

Thankful November 2025



Dear Yogis

And here we are! **Changing the clock 1 hour back** as we are moving into November. The scary/fun days of Halloween are over and we are moving forward into the month of Thanks. What a beautiful autumn we have, nature shows off its awesome colors, the sun is making it even more spectacular.

For me it can become a welcoming distraction, when I see an inviting bench I simply want to sit and feel the sun on my skin. Or drive around and look at the trees, they change so fast, every day another scenery. Beauty all around you, how can it get any better than that.

How are you keeping up with your body as the weather is changing? Are you taking care of it, with proper breathing, movement and nourishing? It is so inviting to go easy and pick up a meal or even go to a drive through, but to make a simple meal at home can be much more satisfying and healthier.

In our part of the world we change into the cooler weather, nature is turning inward, and so are we. Nourishing more with warmer food and enjoying indoor activities. In yoga perspective, turning inward, breathing and meditating. Finding the answers within, when we take time to listen we will hear what we need to.

Our friends in Australia are moving into the warmer weather, so the food intake will change for you as well. Simply the opposite and more into the cooling and lighter foods. Turning inward for meditations is always a good advice to do, no matter what weather it is and where-ever you are. Connecting with the source where we all came from, finding your strength and replenishing your energy.

As I am writing this I am doing a Ayurvedic cleanse, which is very delicious and good for the body and mind. I use a reset kit from Divya, www.divyas.com containing teas and broth's and delicious kitcheri's. Kitcheri is light, very easy to digest and nourishing.

The food is plentiful. I for sure will have more than 3 days of food, tea's and broth's, and that is ok. It is vegan and I add some vegetables to the kitchen. Ghee or Olive oil are great sources to use in your meals and to cook with.

For the sweet tooth, I do make some cookies that are delicious, some of you that have participated the Ayurvedic cooking classes in my kitchen may remember this one. The recipe is below. (cookies shown in the picture on top)

Maple Tahini cookies

1 cup Tahini

1 cup Maple syrup

1 teaspoon Vanilla extract

1 teaspoon ground cinnamon (can be left out when you don't like that)

1/2 cup raisins or prunes (soaked, drained and roughly chopped) I use cranberries.

3 cups quick oats

1 cup chopped nuts, walnuts, pecans, sesame seeds, sunflower seeds, pumpkin seeds. I use a mixture of pecan, sunflower and pumpkin seeds.

Combine the fluids ingredients first, then add the dry ingredients and mix well.

Spoon little batches on the creased baking sheet and bake for 10-15 min at 350 F or 180 C

I sometimes eat 1-2 for breakfast.

Please make a note:

I am making a quick trip to The Netherlands and be traveling from November 19-27 coming back on Thanksgiving day. No classes Saturday November 22, and Tuesday November 25. I will teach Saturday November 29.

Wishing you all a very Happy Thanksgiving and know that I am very grateful to all of you. Thank you very much for being such dedicated yogis. November 15 it will be 27 years ago when we started back on Lake Street in River Forest. It is wonderful to stay focused and keep your body/mind the best it can be at any age. This way we are helping to create a better world. Stay calm, stay present, stay connected with your inner source and breathe. Be the best possible version of yourself at any age.

Namaste

Marianne

Contemplations:

Thanksgiving was never meant to be shut up in a single day.....

Robert C. Linter

Reflect upon your present blessings, of which every man has many; not on your misfortunes, of which all man have some.....

Charles Dickens

Remember:

Next free Yoga Nidra November 9 at 9:00 a.m. Chicago time.

Happy Thanksgiving

