

# MAY 2025 Newsletter



mindbodyzone

YOGA PILATES SPA

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Dear MBZ Community,

We're so excited to bring back our monthly studio newsletter! Each month, we'll share fresh updates, wellness tips, new class highlights, and special offerings to keep you inspired and connected — both on and off the mat.

This spring, we're celebrating growth, renewal, and return. We're welcoming a new teacher to our schedule and also the joyful return of one of our longtime favorite classes. Whether you're brand new to the studio or a longtime member, there's something here to support your well-being.

## New Class! Welcome, Jordan!



**Yoga Stretching, Level 1**  
with Jordan

**Wednesdays 9:00-9:50 am**

this class uses props, such as foam rollers, straps, and the wall to help to facilitate therapeutic stretching

## Linea Returns!



**Vinyasa Yoga, Level 1 & 2**  
**Tuesdays 7:00-8:00pm**

Linea's beloved Tuesday night class is back!

Join her for a balanced session of mindful movement, breath, and grounding energy

## Coming Soon!



**Yoga Teacher Training & In-Depth Yoga Studies**  
**September 2025-June 2026**

Curious to learn more? Join our info session on Monday, July 14 at 7:30 pm in person at the studio or via Zoom.

Mark it on your calendar!

## MONTH:

UTTHITA TRIKONASANA

(TRIANGLE POSE)



### Alignment Principles

- Begin in Virabhadrasana II (Warrior 2) stance
- Keep the front leg straight with slight external rotation
- Front foot: sole grounded, toes pointing forward
- Back leg: straight with slight internal rotation
- Back foot: presses firmly and evenly into the mat
- Arms: extend outward from the center of the chest
- Heart: lifts toward the sky, shoulder blades roll down the back

### Benefits

- Increases strength and flexibility of the feet, legs, hips and back
- Opens the chest
- Elongates spine
- Relieve backache
- Tones abdominal organs

### Contraindications

- Vertigo
- Neck injury
- Headaches
- Hamstring injury

## WELLNESS CORNER

### Stuffed Portobello Mushrooms with Artichoke-Cashew Pesto

A hearty, plant-based dish full of flavor and freshness - perfect for lunch, dinner, or a spring potluck.

#### Ingredients (Serves 2):

- 2 large portobello mushrooms, stems removed and cleaned
- 1/2 cup raw cashews (soaked 2-4 hours)
- 1 can artichoke hearts in water, drained
- 1 clove garlic
- Juice of 1/2 lemon
- 2 tablespoons olive oil, plus more for drizzling
- 1/4 cup fresh basil (or a mix of basil + parsley)
- Salt and pepper to taste
- Optional: 1 tsp nutritional yeast or grated parmesan if not vegan

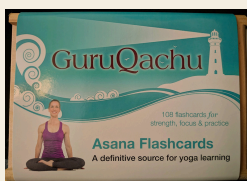
#### Instructions:

1. Preheat oven to 400°F (200°C).
2. Combine cashews, artichokes, garlic, lemon juice, olive oil, basil, salt and pepper. Blend until creamy.
3. Place mushrooms gill-side up on a tray. Drizzle with olive oil.
4. Scoop and spread the pesto into each mushroom cap.
5. Roast 20-25 minutes until mushrooms are tender and edges golden.

## INSPIRATION

*“You don’t have to be perfect to be powerful.”*

*— a grounding reminder for your practice*



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