

GOODNESS

Appreciation Edition

BLISS PLANET

People, Animals, & Earth



POSITIVITY

PEACE

WELLNESS

TRUTH VEGAN

WISDOM

LOVE

HEALTH

INSPIRATION

JOY

LIGHT

PROSPERITY

COMPASSION



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WELCOME

Bliss Planet is dedicated to making a difference by spreading positivity and wellness. The more aspects of wellness a person implements the easier it is for them to amplify goodness.

People who feel good are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energy, words or deeds shared from one individual have the potential to positively influence countless others. When we share goodness with others we help them engage with the world in a positive manner and indirectly help people we will never meet.

I welcome you to join a quest to amplify Goodness for the benefit of people, animals, and the earth!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together in Goodness what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message inspire you to explore the possibilities that your Goodness has to offer!

Your ally in
GOODNESS,

Goodness Steve



VIDEO

Each edition of Bliss Planet includes a video of those featured in this issue sharing their messages of Goodness. Click the image below to view the show.



GRATITUDE

*Thanks to the support of our generous sponsors we are able to provide a **Wellness Certification Course** and other free educational materials designed to amplify the health and wellness of this beautiful earth.*

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FUTURE EVENTS

Goodness Mantra

Think GOOD Thoughts

Speak GOOD Words

Do GOOD Deeds

May we shine our Lights in
Goodness so that we may illuminate
this beautiful world!



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AMPLIFY GOODNESS

Bliss Planet is a place to play, learn, and share Goodness online for people, animals, and this wonder filled earth. A wellness course, magazine, e-books & a community are all part of the Fun at Bliss Planet!

Empowering The World With Wellness

Our vision is of a planet filled with health and happiness for all beings where we prosper in one another's brilliance. We contribute to this goal by creating healthy living content, providing educational services through our scholarship program and a platform for compassionate wellness minded individuals to unite.

www.BlissPlanet.com

THE POWER OF GRATITUDE

By Dorota Drosio

Do you sometimes feel life is overwhelming? Do you complain a lot? Do you feel like things are getting on top of you and you're struggling to cope? Yes - life can be very challenging. It can be your job that gives you sleepless nights (or no job if you're struggling to find one). You might be finding it hard to cope with bills or debt; you might experience problems with your family, neighbors, boss or coworkers. Or you might be completely on your own. Everyone has negative thoughts and it's perfectly natural. In fact, our brains are designed that way - we seem to naturally focus on negatives, often ignoring the positive aspects of our lives. Life can be very difficult. And it's natural to feel stressed, anxious and depressed. But we don't have to feel that way.

I admit - I complain a lot. But I'm doing my best to try and change it. Sometimes we just need to stop and reflect for a while upon what we've got. I make an effort to slow down for a bit and appreciate what I've been gifted with. There are many less fortunate

than us. There are many who would love to be in our position. Always. Too many. Of course - if you recently experienced a very traumatic time in



your life - like a bereavement - maybe it's not the right time for this yet. But for most of us - this is where

the power of practicing gratitude will help.

I went through some tough times recently and it didn't break me - it inspired me. The key is to take life's struggles not as a curse but as challenges, however hard it is. It takes a lot of time, practice and



patience. I have to admit - I'm not great at this. But I'm trying and I'm learning. It's not easy - it takes

practice and time. It helps to get through hard times eventually.

Studies show that people who practice gratitude regularly have better mental health, sleep better, are happier, more compassionate and kinder. It also benefits the immune system - people who make it a habit get sick less often. There's science behind everything here. Practicing gratitude on a regular basis actually can improve greatly the overall quality of your life. It positively affects your mental health and better mental health contributes to better overall health.

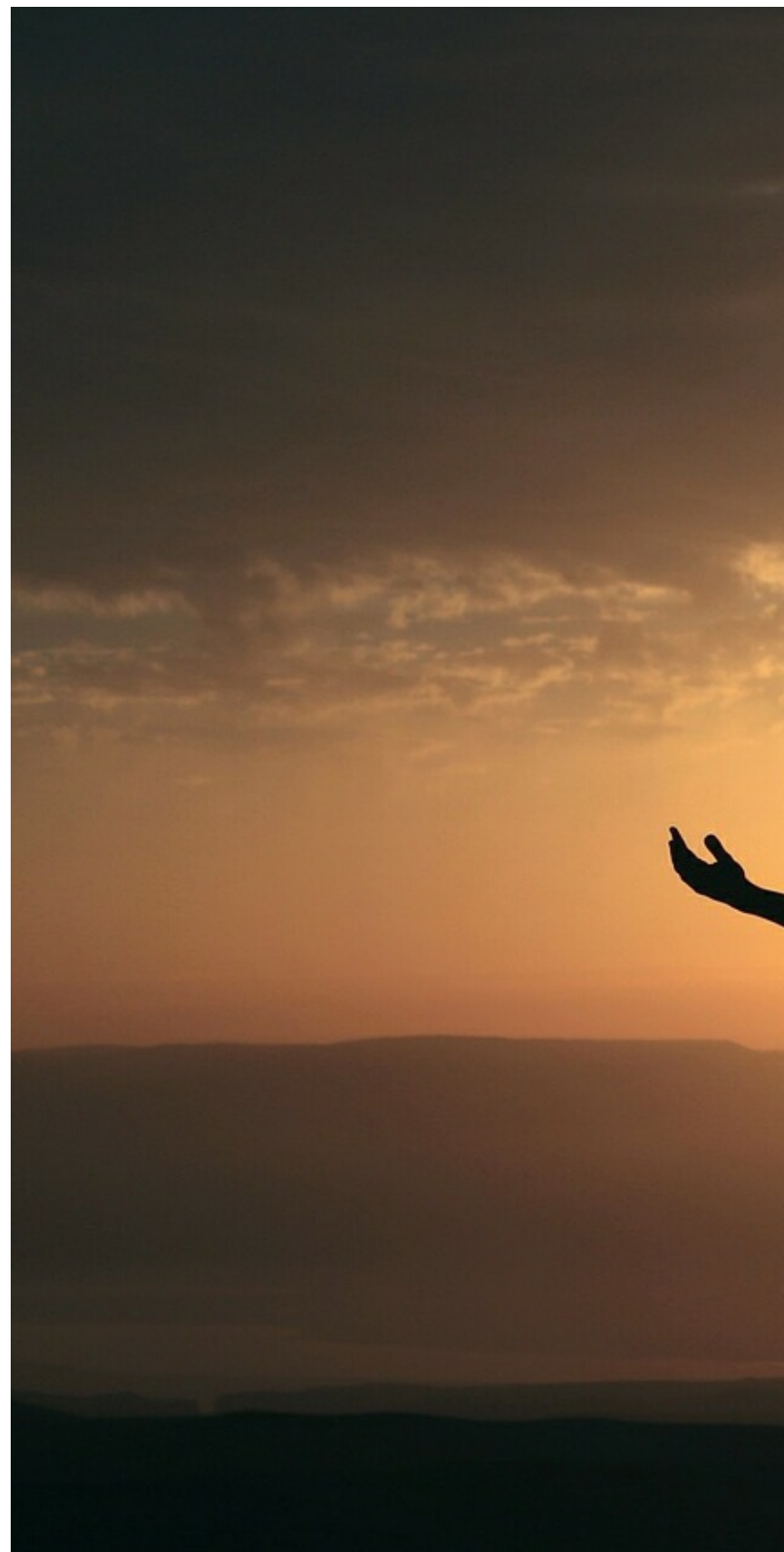
Benefits of practicing gratitude include better emotional health - feeling more relaxed, being more resilient, forming happier memories. It reduces anxiety, improves coping mechanisms and helps induce relaxation. It can change our personality - make us less jealous, less greedy and materialistic - by reducing the need to compare ourselves to others and freeing us from insecurities within our minds (which can be a result of having unsupportive parents or growing up in poverty), less self-centered, more optimistic, improve our self esteem and help us be more spiritual. It can improve our physical health - sleep quality, stronger immune system, makes us exercise more and

gives us more energy. Improved state of mind promotes better overall health. Improvement of our social skills - leading to better relationships with people - being more friendly and kinder. It can even help us perform better at work because it improves our decision-making skills and productivity.

This ritual, practiced regularly helps us improve interpersonal relationships - personal and professional, brings a reduction in aggression, improves self-esteem, increases mental strength and resilience.

Don't look at your struggles as obstacles - think of how strong you are to be able to overcome them. Sometimes life is just too much! It's overwhelming and you might feel like you just can't cope anymore. Sometimes it seems like it's just one thing after another and you feel you're helpless. Try embracing the feeling of gratitude for a few minutes every day. This will help to reprogramme your brain to gradually adapt feelings of appreciation as something natural. Always try to see a light at the end of a tunnel - there is always a way out of a negative situation. This will eventually stop the negative thoughts and bring you more inner peace - shift your thoughts from pain and hurt.

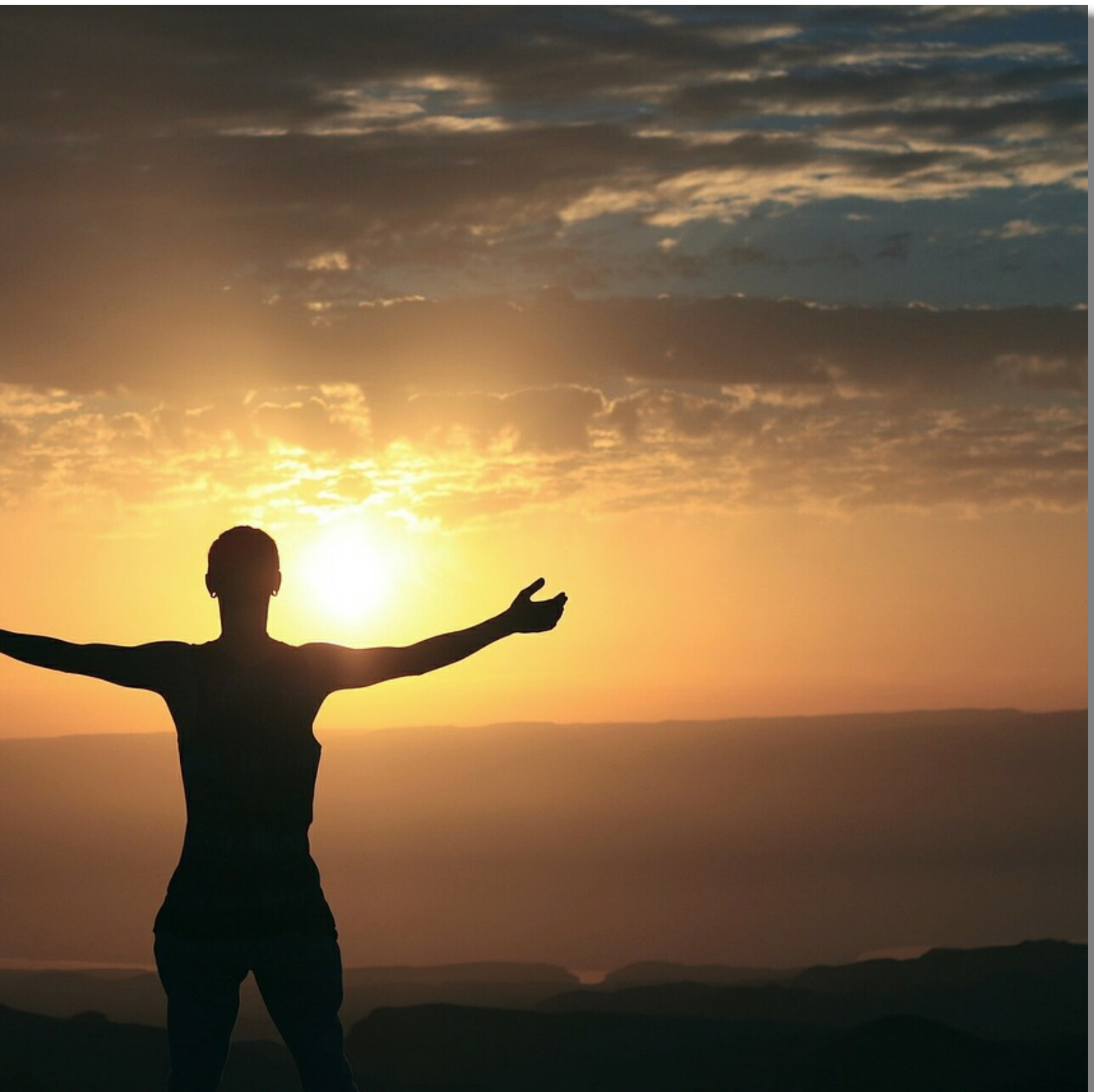
You might want to try writing down things you are grateful for - regularly but not necessarily everyday - it can be done even for as little as once a week. Studies show that this technique is very effective at increasing happiness levels and



distracting your thoughts from negativity.

Talk about gratitude to others, encourage - don't patronize. Point out things they can be grateful for.

According to studies - writing a letter to a person you are grateful for or



telling them about it personally increases your own level of gratitude, If you have supportive family members or friends - spend time with them. If not - make more effort to meet new, positive people. Thank people who inspire you.

Volunteering for a charity is another way of increasing the feeling of gratitude. It involves helping those disadvantaged and makes us appreciate what we have more.

Try being grateful for the ordinary things in everyday life - the ones we

Life Can Be A
Beautiful Ride...
Why Not Make It One!



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usually take for granted: food on your plate, the roof over your head (no matter how small - there are people who don't even have that much), kind people you meet, good weather, etc. Writing it all down and going through what you wrote will help you on the days when you're feeling low. Starting a gratitude blog might be a good idea! Sharing your thoughts will not only help you but will inspire others and help them.

Enjoy nature and be grateful for the connection; appreciate the love you receive from your family and friends. Practice small acts of kindness everyday - even if it's just picking up a snail from the path to prevent it from getting hurt. Put your love in the food you prepare everyday. Say kind words to people you meet - a compliment might make someone's day! Appreciate your pets and the



affection they show you (even if they are notorious shoe eaters like my dogs!)



Do something nice to people who are kind to you. Be kind and grateful to people whose services make your life easier everyday - the postman, the cashier in the supermarket, the cleaning lady in the office, the teacher, the bin men. Write positive reviews for the services you order.

Turn challenges into opportunities. Learn new things, improve yourself and appreciate your developing

knowledge. Help people more - this can make a huge difference in a vulnerable person's life and boost somebody's confidence. Focus on your strengths but make improvements to your weaknesses. And be thankful for both.

Before eating a meal - take a minute to express gratitude for it. You don't need to say a prayer if you're not religious. Just appreciate it.



Appreciate the people who work everyday to produce your food and deliver it to you.

Appreciate the ones who make your clothes and things you use everyday. Try seeing your life as a glass that is half full - not half empty.

Meditate (or pray if you are religious).

Try looking back at the end of each day and remembering at least one thing to be grateful for. Don't force yourself - if you can't do it everyday - do it once a week.

You might not be

able to focus on it everyday - it takes time. Reflecting on things you feel grateful for is a form of meditation, just without focusing on your breathing. Everyone can do it, regardless of their age.

This will take time and a lot of practice but eventually will make you a better and happier person. As I mentioned before - according to

psychologists - our brains automatically tend to focus on the negatives and ignore the positive experiences. But eventually, this can change. Consistency is the key.

A 2003 study by Emmons and McCullough showed that keeping a written record of what you are grateful for daily - helps you live a happier lifestyle, exercise more, be more optimistic, more successful in achieving your goals, sleep better and have a better approach to life. How underestimated the power of gratitude is!

Being thankful can help you achieve happiness. Studies show that people who practiced gratitude were 25% happier and more optimistic about their lives than people who didn't. "Gratitude" comes from Latin word meaning "thankful". The more you practice - the more things you start noticing that you took for granted.

Contemplate on individual blessings and how they changed your life for better. Use different techniques - this will help you not to get bored. You might sometimes write a journal, other times talk about it or express it through art. Writing a gratitude letter even without sending it still has benefits for your body and mind. Just 15 minutes a week can help you achieve results.

You might want to start by naming just one thing you are grateful for, everyday. It gradually rewires your brain into positive thinking. After just

a few months you will start perceiving every day as a positive.

So far there have been more than 40 studies on gratitude and its benefits. According to some - it might even have a potential of increasing the lifespan. Positive emotions and optimism have been associated with longer life expectancy.

The emotions persist long after the session is completed. This gradually changes the way our brains work. We start feeling gratitude more naturally, frequently and more intensively. It usually takes a few months but eventually you learn the ability to self - generate the wonderful feeling of gratitude.

The world would be a much better place if more people chose to practice gratitude on a regular basis. People would be kinder and more willing to help others. Spread the message about it. The world faces so many problems today - wars, poverty, corruption, cruelty to animals and fellow human beings. Today's world desperately needs more kindness. We would all benefit from it.

Try it and see how it works for you, your loved ones and friends and how it transforms your life. You have nothing to lose - but a lot to gain.

REFERENCES:

www.positivepsychologyprogram.com, www.tinybuddha.com, www.chopra.com, www.happify.com



Dorota Drosio MHS, CN, CPT is an ethical vegan, certified horticulturist, herbalist, nutritionist and a personal trainer. Animal rights activist and a mum. Graduated Warsaw University of Life Sciences with a Master's Degree in Horticulture - specializing in medicinal plants. Soon - starting work towards her doctorate. Currently working as a vegetarian and vegan Nutritionist and Personal Trainer - offering online consultations, meal and exercise plans, nutritional, supplement and herbal treatment advice.

For any enquiries - please visit: www.thefitvegan.co.uk or email: contact@TheFitVegan.co.uk





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**By APPRECIATION, we
make excellence in
others our own
property.**

Voltaire



INSPIRATION

The roots of all
GOODNESS lie
in the soil of
APPRECIATION
for **GOODNESS**.

Dalai Lama

APPRECIATION
is a wonderful
thing: It makes
what is
EXCELLENT in
others belong to
us as well.

Voltaire

APPRECIATION is the **HIGHEST**
form of prayer, for it acknowledges
the presence of **GOOD** wherever
you **SHINE** the **LIGHT** of your
THANKFUL thoughts.

Alan Cohen





FEED YOUR SOUL

Interview with author Carly Pollack

There are countless diets, cleanses, and 30-day challenges all geared to help people lose weight, heal their digestion, and feel more energy. Yet, these temporary protocols fall short when it comes to true transformation. With all of the nutrition guidance available, why do millions of people weigh more than they want and feel anxious and depressed about it?

Nutrition expert **Carly Pollack** lived this vicious cycle until trial and error, and over a decade of academic study and self-healing, led her to the incredible insights she's shared with thousands. In ***Feed Your Soul: Nutritional Wisdom to Lose Weight Permanently and Live Fulfilled***, she presents her unique understanding of body science, brain wiring, and spiritual principles to facilitate real, long-term change. We hope you'll enjoy this short Q and A with Carly about the book.

Let's start by having you tell us the story of how you came to write *Feed Your Soul*?

I've been in private practice for ten years, and I've coached thousands of people using holistic nutrition and functional medicine practices. Over the years, it became apparent to me that people cannot heal themselves if

they don't understand the inner workings of the mind, why we always come from fear, and how to train ourselves to do, say and eat the right things.

After a few years of coaching, clients kept telling me, "you should write a book." Then the inner whisper started, "You have something good here. You have something to say that can help heal people and help them live a higher quality of life." I didn't want to write a book at first. I felt like as far as nutrition went, it's all been said. Too much has been said. But I couldn't shake the whisper, so finally, I just gave in and started writing.

Why is the inner work the most important piece of weight loss?

Our plate is a reflection of our inner state. Our food behaviors stem from our mind's stories and beliefs. If you don't change your views, you can't change your behavior long term. For me, I'm not impressed by short-term weight loss. I've done it a million times. I'm looking for a permanent change, and that can only happen from the inside out.

You say in the book that the opposite of fear is love, then the

opposite of willpower is discipline. How so?

Discipline comes from a place of love. Discipline sounds like this, "I love the way that food tastes, but I love myself more." Using discipline feels great; you feel empowered and crystal clear about what you truly want. You are unwilling to give up what you want most for what your mind is saying you want right now. Conversely, when you are using willpower alone, you are pissed off at yourself, even after you have made the right choice. You feel imprisoned by food and indebted to some old behavior. Then three days later, you eat something even worse than the food you avoided to spite yourself.

Why do so many of us face constant resistance when we try to do the right thing, and how can we get ourselves to do the things we know are good for our health but that we have a hard time doing?

We face resistance because we haven't yet done the inner work. Humans are wired to seek pleasure only and we don't like to do anything that we associate with pain. If we have a story about cooking or exercising that has pain attached, then we won't ever be able to consistently do those behaviors (consistent behaviors equates to



permanent change). We have to start connecting more pleasure than pain to healthy habits..

You also say that before we attempt to achieve anything, we must begin by having extreme clarity about the outcome we want to create. Why is that step so essential and will you give us an example?

Knowing your "why" is about focusing on your outcome, not the process it takes to get there. An engaged woman wanting to fit into her wedding dress is a perfect example. She has a clear why (outcome). She's

A photograph of two young girls standing side-by-side against a dark, textured background. The girl on the left is white with blonde hair in pigtails, wearing a pink long-sleeved shirt and a multi-layered skirt with floral and polka-dot patterns. The girl on the right is of Asian descent with dark hair, wearing a light blue long-sleeved shirt with a yellow star pattern and blue jeans. Both girls are smiling and waving their right hands. The entire image is framed by a white dashed border.

love has no race



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focused. Her clarity helps her attach pleasure to the things she needs to do to achieve her goal. What happens the day after her wedding? That will all depend on whether or not she creates a new “why”.

You offer five non-negotiables of weight loss, health, and vitality in the book. What are they?

The five non-negotiables of health are sleep, cooking, exercise, meditation and silence.

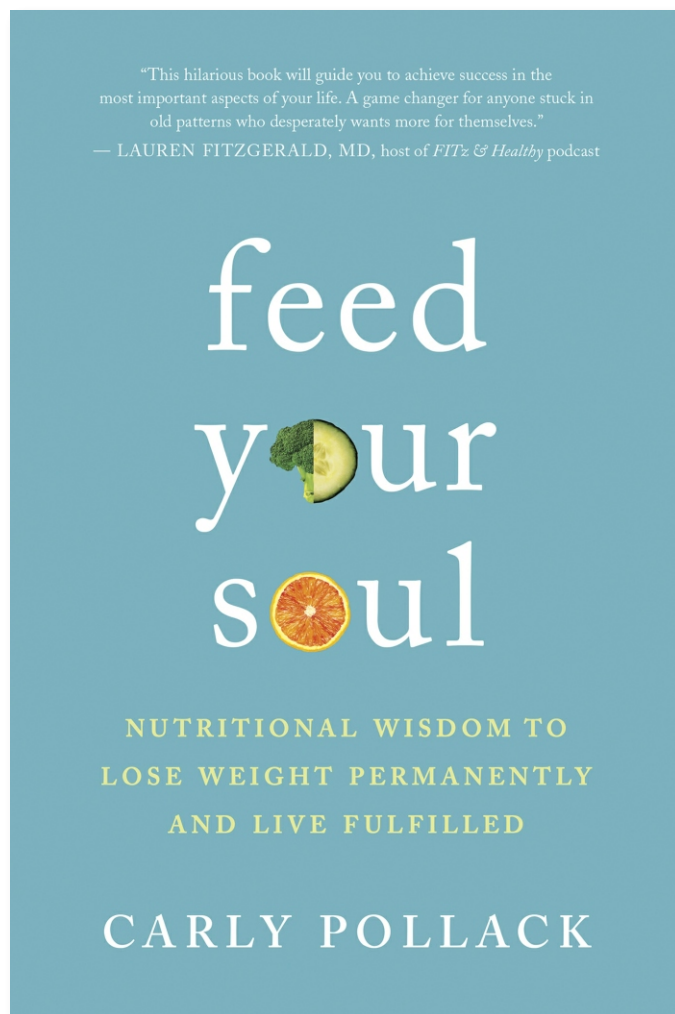
What is the most important thing someone who wants to lose weight needs to know?

Stop counting calories, stop the 30-day cleanses. Start keeping a journal with all your beliefs about food and weight loss. Write in it every day. Get clear about what you want and what beliefs are holding you back. Read my book *Feed Your Soul*.

What do you most hope readers will take away from your book FEED YOUR SOUL?

I hope they will take away tools that help them create permanent change. I hope they walk away understanding why what they have been doing in the past wasn't working and how to fix it. Lastly, I hope that readers will gain a sense of compassion, forgiveness and hopefulness when it comes to losing

weight and being the healthiest versions of themselves.



Carly Pollack is the author of *Feed Your Soul* and is the founder of Nutritional Wisdom, a thriving private practice based in Austin, Texas. A Certified Clinical Nutritionist with a master's degree in holistic nutrition, Carly has been awarded Best Nutritionist in Austin five years running and has helped over 10,000 people achieve their health and happiness goals. Visit her online at www.carlypollack.com

Special Thanks to New World Library



*We All Have Wisdom That Can Help Others. If You
Wisdom You've Learned On This Amazing*

**Let your PASSION and let the
LOVE of what you want to do in
this life LEAD you forward. I'm a
musician and work with other artists and do
sound, running soundboards at clubs and other
venues. I got into that business because that's
what I wanted to do and you give and you get
it. Give yourself to others and you receive so
much more so that's my Goodness Message.**

Jonny Falasco

GOODNESS MESSAGES

*Only Had A Few Minutes Left To Share The
Journey Called Life... What Would You Say?*



What are your GOALS? What are your wounds?

These are two questions that we need to sit with ourselves and really, really think about it and focus in on it.

Are you want to have very specific goals. And we want to uncover are unconscious bias about our wounds.

We all have wounds from our childhood, from when your little brother stole your toy, from when daddy didn't tell me he loved me to maybe even your first sexual encounter. These are ones that people carry and you don't want them to influence your life.

Now the one thing I want you to do, when you're sitting down writing your GOALS out is to make sure you have a timeline on them and make sure that you are very specific. Now the reason you want to write your goals because something happens with your hand and your brain. So when you write your goals there is something that is connecting your hand and your brain. It's more important to write them out and write them every day. And carry them in your pocket, in your wallet, in your purse.

The second thing when you are identifying those wounds, ask yourself, have I talked about this before with someone?

If you haven't there's a wound there that you need to clean up.

If you have something that you get very emotional about with your history, your past that is going to really uncover some breakthroughs.

So you want to build bridges, cross them, and get other people to cross the bridge with you. So...build the bridge, cross the bridge and get others to cross with you. And that is where the power is. So **FOCUS on **GOAL** setting and focus on identifying your wounds.**

Dimitrous Chattman



The thing I want to share with you today is what I was told that I feel was very poignant. When you are in the city where there is a bigger tendency to feel disconnected and when we felt disconnected we feel discombobulated and it messes everything up for you. Her advice is if you are in the city and you want to feel grounded is to look at trees and direct your **ENERGY toward the trees and the trees will ground your **ENERGY** and I thought that was a really useful tip.**

Rachel Mari Kimber

www.RachelMariKimber.com







VEGAN

My message to the world is to go **VEGAN**. We have so many problems in the world that come from violence, cruelty to others, injustice and unfairness and it all begins with how we treat our animals. If we can give up our taste for flesh and go higher for a taste for plants, not only with our health improve, but our sense of **KINDNESS** and **LOVE** for one another will also heighten.

Elizabeth Heather Cagle





**I honor myself as I am.
Wherever I am.
However I show up.
Whatever timeline I choose to be in.
Or maybe they are all aligned.
And I honor you just as you are!**

Aquamarine Aura

**My Goodness Message is to walk
with an open HEART and a KIND
SMILE and do the BEST you can
do.**

Nicole Duran

www.RaiseTheVibration.org



My Goodness Message is to take in everything you can while holding onto only what you need. That way you can give out everything else to people who need it more than you.

I may have 5 gallons of water, but I don't need to drink 5 gallons of water so I drink what I need and give the rest to people who need it more than I do because I already took care of myself and it goes to help the rest of the world.

So find a way that you can bring yourself abundance more than you need so that

**you can
share and put
it out to the
rest of the world
who needs it.**

Jon Stites



For me, it's important to keep balance with everything. I used to be working 65 hours a week. Even when I was working 65 hours a week I would make sure that I was slacklining, enjoying time with friends. Get outside doing what you enjoy doing no matter what. We can become a slave to society so it's important to get out and do what your heart loves.

Dakota Thorton



Bliss Planet takes the pearls of wisdom from
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**Fear is your biggest enemy
if you can conquer it that
means the world to
everybody.**

Taylor Martin

**Don't rely on money and don't worry
too much about time because
although time is limited you can
spend it however you like and
you don't have to fit everything
in.**

**And learn to forgive yourself
and everyone around you and
situations around you.**

**Stay optimistic and positive no
matter what so it will help you
in the end. Everything bad
that happens is for a reason
and you will be grateful for it
later on down the road.**

**And everything bad that
happens is for a reason
and you will be grateful for it later on
down the road!**

Livvi Masuen



James A. Ferrel M.D., CNC's

GIFT TO THE WORLD!

Neogenesis is a timely book that helps the reader understand the factors influencing an alarming change currently evolving in the health profile of our Homo sapiens species.

The author shares his wisdom from over 35 years as a Physician in his personal quest to mitigate the modern health challenges associated with this destructive process.

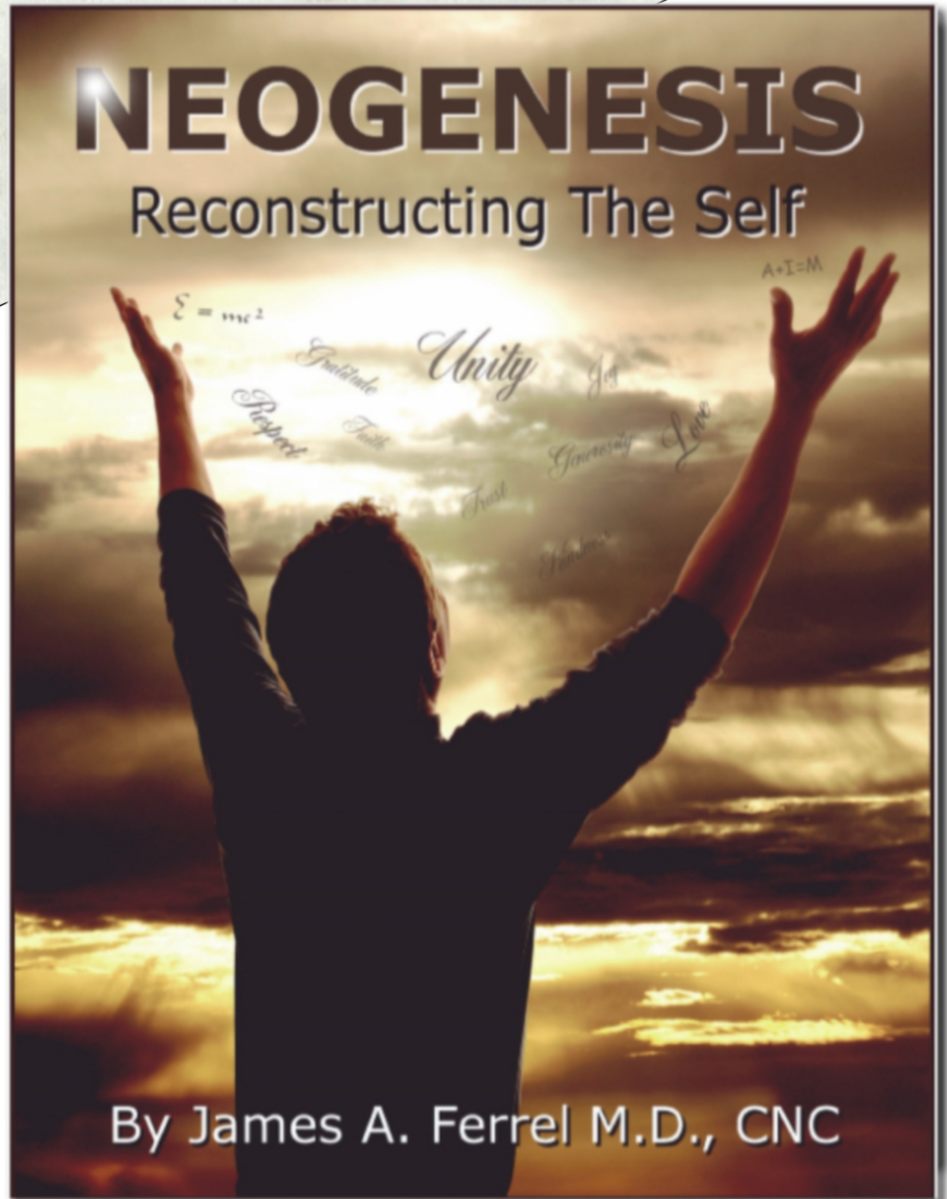
Would you like to empower your health choices?

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Would you like to read the most innovative health book of the decade?

If so...Neogenesis is the perfect book for you!

It emphasizes the small lifestyle changes that make a BIG DIFFERENCE.



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Always remember the Goodness within you. We all have Goodness within us that we can tap into at any time. We all have our inner intuition, our inner voice. I just remind you to listen to that inner voice and remember to always tap into that inner voice and that inner Goodness that lies within you. That Love,

That Truth,

That Happiness.

We can access this at any time. We are abundant beings and the earth provides us everything that we need. We are Goodness!

Ryan Prosper Sanchez



ARIZONA VEGETARIAN FOOD FESTIVAL

All the events that I organize are completely vegan and it's something that I believe in to reduce the cruelty in the world and to open people's eyes in a friendly and fun way.



Sarah Gross Feoli - Festival Co-Founder

[Website](#)

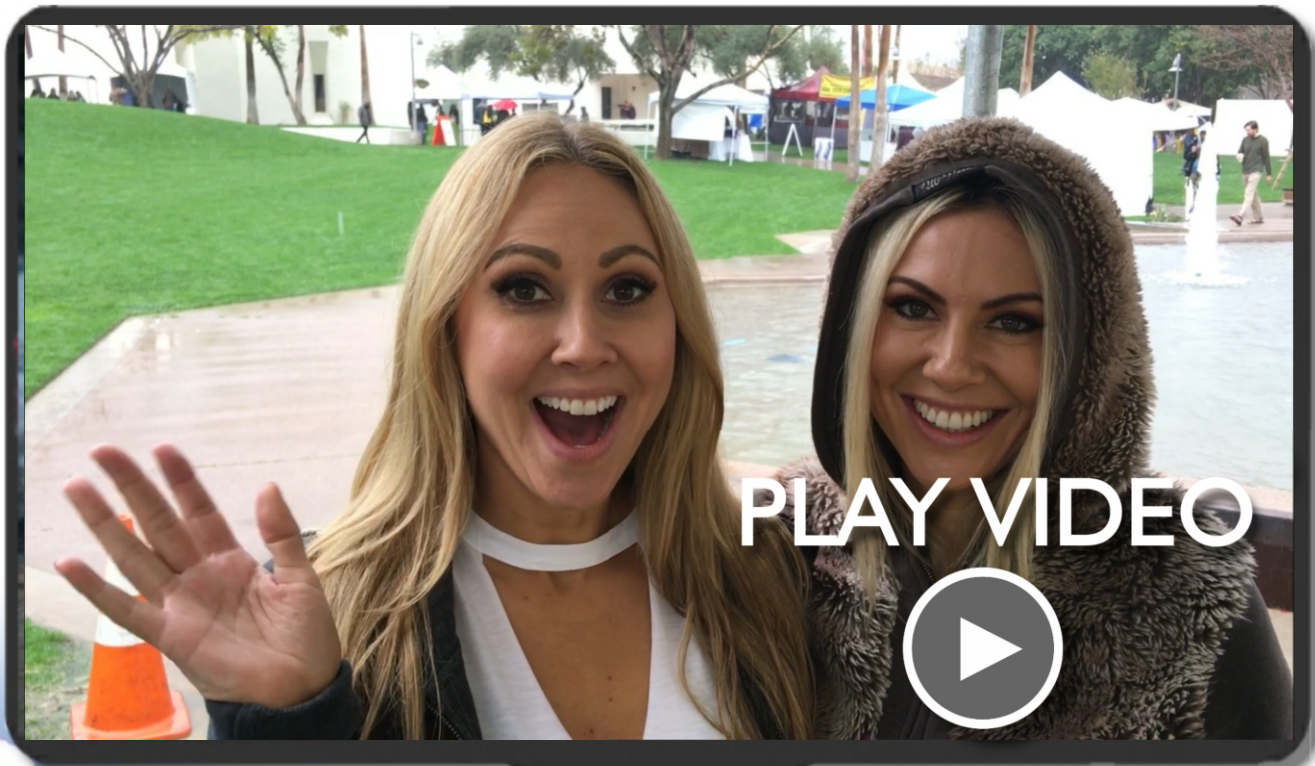
The happiest life is one that's lived with intention. And part of it is finding what your intention is. Find your intention, find your purpose and live life in accordance with those. It's a **GOOD** life!



The 24 Carrots Crew

Bliss Planet 40

[Website](#)



You don't have to be at an all vegan festival to spread compassion. You can do it anywhere...any time! We have 1,440 minutes in a day. What are we doing with our time to promote love and compassion for all?



Robert Cheeke
Vegan Athlete and Author

[Website](#)



One plate at a time, one heart at a time. It's all about compassion!



Nadia Khalighi Tucker

[Website](#)

Make sure that what you are believing inside of yourself...what you are seeking is GOOD seeds!



Your brain constantly thinks about negative things. And if you can just get your mind off of those negative things everyday. Your life is going to be much better...your going to be much happier, full of joy. Focus more on the positive things rather than the negative things!



Invite more plants to your plate. Make sure that you are eating bright, colorful fruits and vegetables every meal!





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- Would you like to become an expert in wellness?
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GRAND OPENING OF VEGAN POWERED LOS CAMPEONES GYM IN TEMPE, AZ

Los Campeones in Tempe, Arizona is a new gym and wellness lifestyle community. Their 2,700 square foot facility features brand new, premium equipment and a store packed with 100% vegan foods, beverages and supplements. Owner Ryan Nelson is a Vegan bodybuilder and athlete popular for his size and help promoting the plant based healthy lifestyle. The grand opening was filled with fitness events and food that benefited [Aimee's Farm Animal Sanctuary](#).

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EVENT CALENDER

April 6 & 7th

Earth Guardians Campout Under the Stars

Wind Spirit Community Winkelman, Az

This is going to be quite magickal! It is that time that our little Earth Guardians & their families take a trip out of the "Big City" and venture into Nature & put our camping skills to the test. Now, it doesn't matter if you are a novice camper, a skilled camper or have never slept in the wild... this event is geared towards all levels of campers.

[More Info](#)



April 13th

Farm-STRONG

Los Campeones Gym in Tempe, Az

9 AM – 5 PM

A full day of fun!

Join Los Campeones Gym in their upcoming event to support Aimee's Animal Farm Sanctuary with a day full of events and activities for the whole family. Aerial yoga, Zumba, Arm wrestling, Couples farm strong competition, Guest speakers, Sanctuary animals meet & greet, Prizes/ Giveaways/ Raffle, Food vendors, Cruelty free skincare demo and more!

[More Info](#)

May 10 - May 12

Goodness Camp-Out at Cooper Ranch



Cooper Ranch in Wagoner, Az

Join us at Cooper Ranch, a 45 square mile ranch located between Prescott and Wickenburg. The Hassayampa River, nature fun, drum circles and stargazing are all part of the fun. Bring camping gear, swimwear, natural sun protection, food, beverages and look forward to a delightful camp out.

Here is a video of Cooper Ranch.

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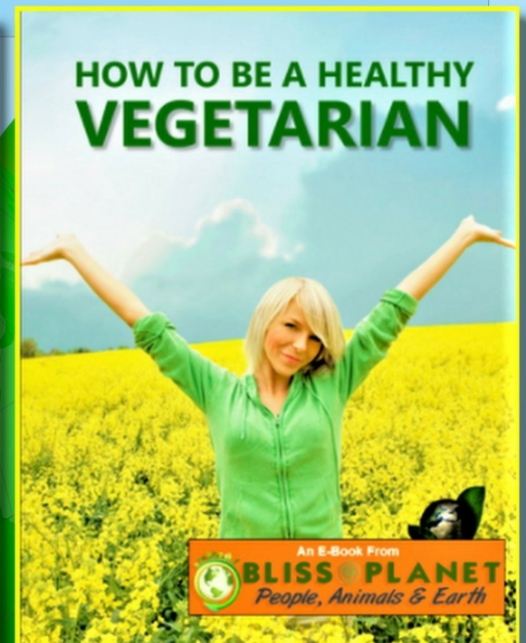
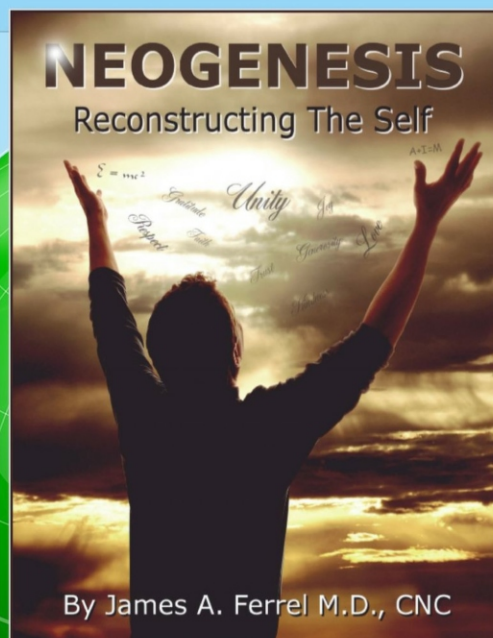
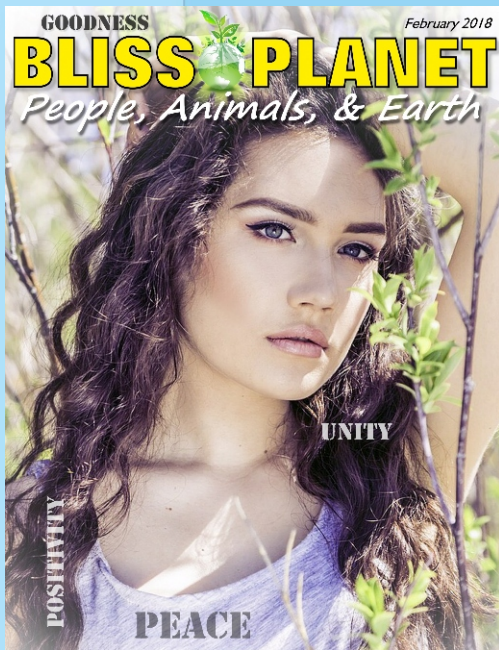


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