


*Rituals for Living- The Foundation*





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# 21 Days to a Healthy, Happier Life



*During your 21 Day Rituals for Living Challenge, you'll receive daily assignments straight to your inbox, each with an activity to get you on the path to a healthy, centered, and stress-free life.*

**During the Rituals for Living Challenge,** we'll send you an email every morning with your activity for the day and we'll share why it's vital for creating a vibrant and healthy life. Each activity is high value and designed to be done in 20 minutes or less, so you can participate each day without stressing out about time.

You can win great prizes too, but the biggest prize is experiencing the ways that small, but significant, activities done regularly can give you a big push toward whole health and happiness.

We created this Rituals for Living Challenge because what we hear most from our clients is that they want to feel energetic and centered, ready to be present and participate in life every day. But they don't know what to do to get there or they need ongoing reminders.

This adventure will be your guide to a vibrant and healthy lifestyle that will serve you for the rest of your life.

The next challenge starts October 6th. We can't wait to see what you make of it!

In this guide, you will find a few of our favorite rituals, as well as some healthy recipes to enjoy on your journey to a healthy, centered, and stress free life.

Thanks so much for being a part of our Dragontree community!

With love,  
Briana and Peter and  
everyone at The Dragontree

# Dragontree Ritual For Living: Body Strong, Body Beautiful



**Good posture has benefits far exceeding looking confident well into your 80s.** It also gives your organs the room to function ideally - keeping you healthy and strong. Here are three essential things you can do to maintain good posture.

1. *Build balance.* Stand in a doorway or near a wall and lift one leg at a 90 degree angle from the hip and hold for 15 seconds, and then switch legs. Do this back and forth for 3 minutes. Or ... you can play on a balance beam at a playground or stand in tree pose for a minute on each side. Balance is fun!

2. *Align yourself.* Stand against a wall and then step out about 4 inches from the wall. Now touch your bum, shoulder blades, and head (without tilting chin up) to the wall behind you. This is the posture you're aiming for: head over torso over pelvis.

3. *Strengthen your core.* Much of our posture is controlled by small muscles in the core. To become strong in this area hold your body in plank position, supporting yourself on your toes and either your hands or forearms, for one minute. Then take a 15 second break and repeat.

*Beautiful & healthy posture will be yours!!*

# Recipe: Yellow Thai Curry

**This is one of the more flavorful Thai curries we've found. The specialness is all in the sauce.** I used mostly starchy vegetables, which is traditional in a yellow curry, but you are welcome to use whatever vegetables you like. I generally use more cumin, coriander, and ginger than indicated below, but I'll leave it to adjust it to your taste.



## Ingredients:

- 2 Tbsp. unrefined, virgin coconut oil
- 2 shallots, chopped (or 1/3 cup chopped purple onion)
- 1 thumb-size piece of ginger, grated
- 4 cloves garlic, minced
- 1 chili pepper, minced (or 1/2 tsp. dried crushed red chili) - adjust to your preferred spiciness, or leave out entirely if you like it mild (the other spices will give it a bit of kick)
  - 1 tsp. ground coriander
  - 2 tsp. ground cumin
  - 3/4 tsp. ground turmeric
  - 1/3 tsp. ground white pepper (or black)
  - 2 bay leaves
  - 1/2 cup strong vegetable stock (you can use a liquid stock or make some using hot water and a concentrate such as Better Than Bouillon or Rapunzel) or chicken stock.
    - 1-3 carrots, sliced
    - 2-3 cups winter squash (my favorites are butternut, sweet dumpling, delicata, kabocha, hubbard), peeled, seeded, and cubed
    - 1-2 sweet potatoes, peeled and cubed

(Other vegetables that go well in this curry include cabbage, cauliflower, broccoli, mushrooms, red bell pepper, zucchini, and asparagus.)

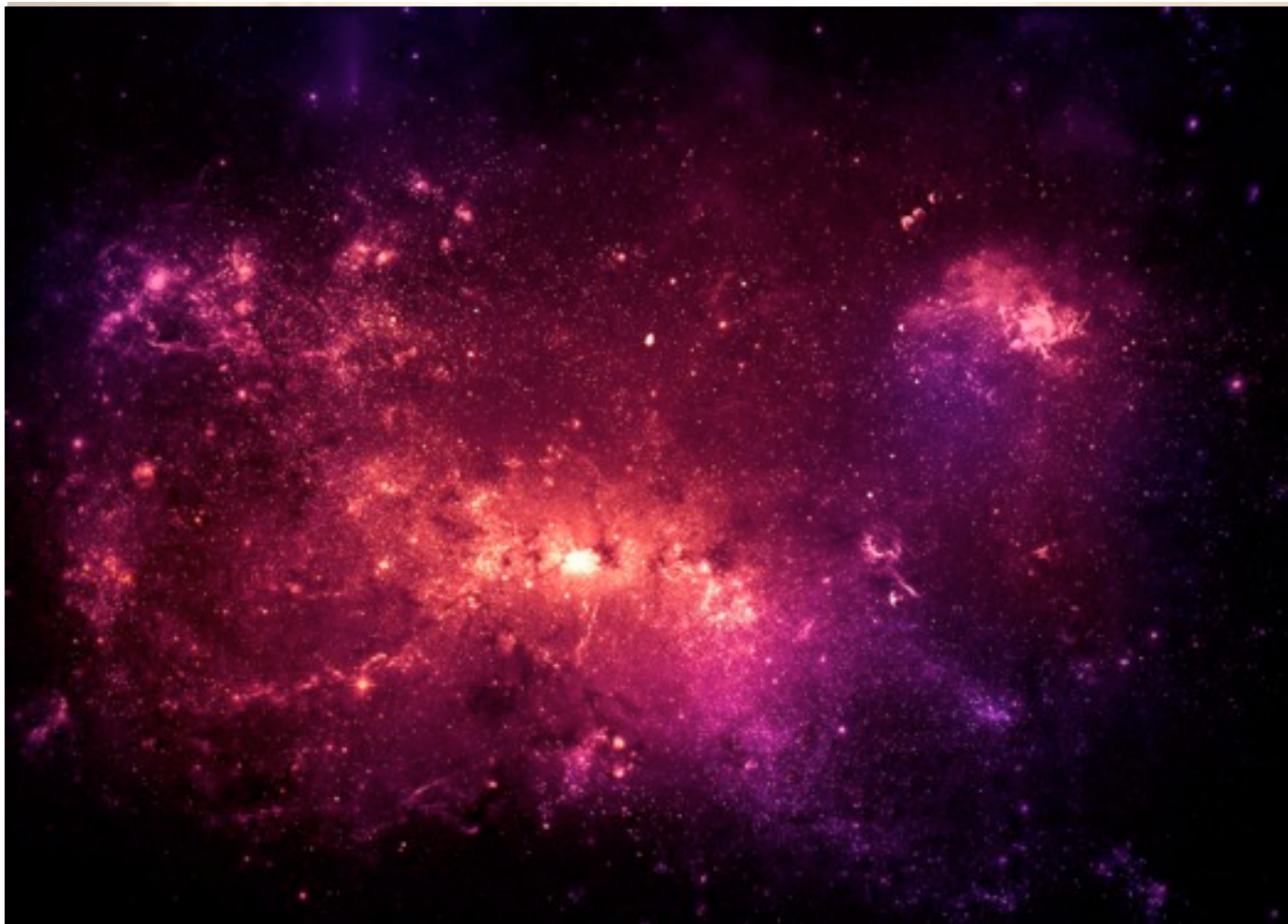
- 1 14-ounce can coconut milk (full fat)
- 3 Tbsp. tamari (wheat-free soy sauce)
- 3 Tbsp. fresh lime juice
- 2 Tbsp. honey (or, 4-6 large pitted dates, which can be removed – or not – when done)
- 2 Tbsp. tomato puree or sauce (I recommend purchasing a brand that comes in a glass jar, to avoid bisphenol-A contamination)
- 1/2 tsp. whole cumin seed
- 1/4 cup fresh Thai basil (or sweet basil, if you can't find the Thai kind)

## Directions:

1. Heat a wok or pot over medium heat. Add the coconut oil, then add the shallots, ginger, garlic, and chili. Sauté for 1-2 minutes. While stirring, add the dry spices: coriander, ground cumin, turmeric, white pepper, and bay leaves.
2. Add stock plus the carrot, squash, and sweet potato (or other vegetables), stirring well. If using dates instead of honey, add these now. Add coconut milk and bring to a gentle boil.
3. Reduce heat to medium-low and simmer 10 to 12 minutes (for a thicker curry, do not cover). While simmering, add the tamari, lime juice, honey, and tomato. Finally, add the whole cumin seed. Continue simmering until vegetables are cooked to your liking.
4. To modify the taste to your liking: add more tamari if you prefer it saltier/more flavorful (umami). If too salty or sweet, add more lime juice. If you want it sweeter, you can add just a touch of stevia extract, honey, or maple syrup. More chili can be added to make it spicier. Although it's a bit of a crossing of cultures, I sometimes add about 1/4 teaspoon of cinnamon or garam masala at the end to give it more depth.
5. Top with fresh basil (I cut it into thin ribbons with kitchen scissors). Serve as is, or over the whole grain of your choice.



# Dragontree Ritual For Living: Star Gazing



**When was the last time you looked at the night sky and allowed yourself to feel the vastness of the universe?** Our ancestors used these beautiful sky lights to navigate, to tell stories, and to connect with nature and each other. Take just 5 minutes tonight to indulge in the brilliant night sky and ask yourself this question, "If I allowed myself to be navigated, entertained and connected by nature and my inner wisdom, what would be possible?"

# Recipe: Curried Stuffed Winter Squash

Small winter squashes, such as acorn, sweet dumpling, and delicata, can be stuffed with all sorts of things and baked to make a really tasty, hearty foundation to a meal. This is one of many variations we love.

## Ingredients:

- *butter or olive oil*
- *1 medium onion, chopped*
- *1 Tablespoon curry powder (or to taste)*
- *1 teaspoon garam masala (or to taste)*
- *2 green apples - peeled, cored, and diced*
- *1/3 cup apple cider (or apple juice)*
- *1/4 cup raisins or dried currants*
- *1/4 cup chopped hazelnuts or walnuts*
- *1 large or 2 small squashes, cut in half and seeds*

*scraped out*

## Directions:

1. Preheat the oven to 350 degrees
2. Sauté onions in oil or butter until tender. Stir in curry powder and garam masala. Stir in apples, cider, raisins/currants, and nuts. Sauté until liquid is absorbed. Season with salt & pepper. (This can be made a day ahead and refrigerated.)
3. Place squash halves on a baking pan. Spoon filling into centers (I usually add a bit more oil or butter, too). Cover pan with foil. Bake at 350 degrees until tender, about 40 minutes.

# Recipe: Roasted Rosemary Sweet Potatoes

Sweet potatoes are delicious and healthy. Unrelated to potatoes, they don't pose the same issues that potatoes and other nightshade family vegetables do for some individuals. They're almost universally well tolerated by everyone, from babies to sensitive adults.

## Ingredients:

- *2 large sweet potatoes*
- *4 Tbsp. fresh rosemary*
- *5 crushed garlic cloves*
- *4 Tbsp. olive oil*
- *Salt & pepper*

## Directions:

1. Preheat oven to 450.
2. Scrub thoroughly and dice sweet potatoes. Steam for 5 minutes (to hasten the roasting).
3. Chop rosemary leaves until very fine. Mix with garlic and oil in a large bowl.
4. Add potatoes to the bowl and stir to coat the potatoes completely, adding salt and pepper to taste.
5. Place potatoes in a baking dish and roast until tender on the inside and perfectly brown on the outside (35 – 50 minutes).

# A Peaceful World Begins With a Peaceful You

*At the Dragontree, we are committed to peace. We provide a sanctuary from the stress that degrades the quality of our lives. We will assist you on your journey towards balance with rejuvenative therapies, and will be an educational resource for you by offering tools for self-maintenance and healing.*



## About our Founders

**Briana Borten is a wellness entrepreneur and peace engineer who inspires people to live extraordinary, healthy lives and create what they**

want.

Briana learned early on that she was capable of creating her own destiny. When she was 18, she broke her neck in a debilitating car accident. It derailed her college career, but she unexpectedly discovered the power of positivity and the profound rehabilitative benefits of massage. She attended massage school and established a busy private practice in Portland. But she yearned to create an environment where clients could have a more comprehensive and transcendent healing experience. This came to fruition when, at age 23, she opened The Dragontree Holistic Day Spa.

Meanwhile, Briana attended California College of Ayurveda and graduated as a Clinical Ayurvedic Specialist. This training and the following years of treating patients stoked her deepening love affair with assisting others to reach their full potential.

This work has led to her opening three additional spa locations; creating a program to help people achieve their life dreams; maintaining a coaching practice for others in wellness fields; writing extensively on personal development; and formulating a product line that embodies the Dragontree's principles and aesthetic

**Dr. Peter Borten became interested in natural medicine at a young age,** writing his first report on acupuncture at age 12, acting as counselor to his peer group in high school, and shopping the witchcraft stores of Salem for medicinal herbs as a teenager. He earned his bachelor's degree in botany at UMass Amherst, and then he moved to Portland to embark on a healing career that would include all of his interests. In Traditional Chinese Medicine (TCM) – which encompasses herbal medicine, acupuncture, nutrition, qi gong, and psychology – he found what he was looking for.

His insatiable curiosity and a strong drive to help others has kept him working hard. He returned to school to study Classical Five Element Acupuncture (a form that focuses on the psychological and spiritual origins of illness) and again to earn his doctorate in TCM. He has taught at Lewis and Clark College, Oregon College of Oriental Medicine, and the National College of Natural Medicine. He created a massive online reference on medicinal herbs, a collection of clinical resources for practitioners, an interactive tool for pain relief, and has authored over a hundred articles on all facets of health. He developed the Imbue Pain Relief Patch and a variety of other topical remedies for pain, The Dragontree's line of herbal tinctures, and, with Briana, the spa's natural body care products.

As a team, Briana and Peter have made it their mission to create a more peaceful world by helping individuals reestablished a sense of inner peace and balance. The Dragontree has been named the Best Spa in Portland year after year, and Imbue is carried by leading practitioners, spas, and major retailers around the country. The couple resides in Boulder, Colorado with their daughter, Sabina, two cats, and one dog. They eagerly await the birth of their second baby this November.