

HAPPY NEW YEAR EVERYONE!

New Year's is a moment of transition, when we stand on the threshold of new opportunities and possibilities. Simultaneously, we're experiencing the tail end of 365 days filled with defining, transformative moments, and the imprints of these experiences - be they gains, losses, successes, setbacks—can be most palpable when we reflect upon them this time of year. Fortunately, our yoga practice offers us a grounding presence to help navigate this reflection.

The recognition that we are constantly changing tends to become more vivid during this time of year, so it's essential to stay grounded in that awareness. Every new year is an opportunity to reflect upon who we are, what we experienced, and what we want to accomplish. Through reflection comes awareness, the foundation from which skillful action can arise. Committing to our yoga, meditation, and mindfulness practices can both ground us and open us up to new possibilities, allowing this time of transition to also be a time of transformation.

Optimism and inner stillness go hand in hand, so it's important to choose experiences that connect to the core of our being, such as yoga and meditation. These tools can sustain us, usher us through these transitions and give us more clarity as we move from one year to the next. We label our experiences 'good' or 'bad' but yoga and meditation makes us consider our assumptions. This is the time of year to see the fullness of our lives and to cultivate a mind that's been made stronger by practice. Ultimately, being ready for the new year is being ready for life, preparing ourselves for whatever happens with an open heart - while also establishing the resolve to pursue our aspirations.

Show up with full integrity, no matter what is happening to you - joy, loss, anticipation. Where you put your vision is where your life goes. May we bring strength where there is weakness, courage where there is fear, compassion when there is suffering and light where there is darkness.

See you on the mat :)

Namaste,

Shannon



"Yoga does not just change the way we see things, it transforms the person who sees."

- b.k.s iyengar

WEEKLY YOGA

at the well nest

STRENGTH FLOW

MONDAYS, 9:00-10:00 am | ALL LEVELS

A combination of yoga and strength exercises to ensure safety and joint mobility while strengthening major muscle groups.

GENTLE STRETCH

WEDNESDAYS, 9:00-10:15 am | ALL LEVELS

One thing we could all do everyday to support aging is STRETCH. This is your appointment with yourself to do that...a gentle practice focused on stretching and breathing.

NEW VIN-YIN w/ Courtney Champeau

THURSDAYS, 4:15-5:30 pm | ALL LEVELS

Combining elements of vinyasa and yin yoga, this class will allow connection between breath and movement while the yin portion soothes and stabilizes the nervous system. Release tension that builds up during the week by first flowing through poses, then breathing deeply and finding stillness.

POWER HOUR

FRIDAYS, 9:00-10:00 am | ALL LEVELS

This class is a fun and powerful burst of yoga and strength elements. You will work all 5 pillars of human movement - push, pull, level change, rotation and locomotion. Working these pillars in combination with yoga is the most efficient way to embrace your body's true nature in human movement.

CLASSES ARE 60-75 MINUTES.

**If you are new to fitness an initial consultation is advised with personal training.*

DATES TO REMEMBER:

JANUARY 2nd: Vin-Yin Classes with Courtney starts every Thursday, 4:15-5:30pm

JANUARY 17-18th: Maitri II Retreat

MARCH 24-28th: CLOSED for Spring Break

APRIL 18th: CLOSED for Good Friday

RECIPE of the month

CHICKEN & WILD RICE SOUP

(Gluten Free)

from Shannon Warwick, C.S.N

I have made this soup since my college days. This soup is not your traditional childhood chicken and wild rice soup because it is milk-based and has a white wine addition. It is delicious though, so I hope some of you will try it to warm your soul on a snowy day. Enjoy!

Servings: 4 | Prep: 15 minutes | Cook: 1.5 hours

INGREDIENTS | *organic is preferred*

3 chicken breasts, cooked and shredded
(leftover chicken or rotisserie chicken work well too)
2- 14 oz. cans of chicken broth (make sure you are buying a gluten free brand or making a homemade gluten-free version)
1/4 cup uncooked wild rice
3/4 cup shredded carrot
1/4 cup celery, diced
1/3 cup leek, sliced
1/2 teaspoon dried thyme
1/4 teaspoon black pepper
2 Tablespoons butter
2 Tablespoons brown rice flour
1 cup whole or coconut milk
2-3 Tablespoons dry white wine

DIRECTIONS: In a large dutch oven, combine chicken broth, carrot, celery, uncooked wild rice, leek, dried thyme, and pepper. Bring to boiling. Reduce heat and simmer for 1 hour or until the rice is tender.

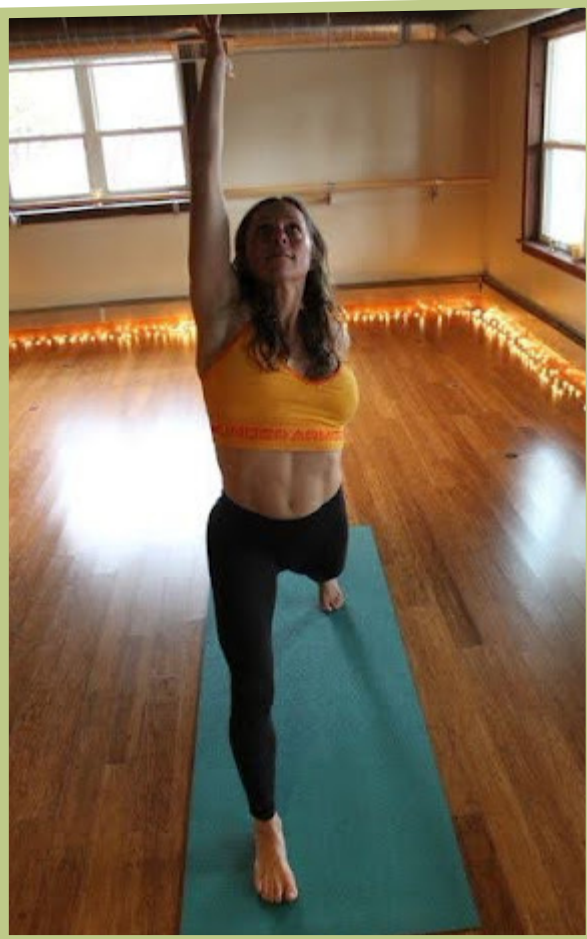
In a med. saucepan, melt butter (or substitute) and then stir in your rice flour. Once the mixture is bubbly (2-3 mins), slowly stir in your milk or milk substitution. Cook until thickened and bubbly.

Slowly add this mixture to the chicken broth/wild rice mixture. Stir in your chicken and white wine. Heat through. Ladle into soup bowls and serve with a mixed green salad.

NUTRITION CONTENT: Calories: 198 | Fat: 10g
Carbs: 32.7 g | Sodium: 177g | Fiber: 1g | Protein: 20g

"To understand the immeasurable, the mind must be extraordinarily quiet, still."

- Jiddu Krishnamurti



YOGA FOCUS

DRISHTI OR FOCUSED GAZE (dr-ih-sh-t-ih)

Drishti, or focused gaze, is a means for developing concentrated intention. It relates to the fifth limb of yoga, pratyahara, concerning sense withdrawal, as well as the sixth limb, dharana, relating to concentration.

Drishti is a yoga technique that involves focusing on a specific point of focus with the eyes, which can help with balance in yoga in a number of ways:

Directing attention: Drishti helps to direct attention and cultivate mindfulness during yoga poses and meditation. This can help to calm the mind, deepen the practice, and enhance overall concentration.

Improving focus and concentration: Drishti can help to improve focus and concentration, which can in turn help with balance.

Reducing distractions: Drishti can help to reduce distractions, which can make it easier to notice internal wanderings of attention and maintain balance in mind and body.

Enhancing physical and mental equilibrium: Drishti can help to enhance physical and mental equilibrium.

In different yoga styles, there are different drishtis associated with different poses. For example, in warrior I pose, the drishti is directed towards the hands, while in tree pose, the drishti is on a fixed point in front.

Here are some tips for practicing drishti:

1. Keep your drishti soft rather than strained.
2. If you have an injury that makes using the prescribed drishti painful, try looking softly towards the tip of your nose.
3. Gently cast your gaze toward your toes.
4. Soften your gaze so that the lines between your toes and the floor begin to blur.
5. With each inhalation, allow the spine to elongate in the direction of the drishti.
6. On each exhalation, allow the body to soften and surrender into the stretch.

PEACE & CALMING essential oil spotlight



This blend of 5 calming oil helps us and everyone around us settle down even in the most hectic and stressful situations. It happens just like the name says... and in some ways, this is the only blend you'll need in a tense situation! Massage a few drops on the bottom of the feet to calm an overactive mind or help induce sleep. P & C is perfect to calm babies, rambunctious young children, anxious teens or adults. Apply a few drops and just wait for the shift in energy, and 90% of the time, it will happen in just a few minutes. Once you experience the shift, you won't want to be without this one.



This calming fragrance is also delicious to diffuse. Apply to wrists, ears lobes, behind the ears, back of neck or bottom of the feet. Oils in this blend are: Tangerine, Orange, Ylang Ylang, Patchouli & Blue Tansy.

Shannon Warwick Referral code # 4427776

Scan the QR code to purchase directly from their website.

WELCOME

NEW THIS WINTER



We welcome Courtney Champeau, our new instructor of Vin-Yin. Courtney is based in Baileys Harbor, Door County, WI. She lives with her husband, her stepdaughter, and their cat named Honey. Another hat she wears is that of a librarian for the Sister Bay/Liberty Grove Library. Her yoga background is heavily influenced by Adriene Mishler of "Yoga with Adriene" as that is how she discovered the wonderful world of daily yoga practice in 2016. When the Champeaus lost a close family member to a tragic skiing accident in 2023, Courtney decided that life is too short to keep your dreams on the back burner and enrolled in YogaRenew's online 200 hour teacher training. She has taught at the Fish Creek YMCA, outdoors in parks and orchards, and for Kind Soul Yoga studio. She is currently working on completing her 300 hour certification and very excited to join the team of lovely humans at The Well Nest.

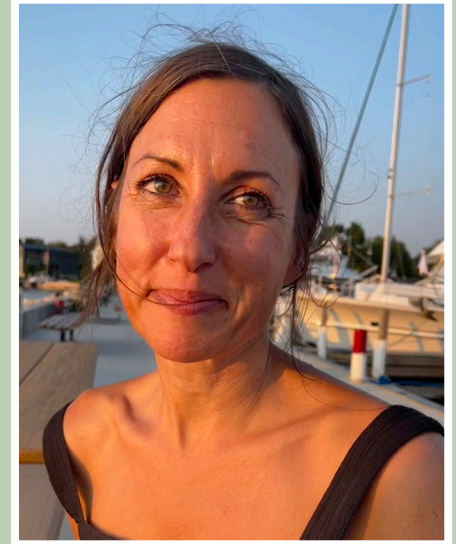
ACUPUNCTURE, HERBAL MEDICINE & CRANIOSACRAL THERAPY NOW AT THE WELL NEST!



Alexander Dold, MSTCM, Dipl. O.M, L.Ac has been practicing Chinese Medicine for 17+ years with a focus on using Acupuncture and Traditional Herbal Formulas to treat pain, chronic conditions, complex health challenges, minor complaints and more.

Alex commonly works with: women's medicine, chronic migraines, chronic pain, mental and emotional health, digestive issues, skin conditions, respiratory issues, weight management and metabolic disorders, autoimmune conditions, heart and vascular health, general wellness and longevity.

To schedule a session please visit:
www.hundredgatherings.janeapp.com
or phone: 847-331-8457



Andrea Maxine, MFA, CRM, CCST brings over 26 years of experience in bodywork, spiritual study, personal development coaching, and transpersonal healing to her private practice. She will be offering Craniosacral Therapy, Energy Healing & Life Coaching. Her signature approach nurtures a transformational process that enables you to trust your own inner process for healing and living life consciously and authentically.

To schedule a session please visit:
www.andreamaxine.com,
phone: 609-941-4392
andreamaxinefrade@gmail.com



INSPIRATION CORNER

Personal Powerful Word for the Year, Reflect on Your Past Year

First, reflect upon last year or the last 12 months if choosing your word part way through the year. Think about your personal growth. What went well, and what didn't go so well? How have you changed over the 12 months? If you keep a journal, flick through it. Are there words that you write about often? The benefit of reviewing your past year is it highlights what is missing in your life and what you would like to strive for.

Your word of the year should be a word that will help you with personal growth in all areas of your life.

40 words for the year ideas:

Tip: If a balanced life is what you are after, choose a word that applies to all areas of your life.

Action
Adventure
Balance
Believe
Bloom
Confidence
Cultivate
Connect
Consistency
Discipline
Determination
Energy
Enough
Embrace
Flourish
Fearless
Gratitude
Grace
Grow
Grounded
Harmony
Ignite
Journey
Kindness
Love
Lead

Nourish
Purpose
Passion
Positivity
Rise
Respect
Shine
Simplify
Thrive
Trust
Thoughtful
Vision
Vulnerability
Wisdom

To help you narrow down the list, visualize the word in relation to your goals in all areas of your life. **Example: If your word is 'Thrive' – visualize how healthy relates to;**

Relationships
Wellbeing, mind and body
Spirituality
Family and home
Career/business
Financial
Community

Keep your one word in focus. Throughout 2025 keep your one word in mind. It is important to see it and use your one word daily.

Create a Power Word Visual to put in your space.

Use your word daily! Ask yourself ~ Will _____ help me THRIVE today/in this situation?

Write your one word down where you see it every day and as you take action towards your goals, relate the actions you take to the word.

Think, does this one action bring me closer to my goals and am I in integrity with my core values? How do I feel when this action is seen through the lens of my power word?

The more you see and use your word, the more you bring into your awareness the importance of the word and your goals. Just the ONE word you choose for the year can help you take action towards your goals.

My focus WORD is a lens which helps guide my actions, the actions that I take will move me closer to my life goals.