



Three
Spring
Recipes



April 2025



Check out this recipe from Jenny!

Check out our online self-paced courses:

Starting & Sustaining a Ketogenic Diet for Health



Basics of Manifestation



Holistic Approach to Balancing Female Hormones

Free Somatic Check-in Journaling with EFT/Tapping



Events & Workshops



Exploring the Chakras: The Navel Chakra w/
Judah•Ayurvedic Wellness Center Sunday, 4/13 at 9:30 AM

Community Walk at Portman Preserve w/Angie•Saturday,
4/19 from 11AM –1 PM

Sound Sanctuary | Embracing New Beginnings
w/Kara•Ayurvedic Wellness Center Sunday, 4/27 at 9 AM

Spring Walking Mantras

A form of walking meditation, this is a micro-practice that can be implemented in one's everyday life for as long or short as needed.

- ◇ Start by standing with your feet hip width apart and hands by your sides or however is most comfortable for you.
 - Take a deep breath. Say to out loud or to yourself:
"I am here, right now, in this present moment"
 - Begin walking and with each step forward, state a short mantra. This could look like:

"With every step, I embrace renewal. The earth beneath me breathes new life, and so do I. I am grounded, I am present, I am at peace."

This type of meditation is especially helpful for anxiety & overwhelm.

Spring Allergy Natural Remedies

- Food & Drink:
 - ✓ Local Honey
 - ✓ Nettle Leaf
 - ✓ Apple Cider Vinegar
- Try out:
 - ✓ Saline Nasal Rinse with a Neti Pot
 - ✓ Essential Oil Diffuser
 - Lavendar
 - Eucalyptus
 - Tea Tree Oil
- Supplements:
 - ✓ Quercetin
 - ✓ Probiotics
 - ✓ Butterbur

FREE Community Events

Join the *W.K. Kellogg Bird Sanctuary* for a virtual meeting, Birds and Coffee Online Chat: Birding Hot Spots

When: Wednesday, April 9th from 10 A - 11A

Join the *Black Arts and Cultural Center* for ArtBreak: Sourced from the 'Zoo: Epic Explorations

When: Wednesday, April 16th at noon

Location: 359 S. Kalamazoo Mall, free 90-minute parking at the EPIC Center!