

YOGA LORI STEWART  
0408368927

## SPRING NEWSLETTER 2017

**NAMASTE DEAREST YOGI FRIENDS!!** What gorgeous days we're having, and now it's Spring and we have the promise of longer days ahead. I am away a bit in September, but we are lucky to have the two lovelies, Lisa and Jayne to fill in for me and keep you well stretched! See you again very soon and remember to enjoy every second, Lori xx

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### CURRIED VEGETABLE BURGERS (A good vegetarian source of protein)

2 tablespoons olive oil	3 tablespoons crunchy peanut butter
1 onion, finely chopped	1 egg yolk
1 garlic clove, crushed	3 tablespoons chopped coriander leaves, plus extra leaves to serve
2 zucchinis, grated	6 bread rolls (we used cape seed)
1 large carrot, grated	Mayonnaise, to serve
100g (about 4 slices) wholemeal bread, crusts removed	Chutney, to serve
400g canned chickpeas, rinsed, drained	Lettuce, to serve
3 teaspoons mild curry paste	Tomato, to serve

### METHOD

Heat half the oil in a large frypan over medium-low heat, add the onion and cook for 5 minutes or until softened. Add the garlic, zucchini and carrot, then cook, stirring, for 2-3 minutes until wilted and softened. Drain off any liquid. Place bread and chickpeas in the bowl of a food processor and pulse to combine. Add softened vegetables, curry paste, peanut butter, yolk and coriander. Process until mixture comes together. Form the mixture into 6 patties and chill for 10 minutes. Heat the remaining tablespoon of oil in a non-stick frypan over medium heat and cook the burgers, in batches if necessary, for 1-2 minutes each side until golden.

Serve in rolls with mayonnaise, chutney, lettuce, tomato and extra coriander leaves. **YUM!!**

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### THE ANIMALS TAKE ON YOGA.....



## **ARE YOU HAVING ENOUGH PROTEIN?**

Both men and women should be mindful of their protein intake as they get older. As women enter the menopaual years, they start to lose muscle, strength and bone mass at a greater rate. Even though we all begin to lose muscle after the age of 20, this process accelerates after menopause and the decline is steeper in women than in men. Exercise helps to reduce the loss of strength and muscle mass, but diet also plays an important role in holding onto lean body mass as well. A number of women notice an increase in body fat during and after menopause, especially around the waist and tummy as visceral fat, the unhealthiest kind, increases and they start to see a "muffin top."

In an attempt to curb the increase in body fat, many women go on a weight loss diet. That can lead to an unhealthy consequence – further loss of muscle mass. A recent study looked at this issue. This study emphasizes the importance of consuming protein throughout the day when you're trying to lose weight.

### *Dietary Protein Helps to Preserve Lean Body Mass:*

Researchers at the University of Illinois divided 31 obese, post-menopausal women into two groups. Both groups ate a 1400 calorie diet daily for 6 months. The only difference was one group consumed protein three times a day – morning, afternoon and evening while the other group consumed a carbohydrate. Both groups were encouraged to do light exercise like walking and stretching.

At the beginning and end of the 6 month study, researchers used imaging studies to measure thigh muscle mass and body fat levels in these women and used a variety of tests to measure strength, physical function and balance. The results? The women who consumed protein throughout the day lost 3.8% more subcutaneous fat and had a relative gain of 5.8% more thigh muscle compared to women who didn't consume protein throughout the day. The women did experience some loss of strength as they lost weight but eating a higher protein diet helped to preserve their performance on tasks that require strength and balance. Vegetarians need to take extra care to ensure they have adequate protein in their diet.

A handy PROTEIN CALCULATOR can be found here:

<https://www.bodybuilding.com/fun/calpro.htm>

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## **Aca Beatles Concert**

*A capella tribute to The Beatles*

***Our lovely Bernadette from Tues night is performing with her choir at Twin Towns on***

***Sunday 24<sup>th</sup> Sept in the Horizons Room @ 11.30am and 3pm***

***Tickets are available for \$28.50 (concession \$25) online***

***[www.voiceweavers.com.au](http://www.voiceweavers.com.au) or trybooking.com/book/event?eit=268253***

***Come along and enjoy!!***

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### **CARPET CLEANING**

*For carpet & upholstery cleaning, call Ian (Tuesday Night class), owner/ operator of FIBRETEC*

***0414 505 018 or 07 55339021***

*Ian comes highly recommended, and gives prompt reliable service.*

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Many thanks to Daph Wed & Fri morning, Anne Tuesday morning and Ian Tuesday night.  
Thank you to all for preparing the hall at relaxation time and for your smiles and bright energy. Love to all, Lori xxxx

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### **YOGA SCHEDULE 2017**

**TUES 9.30AM RANSLEY DANCE CENTRE, MIAMI (Corner Ozone St & Paradise Ave)**

**TUES 6PM TUGUN VILLAGE COMMUNITY HALL, TUGUN**

**WED 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN**

**FRI 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN**