



Mind, Body, Soul & SPIRIT



UNIQUENESS • COMPLETENESS • PERFECTION

Aara's Essentials Oil-Free Moisturizing SPF 45 Cream



The Oil-Free Moisturizing SPF 45 Cream is an extreme moisturizing cream to help protect from harmful rays while making skin appear younger and smoother. The Oil-Free Moisturizing SPF 45 Cream consists of Sodium Hyaluronate which diminishes the appearance of dry or damaged skin by reducing flaking and restoring suppleness. It also contains vitamin e. Vitamin E is a naturally occurring antioxidant that protects and nourishes the skin.

You can use it as a daily moisturizer or layer it with you daily skincare regimen. This product is for all skin types and it can be used ALL YEAR LONG! Protecting your skin from free radicals caused by the Sun is a year round practice. Give your skin a treat and try our Oil-free Moisturizing SPF 45 Cream, TODAY!



"Ladies, you can love on others, but should be intentionally loving on yourself." - LizM

Elizabeth Merriwether is the founder of **The Well Station**. She creates stations that are equal to a 'fillin' station, but these stations or environments would help to promote self care, relaxation, & affirming time for women.

The Well Station
Tel: 901-857-9210
Email: Events@thewellstation.org
<http://thewellstation.org>



@thewellstation

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FEATURED STORY:

LOTUS GODDESS YOGA & THE IMPORTANCE OF YOGA IN YOUR COMMUNITY MEET THE CLIENTS



Memphis millennial, Madisonne Cooper, started her practice of yoga when she was 17 years old. On her journey towards her inner self, yoga became her passion. Now, three years later, she is teaching and spreading the knowledge of yoga throughout her hometown, where she is known as The Lotus Goddess. Her ultimate goal is to introduce yoga to the youth in Memphis and help create a greater spiritual, mental, and health awareness throughout the city.

Why should yoga be more important to the community? Yoga is often recognized for its benefits in weight loss and is highly stereotyped as a luxury for high class citizens. Indeed, yoga does cause great weight loss results and an increase in flexibility. However, yoga is much more than what it seems. Yoga is the practice of balance, between the physical, mental and the spiritual. Yoga is a way of living that promotes a healthy mind and a healthy body. Through yoga, one can learn how to meditate and get a good workout, all in one. Along this journey, one will also learn more about themselves, becoming more in-tune with to their energy and inner-being. There are no rules when it comes to yoga. You don't have to be a certain size or color to practice yoga. The beauty in yoga is that every person creates their own unique shapes and lines through each pose. Each journey is different, which means the practice and journey of yoga is highly personal. Spiritual and mental health is certainly not a luxury; it is a necessity to life.

Ginger
relieves
spasms
& reduces
stress
in the body

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QUIET CORNER:

The Rhythm of Change!

by Adrena Jackson

There is a newness in the air! The season is changing, the flowers are blooming and the sweetness of summer is nearing. Change is coming and with change brings an opportunity for newness. A fresh start to do things that you haven't done before or maybe to step out in Faith and walk with God to achieve those goals that God gave you vision for long ago. Isaiah 43:19 says, "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." God has given us everything that we need to effect change within ourselves and within the places and communities that we are planted in. Change however does not come without great work and sacrifice. It means dedicating your mind, time and resources to the change that you want to see. It means listening to the Holy Spirit that dwells within you and obeying even when it's uncomfortable or you don't understand. It means pushing pass the dark places and doing the work to see the change manifest no matter the length of time. It means saying no to those things or people who do not align with the purposes of the assignment that you are called to.

In essence, change can be difficult but it is necessary in order to become our best selves. God never gives vision without providing resources. He is doing a New Thing and It is Springing Forth!

Will you catch the vision or be left standing on the side line...

Be blessed,
Adrena

"There is a time for everything, and a season for every activity under the heavens..."

- ECCLESIASTES 3:1

SUMMER GRILLED CORN SALSA

Recipe by: Michael Chiarello



Ingredients

- 10 large ears corn, husked
- 1/3 cup extra-virgin olive oil, plus more for brushing
- Salt and freshly ground pepper
- 8 vine-ripened tomatoes, about 1 pound total
- 1 cup diced red onion, 1/4-inch dice
- 4 tablespoons red wine vinegar, or more to taste
- 1/2 cup julienne fresh basil leaves



2015 Baby Blue

A sweet and silk wine with complex aromatics due to its blend of six grapes. It is balanced with a lengthy finish due to the 12 months spent in French Oak before being bottled. It is a very popular and highly recommended red wine.

TASTE AND SEE:

Directions

Brush the corn liberally with olive oil and season well with salt and pepper. Grill, turning every few minutes, until light gold all over and cooked, about 12 minutes. Let cool and cut off the kernels. Discard the cobs.

Core the tomatoes and cut a small X on the bottom of each. Brush with olive oil, season with salt and pepper, and place on the grill, X side down, away from direct heat. Cover the grill and cook until the tomatoes begin to soften but are not cooked all the way through (or they will melt through the grate!), about 15 minutes. Set aside until cool enough to handle, then peel. Cut the tomatoes in half crosswise and squeeze out the juice and the seeds through a sieve into a bowl. Reserve the juices and chop the flesh.

Put the onions in the non-reactive medium bowl and toss with 2 tablespoons of the vinegar. Let marinate until the color changes, about 10 minutes.

Add the chopped tomatoes, reserved tomato juice, onions, basil, and 1/3 cup olive oil to the corn. Toss well. Taste for seasoning and adjust with salt, pepper, and remaining vinegar. The salsa is best eaten the same day but will keep, covered and refrigerated, a day or so.

Serve with tortilla chips or as a topping for tacos.



Betcha By Golly Wow

<https://itunes.apple.com/us/album/betcha-by-golly-wow-feat-toni-redd/512298050?i=512298061>

SOOTHING SOUNDS

“You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth.”
— William W. Purkey