

Vibrance *Infusion*

Launch edition

August 2011



Helping YOU to live, love & laugh, Naturally!

Monthly E-Magazine.

Inside this Month's VIBRANCE INFUSION....

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- *Laughter Pro's from around the world share with us what they LOVE the MOST about Laughter Yoga!*
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vibrance.com.au

Vibrance Infusion Monthly E-Mag August 2011.  Helping you to live, love & laugh, Naturally!
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WELCOME to our NEW Vibrance Infusion Monthly E-Magazine!

We hope you enjoy the additional content and the new easy to read, print or forward format. Please feel free to **forward** it through your **email**, **print** it and **put it up at work**, **hand out to clients** or leave around for casual reading... We'd LOVE to share a little vibrance with as many people as possible! Send feedback, ideas or contributions to kathy@vibrance.com.au. Enjoy and have a beautiful day!

Kathy's Winter Road Trip!

On the journey of life with life lover, free spirit & mindbody specialist *Kathy Popplewell!*

For those of you that don't know I hit the road last month and decided to make the most of our July Gold Coast Laughter Yoga Leadership Training by taking a winter road at the same time!

I'm not a massive fan of winter and every year that it comes around I think why haven't I set my life up so I can head north during winter... I really feel the cold and although I don't mind rugging up and using making the most of winter by doing some hibernation, rejuvenation and reflection by about 6 weeks into I can often be getting a bit bored with how many people tell me I look like I'm an eskimo or that I am dressed as if I am going to the snow! Hahaha, very funny and sooooo not original!

So I was pretty excited to head north, a wee 10 or so hours drive up the coast. I gave myself 3 days to get up there, first day dropping into Port Macquarie and caught up with a friend and colleague, Jackie Curran the laughter lawyer, which was awesome and we had a great laugh. I arrived on the Gold Coast the day before our training, we had an fantastic weekend as always and now there are 6 new Laughter Leaders out there in the world, Yay!

I spent the next couple of days resting up and was so blessed to stay with the gorgeous Daynia Ruth and her lovely family.... And once rested... Well! The sun was shining, weather was AWESOME, and we were two girls in the SUN having FUN for sure! Dancing on the beach, Stand-Up Paddle board & Yoga in our bikini's, African Dance class, Surfing, beach walks, yummy food, Tarzan Swing (well I totally stacked my landing on that one but the rest was fantastic)! Then I stayed 2 nights in Byron Bay and had a fantastic 2 nights dancing it up at the Beach Hotel to 2 AWESOME and FREE live gigs! Actually that is exactly where Daynia and I met 1 year ago on the dance floor!

Remember, when you let your light shine and your spirit free you'll meet some of what could be your most amazing friends, contacts, when the most synchronistic things happen and things just FLOW!

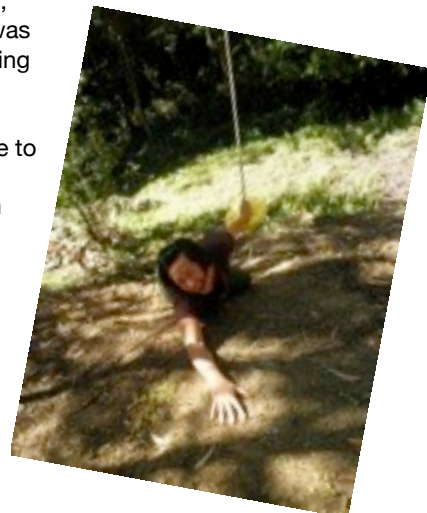
I came back feeling rejuvenated, inspired and energised! Yes, it was a fantastic trip and very nourishing to my body, mind and soul.

You are worth it! Take some time to do new things, get outside your comfort zone and hang out with people who make you SHINE!

Love & Laughter, *Kathy*

Facing my fear of the Tarzan swing, my landing was off, (ouch!) but still came out laughing!

Hahahaha!!!



To watch clips of Daynia n me getting our boogie on visit my YouTube Channel www.youtube.com/KathPopplewell

Nourish and Loving YOU ...

Restorative Yoga: Supported Butterfly Pose (Supta Budha Konasana).

We spend so much of our time doing and living in the fast lane with our minds running a hundred miles an hour that often what our bodies most need is to come into stillness, to rest on the outside so that the repair and restoration can happen on the inside. The beauty of restorative yoga is that you use props like bolsters, blankets, cushions and blocks to support your body into the yoga pose so you can relax, soften, breathe and surrender into the posture.

Supported Butterfly (Supta Budha Konasana) is one of my all time favorite restorative yoga postures. This posture is particularly great for women especially during menstruation or menopause as it opens the hips, pelvis, womb (increasing blood flow and oxygenation to the area) and the heart centre. Sometimes I use this pose as my whole practice.

Getting into the Pose: Sit on the floor and place bolster (or 2 thick blankets folded longways) at the base of your spine. Lay back over the bolster with the soles of your feet together. Place cushions or blankets under your head with the chin tucked in and under your knees so that your hips are supported enough that you can relax completely.

If you have an eye cushion you may like to place it over your eyes. Breath deeply and allow yourself to relax.

**Remember that the position should be comfortable, if unsure please seek the guidance of a certified yoga instructor.*



In the pose supported by bolster and blankets. Allow yourself to rest there totally supported for anywhere from 5-30 minutes.



Coming out of the pose. Bring the knees together and gently roll to one side. Rest on your side for 1-3 minutes before rising.

Enhance your **Loving You** experience by....

Putting aside a set amount of time just for you...

Lighting some candles...

Putting on your favorite relaxing music...

Turning off your phone...

Having a bath or shower before the practice...

Giving yourself a self massage before or even within the posture...

What I LOVE the MOST about Laughter Yoga from around the world!

"I love that Yoga Laughter can keep me smiling and happy for hours or even days after I've done it." Vicki Cottier, Australia, 21.

"I love Laughter Yoga because it unites people unconditionally with the most positive emotions... LY heals and transforms the soul in a giggle. Can anyone beat that!" Daniz Keller, Turkey, 47.

"What I love most about Laughter Yoga is the way I feel when I see all the changes and joy that these simple but profound laughter exercises can produce in others" Tosha Tobias, Chile, 64.

"I love watching strangers connect and lighten up when they laugh together during Laughter Yoga" Meg Scott, USA, 58.

"I love Laughter Yoga because it's simple - and it works." Duncan Cook, Canada, 47.

"Laughter Yoga connects me!" Joost Burger, Netherlands, 42.

"I love how Laughter Yoga generates feelings of friendship, so now I have thousands of caring friends all over the world. I used to be a lonely guy but now I have to check my social calendar every day to see what wonderful event I am attending, guffawing with my laughter buddies" Jeffrey Briar, USA, 56.

"I Love Laughter Yoga because it is good Medicine for my mind, body & spirit. I also love Laughter Yoga because it more deeply connects me to my inner peace & outer peace with others around the world." Melanie Rudolph, USA, 37.

"I love laughter yoga because I learn how to rejoice in the moment and how to celebrate life with others" Diane Shalom.

"I absolutely love watching peoples' faces bloom into the most radiant smiles during Laughter Yoga and I am always amazed at how people who were complete strangers at the beginning of the session talk over lunch as if they've known each other for years" Mary Tadokoro, Japan, 57.

I love Laughter Yoga because, in less than ten minutes I teach people how to access the perfect joy within us that heals and is never dimmed by circumstance. I love to see their joyous surprise as their hearts open and spirits lift for no reason at all, whatever burdens they carry" Linda Lou Batchelor-Ballew, USA, 63.

I love laughter yoga because I can make my Alzheimer's clients enjoy the moment and have good laughs when I'm with them a we forget about memory and have a lots of fun. Love, laughs and peace to all" Erika Ruiz, Florida, 47.

"What I love the most about **Laughter Yoga** is how it is **accessible**; can be done **anywhere**, at **anytime**, with **anyone**; that it gives us permission and space to tap into our **childlike, natural** and **spontaneous laughter**; that it is great exercise that **feels great** and has a **fantastic healing** and balancing effects on the body."

"I love that laughter is a **universal language** which proceeds spoken language. That we start to laugh when we are babies and it can continue to give us **joy** and **optimal health** for the rest of our lives, that it is **contagious**. **Laughter** is such a great **gift** to us on this planet and I love that it can be **so easily shared**."

*Life lover, free spirit, mindbody specialist & Australia Laughter Ambassador **Kathy Popplewell, Australia, 31**. Kathy has a **BIG Audacious Goals** is to train 1000 Laughter Yoga Leaders by 21 December 2012. Details of Certified Laughter Leadership Trainings with Kathy in our What's On section.*



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Vibrance Laughter

Sharing the MAGIC of LAUGHTER!



Celebrating World Laughter Day with a FREE Giggleshop at Matcham on the Central Coast, NSW, Australia in May 2011.



Laughter fun at our Vibrance Laughter Yoga Leadership Training June 2011 on Central Coast, NSW, Australia.



Graduates from our Vibrance Laughter Yoga Leadership Training in July 2011 on Gold Coast, QLD, Australia.

Get your giggle on, de-stress, Boost your Happiness, have a FUN full body workout and Enhance your Wellbeing in a **2 hour introductory Laughter Giggleshop** with Kathy

Sunday 7 August

2-4pm

Living Om, 310 The Entrance Road, Erina, Central Coast, NSW.

\$30 pre-paid or \$35 at the door.

For details and bookings visit vibrance.com.au

Did you know that **happy** people cost you less, are more **productive, creative and motivated**?



Let us help you and your team **LAUGH** your stress away, put an injection of **FUN** into your workplace and make your event **MEMORABLE!**

To book us for a professional **Laughter & Workplace Wellbeing Conference Keynote** contact Kathy on 0405 147 154.

Laughter Yoga Founder, **Dr Madan Kataria** will be visiting Australia this year to run a Laughter Yoga Teacher Training and attend the **Australasian Laughter Conference** in Adelaide THIS MONTH!

To find out more about the events visit: laughteryoga.org or laughteryoga-australia.org.

Vibrance Inspirations

Quotes and giggles to inspire your life.



Starfish on the Beach

Early one morning, as a man was walking along the beach watching the surf and waves breaking on the shore, he began to notice the beach was littered with thousands of starfish.

The starfish had washed ashore with the tide and were dying in the sun. Down the beach he noticed that a child was picking up starfish and tossing them back into the water, one at a time. He walked towards the child and as he approached her he yelled out, "you are wasting your time. There are thousands of starfish and you can't possibly make a difference and help them all."

Pausing, then reaching down for another and tossing it back to the sea, the child replied, "I made a difference to that one." And the child reached again for another.

"You can't chase happiness;
it is not something you pursue.
This is because happiness is not
something outside you,
it is inside you.
It is there already,
all you have to do is let it out."

Diane Law

"A visionary is a
self-fulfilling prophet.
Don't predict the future...
Create It!"

Leland Kaiser

Vibrance Giggles...

One afternoon a man came home from work to find total mayhem in his house. His three children were outside, still in their P.J.'s, playing in the mud, with empty food boxes and wrappers thrown all about the front yard. The door to his wife's car was open, as was the front door to the house. Proceeding into the entry, he found an even bigger mess.

A lamp had been knocked over, and a throw rug was wadded against one wall. In the front room the TV was blaring a cartoon channel, and the family room was strewn with toys and various items of clothing. In the kitchen, dishes filled the sink, Breakfast food was spilled on the counter, dog food was spilled on the floor, a broken glass lay under the table, and a small pile of sand lay piled up by the back door.

He quickly headed up the stairs, stepping over toys and other piles of clothes, looking for his wife. He was worried that she might be ill, or worse!!

He found her lounging into the bedroom, still in her pajamas, reading a novel.

She smiled, looked up at him and asked how his day went. He looked at her bewildered and asked, "What happened here today?"

She again smiled and answered, "you know everyday when you come home from work and ask me what in the world did I do today?"

"Yes", he replied reluctantly.

She answered, "We'll, today I didn't do it!!"

"You cannot **discover new oceans** until you have the **courage** to take your eyes off the shore" Unknown.

Vibrance Health

The 6 Best EVER Exercises for a Long and Healthy Life!

Here are the 6 exercises that one of my favorite teachers, Dr John Demartini recommends as the BEST forms of regular exercises to incorporate into your life if you would like to live a long, healthy, fulfilling and abundant existence. ***I hope you'll be as excited about this list as I am!***

1. Walking - most people who live a long life walk everyday. To increase the benefits as you walk think about things that inspire you, you may even like to read something inspiring before you head out on your walk and then continue to think about it as you walk along. Great to include some incline planes (up hills) too.

2. Swimming - we are made up of about 70% water and it's great for your body to surround yourself in water as remember for the first 9 months of your life you were living in fluid as you grew in your mothers belly. Swimming is a wonderful way to nurture your body, if you can get yourself into the salted water of the ocean all the better, but any swim is better than no swim.

3. Dancing -have some fun a move your body anyway that feels good! Whether it's putting on some tunes at home and dancing around in your pj's or as you do the housework, putting together a dance routine with the kids, going to a social dance or doing some dance lessons dancing is a natural way to have fun, celebrate being in your body and connect with yourself and others.

4. Singing - talking and singing is not only now shown to be great exercise but also wonderful for the brain. You may be a little surprised with this one but whether it's singing in the shower, along with the radio, doing a spot of karaoke or joining a choir, singing is a wonderful addition to exercising your way to a long and healthy life so get those vocals cords moving, grooving and start making some sounds.

5. Yoga/Stretch - stretch all your joints every day if you want to be long, strong and limber into your senior years! Whether it's yoga, a stretch class or simply stretching out your body and joints in ways that feel good to you it's simple and great to do it. Make some funny shapes with your body, stretch, breath and move.

6. Sex - there are so many health benefits to love making including great exercise, awesome for working the pelvic floor muscles (and many more), releases endorphins, creates intimacy, bonds us to our partner and burns heaps of calories!

I love the simplicity of the list.... And I'm sure you will see that absolutely everyone should be able to incorporate several if not all of these exercises into your daily or weekly routine.

Extreme exercises or activities are not recommended (for longevity) as most people's bodies don't cope well with the impact on the joints, bones and ligaments however gentle to moderate resistance exercises could complement the above list, although if you were regularly including all of the six I don't think you'd really need much else **except that personally I'd also add include plenty of Hugs, Snuggles, Cuddles and Laughter!**

Have FUN adding more of these to your life
and Do it Inspired!



Love Life: 37 ways to tell you are a real surfer!

I LOVE this, it's from a woman's perspective but think the dudes will enjoy it too.

By Daynia Ruth. **Photo:** It's Daynia riding a ripple!

1. You've felt salt dried on your skin and eye brows after a surf session.
2. Your own board has come back and hit you on the head so hard you saw tweety birds but you went out for another wave.
3. Fresh water tastes super sweet after you've been out surfing all day.
4. You have thick white stripes around your ankle or under your knee where your leg rope goes.
5. You've nearly hit the railing going over a bridge on highway because you're trying to check the surf.
6. You've actually enjoyed peeing on yourself because it warmed up your wetsuit.
7. You feel sorry for all the landlubbers because they don't know what they're missing.
8. You have board wax in your glove box/under your car seat/in your boot.
9. You've used your finger nails to rough up the wax on your board.
10. You've slipped and fallen face first on your board while trying to stand because there wasn't enough wax.
11. You've woken up with sand all over your face/ bed because you were too tired to wash your hair.
12. You've left your bikinis on the roof of your car and had to drive back to the beach to look for them on the road x 5.
13. You've laid back on your board and stared into a perfect blue sky and thought "there's no place in the world I'd rather be."
14. You've spent an extra hour (or four) paddling back out saying to yourself "just one more."
15. You've almost crapped yourself when you've seen a black fin which turns out to be a dolphin.
16. Someone calls out "white pointer" and you check to make sure your bikini top hasn't come undone... again...
17. You've been bruised, cut, scarred so many times people think you're in an abusive relationship.
18. You have blood dripping down your leg/arm/face but laugh and think "it's merely a flesh wound" as you head back out to catch another wave.
19. "Sik" and "frothing" are not terms requiring medical assistance.
20. "Shark bait" takes on a whole new meaning once a month.
21. You start grading guys according to surf conditions... "Gee it's *flat* today. Oh, that's 6' and *pumping* ... or my fav. "tsunami* approaching!"
22. You go out in HUGE roiling surf all by yourself and you're not scared one little bit... except... maybe when you scream out "MUMEEEEEEEE!!!"
23. Your hair feels crunchy because it was sun dried with salt water before you could shower.
24. A passerby asks if you live in the sand dunes because you're shampooing your hair at the beach showers.
25. You have a quiver of boards for every surf condition.
26. You're not afraid to "drop in" on King Neptune.
27. Constantly changing bikini styles make your skin look like you're wearing white war paint criss-crossed over your body.
28. You don't care who gets elected, who's bagging whom in Hollywood or if it's sunny or rainy just as long as there's a ripple to ride.
29. You check the surf cam as soon as you roll out of bed.
30. You drop your kids at school in your bikini or wetsuit.
31. You apply sunscreen while waiting for the red light to change so you have more time to surf.
32. You keep a spare change of clothes/towel in the car.
33. You've used your own shirt or board bag to dry off because you forgot to bring a towel.
34. You almost forgot to pick up your kids after school because the surf was up and you weren't wearing a watch.
35. You raced to piano lesson/work/school without wearing any bra/undies because you only wore your bikinis down to the beach.
36. Your bikini has left it's moorings exposing your *wolverine*/ *white pointers* but you stubbornly refuse to dive off your board and lose the perfect wave even though you're carving past a line of surfer dudes with eyeballs hanging out.
37. You'd rather be surfing than doing anything else... even sex!



Vibrance What's On:

Upcoming **Vibrance** Laughter Giggleshops and Trainings

with life lover, free spirit, mindbody specialist & Australia Laughter Ambassador **Kathy Poplewell**.

2 Hour Intro Laughter Giggleshop

- Sunday 7 August, 2-4pm.
@ Living Om, Erina. Central Coast, NSW.
\$30 pre-paid or \$35 at the door.

One Day Giggleshops (9-5pm)

- **Saturday 20 August**. Oaks Waterfront Resort, The Entrance. Central Coast, NSW.
- **Saturday 17 September**. Magnolia Centre, Rose Bay. Sydney, NSW.
- **Saturday 15 October**. Prana House, Thornbury. Melbourne, VIC.
- **Saturday 26 November**. Gold Coast, QLD.
- **Saturday 25 February 2012**. Hobart, TAS.

Early Birds \$149pp (or \$280 for two).
Standard Rego \$179pp (or \$320 for two).

2 Day Certified Laughter Yoga Leadership Trainings

- **20 & 21 August**. Central Coast, NSW.
- **17 & 18 September**. Sydney, NSW.
- **15 & 16 October**. Melbourne, VIC.
- **22 & 23 October**. Sunshine Coast, QLD.
- **26 & 27 November**. Gold Coast, QLD.
- **25 & 26 February 2012**. Hobart, TAS.

Early Birds \$349 (or \$325 pp for two).
Standard Rego \$379 (or \$349pp for two).

Our training is recognised and certified by Dr Kataria's School of Laughter Yoga and your training price includes the 2 day training, your training manual and workbook, certification and ongoing mentoring.

To see full details or to book your place visit **vibrance.com.au**.

Evolve Yoga & Wellbeing Festival Sydney. 3 & 4 September 2011.

Evolve is a weekend of yoga classes with some of Australia's leading teachers, wellbeing workshops, and presentations on natural health. *I will be teaching 3 sessions at Evolve and I would love to see you there!*



SYDNEY 3rd & 4th SEPTEMBER
Sydney Boys High School, Moore Park

A weekend of...

- Yoga classes
- Wellness workshops
- Music, dance and chanting
- Exhibitor marketplace

evolve
YOGA & WELLNESS
FESTIVAL

Tickets Online: Weekend Pass \$55 Day Pass \$32
www.evolveyogafestival.com.au

Kathy's sessions at Evolve!

- Saturday 12.30-1.30 in the **Blue Room**
- **Laughter Yoga**
- Saturday 5.30-6.30 in the **Evolve Hall**
- **Tribal Fire Tribal Dance**
- Sunday 1.30-2.30 in the **Blue Room**
- **Tribal FyouSION Yoga Groove**



2-4 December 2011
Gold Coast, QLD,
Australia

3 full days to nourish,
rejuvenate, connect
and journey **deeper**
into YOU.

Vibrance Women's Celebrating Womanhood 2011

'Deeper'

Early Bird Registrations Now Open
\$349 (group discounts available).

Standard Rego \$395.

Register online at **vibrance.com.au**

NEW Vibrance EVENT!

Vibrance Laughter's 1st Annual

Laughter, Health & Happiness
Conference. 1-3 June, 2012.

Gold Coast, QLD, Australia.

PRESENTER APPLICATIONS OPEN
from 5 August til 30 Sept 2011!

Find out more and submit your
application to present at

vibrance.com.au

Vibrance Eats

Nutrition and Wellbeing Tips for a vibrant and healthy life...

In our modern day, high tech world it is no wonder many people are confused about what constitutes a good diet. There are books, studies, advertisements everywhere many of which all contradict one another and can easily put people into a state of overwhelm by not knowing what to believe. Personally although I do have my own strong ideas about what a healthy diet consists of (a hunter gatherer diet of animal protein and fats, vegetables, seeds, nuts and a little fruit) which I've come to through my own study of nutrition which is also influenced and enhanced by my fathers passion for exploring nutrition.

But I also believe there is no one style fits all, everyone is a different so you must feel into what is right for YOU.

We need to learn to listen to our own bodies rather than so many outside influences.

My simple tip is, the more natural and closest to how the earth created the food for us, the better!

Boost your immune system and prevent tooth decay with bone broth.

A good old fashioned bone broth, simmered for 24-48hours can do wonders for our bodies, is great for our immune system, can even help aid us in preventing tooth decay and even help in remineralising our teeth!

Our bodies are created by design to repair themselves and that our teeth are made to last a lifetime. If you think of cavities as something that inevitably will happen with age then think again. It's exciting and empowering when we realise that we have the power to nourish and replenish ourselves through a good diet.

If you are interested in looking after your teeth naturally I highly **recommended reading**:

Cure Tooth Decay; Remineralize cavities & repair your teeth naturally with good food. By Ramiel Nagel.

And for further education on eating for optimal wellbeing and disease prevention I recommend:

Nutrition and Physical Degeneration. By Weston. A. Price & **Nourishing Traditions**. By Sally Fallon.

Bone Broth or Stock

In all three of the recommended books a good hearty, old fashioned bone broth or stock is highly recommended for daily consumption as a great healing and optimal health food and in Cure Tooth Decay, Ramiel claims "**homemade broths are one of the most potent medicines for tooth decay**" page 51.

If you can get organic ingredients and bones from healthy, happy free range animals all the better.

Use cartilage-rich bones of chicken, beef, fish and so on. Knuckle and marrow bones are highly recommended for beef or lamb or if using fish including the whole head and the carcass. I recommend using one type of animal per broth.

Put in a pot or slow cooker and cover with water. Vegies like carrots, celery and onion are great to add along with garlic and seaweed can also be a nice addition.

Simmer for 24-48 hours for best results but as little as 6 hours is ok. Strain and then refrigerate (good broth is rich in gelatin and when refrigerated it will set like a jelly). If you make a large batch you may like to freeze a few portions which you can use for a warming brew or to add to stews, soups or as gravy.

One of my favorite soups to make using the broth as a stock is **cauliflower, spinach, walnut and mushroom**. **Directions**: simmer 2 cups of roughly chopped cauliflower, 2-3 cups of silver-beet/spinach and a handful of raw walnuts with 4 cups of homemade stock until veg just cooked. Allow to cool. Saute sliced mushrooms in butter and season with salt and pepper. Blend all together and serve with dash of cream or yogurt.



Now enjoy your nutritious, delicious, healthy meal, Yum!