10 MINUTES

PREP TIME: 10 MINUTES

YIELD: 10 CUPS

TWO CLASSIC TREATS IN ONE!

INGREDIENTS

- 10 c. caramel popped popcorn, homemade or store-bought
- 2 c. Golden Grahams cereal
- 2 c. mini marshmallows
- 1 c. chocolate chips, melted + ½ cup for add-ins

INSTRUCTIONS

1. In a large bowl, combine the popcorn and Golden Grahams cereal.
2. On a large piece of parchment paper, drizzle the melted chocolate chips. Immediately spread the popcorn mixture over top, making a single layer. Let harden.
3. Break the mixture into pieces and add in mini marshmallows and chocolate chips.
4. Transfer to a bowl and serve!



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3-Ingredient Banana Bread

Prep Time: 8 minutes

Cook Time: 45 minutes

Yield: 8 servings

INGREDIENTS

- 3-4 very ripe bananas
- 1 box yellow cake mix
- 2 large eggs

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Mash the bananas.
3. Mix bananas, cake mix and eggs in a large bowl until combined.
4. Transfer batter to a greased 9x5" loaf pan and bake for 45 minutes.
5. Cool completely before slicing.



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