

Key Aspects of Nutrition

by Annie Jones



1 **hydrate**

Drink plenty of warm water throughout the day.

2 **breakfast**

Start your day with a good breakfast that works for you. Porridge, eggs etc help to keep your blood sugar balanced. If blood sugar drops, we can get cranky!

3 **regular meals**

Eat regularly to keep energy levels high – 3 meals plus a healthy snack at mid-morning and mid-afternoon. Hungry at night? Try a glass of warm milk.

4 **lunch is king**

Try to eat your main meal at lunch when the sun is at its highest as this is also when, according to Ayurveda, that our digestion is at its best.

5 **no midnight snacks**

Try not to eat late at night as our digestion is at its weakest and so can affect our ability to breakdown food for energy.

6 **reduce inflammatory foods**

Sugar, alcohol and wheat are all highly processed and can increase inflammation in the gut. Some people may also need to reduce dairy intake too.

7 **eat just the right amount**

Getting your food intake is important – depending on how many calories you burn and how active your digestion is. Try experimenting with taking less on your plate.

8 **take your time**

Sit to eat your food in a calm, quiet environment. Focus on chewing each mouthful several times before you swallow.

9 **get walking**

It has been shown that a short walk after your meal can help you digest your food, balance blood sugar levels and reduce stress. It's well worth a stroll around the block!

10 **local and organic**

Enjoy cooking with fresh, organic, seasonal vegetables whenever you can. They taste great, attune you to the season and there are so many less 'air miles' too.

Daily Happiness Plan

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1 practice yoga daily

choose a sequence you enjoy

2 eat good

eat good nutritious food that gives you energy

3 take your time

take time out to play and relax

4 meditation

meditate daily to calm your mind and emotions and to connect to your soul force

5 mentoring

find a mentor to help you move forward in different areas of your life

6 learning

keep learning and trying new things every day to keep you inspired

7 like minded people

every day connect with like-minded friends and family

8 help others

reach out and help others - it brings out the best in us

9 humour

laugh often and take yourself lightly!

10 nature

go for a walk in nature or stand on the earth to help heal and feel connected



Swadharma Dru Dance

Online Course with Anouschka Dack & Dru Team

Join this live zoom online course to deeply explore and learn by heart the Dru Dance, Swadharma. A powerful, asana-based flow which includes mantra, Indian dance and mudras to help bring a sense of purpose to your life. Exhilarating and engaging you'll have full access to the replays as well as some bonus materials. DPN and Dru Dance teachers who would like to teach this dance to others can ask for additional teaching & assessment sessions after completion of the online course.

Course costs: £97 including access to replays

Provisional Dates: Tuesdays at 7pm - 6th Oct, 20th Oct, 3rd Nov & 10th Nov

To book: Email anouschka@druworldwide.com for details of how to pay.

Session 1 - Invoking Ganesh & Turning the Wheel

In this session we explore phrase 1 and 2 of the dance. First we invoke the archetype of Ganesh - the energy that helps to remove obstacles and learn two mantras to enhance the power of the dance. Phrase 2 "turning the wheel" helps us to actively participate in the finding of our swadharma with the use of the Dharma-Chakra mudra.

Session 2 - The Cosmic Dance

Phrase 3 of the dance introduces the form of the dancing Shiva. Different from the traditional Natarajasana, this pose tunes into the archetypal energy of the one who makes the cosmos turn... Learn to call back your power that has been trapped in time and space and recall it into the present moment.

Session 3 - Living the Dance

Phrase 4 of this dance calls on the strength and power of the warrior - to step fearlessly into your full power and live the life you were born to lead. We will review the warrior sequence and start linking all the phrases of the dance.

Session 4 - Mastering Swadharma

Having put the whole dance together we now learn how to tie it together with the music. We'll also have time for refinements and Q&A too.