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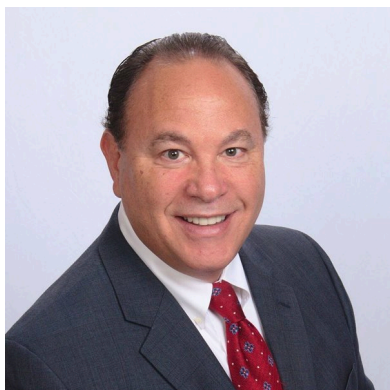
Issue #303

ESCAPES + EXPERIENCES

Uncover the Wonders of

MARRAKECH

COLOR PALETTES FOR STUNNING SPACES | FIND PARADISE IN ST. LUCIA | THE DELICIOUS WORLD OF RAMEN



Guy A. Paredes, CPFA®
RFC® RICP®

ROCKDALE FINANCIAL
SERVICES INC

Office: 732-695-2100 NJ • Office: 941-529-0925 FL

99 Corbett Way Ste 103 • Eatontown, NJ 07724

guy@rockassets.com
www.RockAssets.com

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ESCAPES + EXPERIENCES

As May unfolds, let this issue be your passport to unforgettable experiences. Discover the magic of Marrakech, where ancient traditions and vibrant markets create a tapestry of adventure and charm. Stroll through the city's captivating streets and let its unique allure sweep you off your feet.

Then, find your tropical haven in St. Lucia, a Caribbean paradise where lush landscapes and crystal-clear waters offer the perfect blend of relaxation and excitement. From exploring verdant rainforests to lounging on pristine beaches, St. Lucia is your ultimate escape.

Finally, immerse yourself in the world of ramen, a beloved dish that spans continents with its rich and diverse flavors. Let this culinary journey inspire your next delicious creation.

May your month be filled with exploration, relaxation and delectable discoveries.

— *From the Publisher*



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Publisher

Josh Kimball, Publisher
publisher@essentialengine.com

Editorial

Tisha Davis, Creative Director
Emily Schaffer, Executive Editor
Erin Ragan, Editor-in-Chief
Sarah Prescott, Graphic Designer
editorial@essentialengine.com

Sales

Charlie Wesser, VP of Sales
sales@essentialengine.com

Marketing

Becky Truhler, Marketing Coordinator
marketing@essentialengine.com

Operations

Jonathan Wesser, VP of Operations
Mindy Stansbarger, Production Manager
Brianna Jahangir, Production Manager,
Marketing Services
Allen Wardell, Client Success Manager
Shelly Martin, Controller
operations@essentialengine.com

Partnerships

Bjorn Piltingsrud, VP of Strategy and
Business Development
partnerships@essentialengine.com

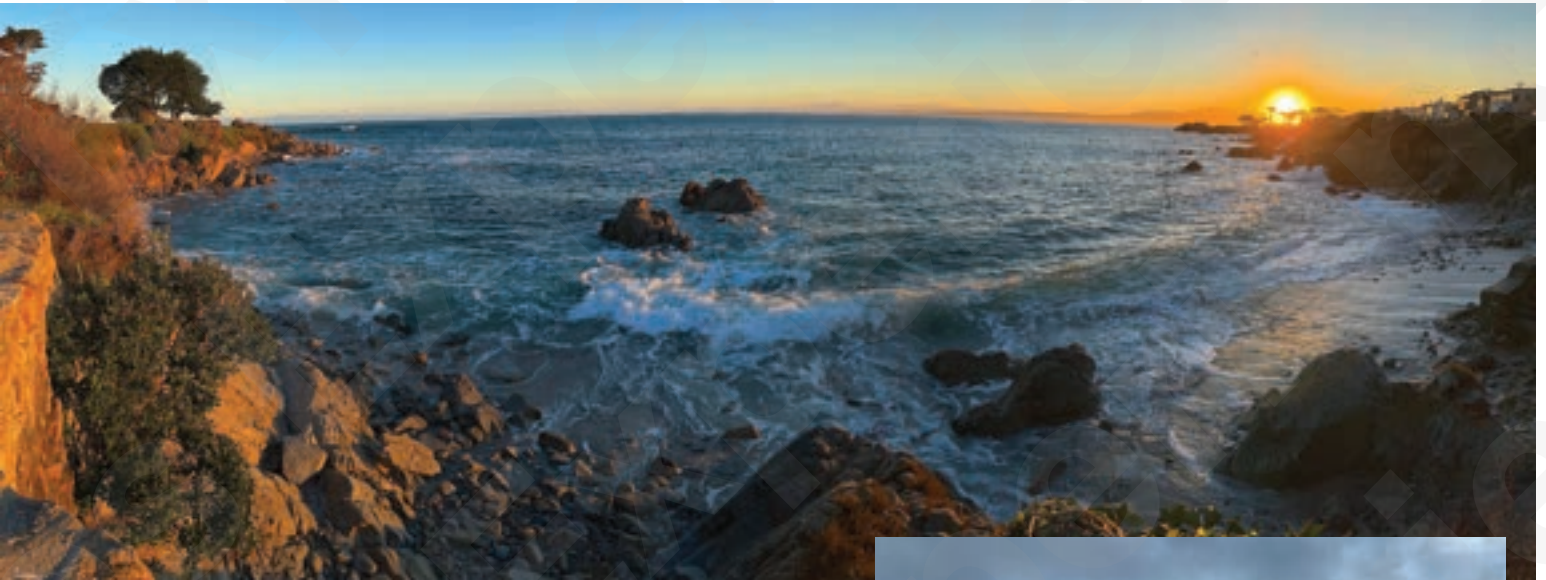
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PACIFIC COAST WHALE WATCHING



The vastness of the Pacific Ocean is home to magnificent whales, offering a spectacular display of nature's beauty. From the colossal blue whale to the playful orca, these majestic animals of the sea captivate with their size, grace and intelligence. Stretching from the rugged beauty of British Columbia's coastline to the iconic shores of California, this region offers unparalleled opportunities to witness the majesty of these ocean giants.

CALIFORNIA



MONTEREY BAY

During the peak season from April to December, visitors can marvel at the majestic humpback whales breaching in the bay. This is also the prime time to spot blue whales.

Be sure to keep an eye out for orcas from late winter to early spring, as they are known to hunt the migrating gray whales.

POINT REYES NATIONAL SEASHORE

The Lighthouse Visitor Center offers spectacular views, and the surrounding trails provide additional vantage points to spot gray whales during winter and spring.



OREGON

DEPOE BAY

Dubbed the "Whale Watching Capital of the Oregon Coast," Depoe Bay certainly lives up to its name. Head to the Whale Watching Center to watch nearly 20,000 gray whales migrating between Baja Mexico and the Arctic.

CAPE PERPETUA

At 800 feet above sea level, visitors can scan over 30 miles out to sea, making it a prime location for spotting whales migrating along the coastline.

WASHINGTON

SAN JUAN ISLANDS

Home to two orca species, these islands are a prime spot for whale watching, especially in the summer months. The Southern Resident orca pods feed on salmon and are commonly seen from April through October. Bigg's killer whales, which prey on other mammals, can be spotted year-round. Beyond orcas, keep your eyes peeled for gray, minke and humpback whales.

For the best land-based orca viewing experience in the world, head to Lime Kiln Point State Park on the west coast of San Juan Island.

OLYMPIC PENINSULA

The Olympic Peninsula has 15 viewing spots along the Pacific Ocean, northern Olympic Peninsula coast and Hood Canal. Neah Bay and the Strait of Juan de Fuca offer frequent sightings of transient and resident orcas. Humpback and gray whales can also be seen occasionally.



BRITISH COLUMBIA

JOHNSTONE STRAIT

Every year from late June to early October, hundreds of resident orcas gather in the Johnstone Strait, creating a world-renowned hotspot for whale watching.

CAMPBELL RIVER

Known for its rich marine ecosystem and stunning coastal scenery, the area offers unparalleled opportunities to witness majestic orcas and humpback whales.

TOFINO

Surrounded by rugged coastline and pristine waters, this enchanting destination is a prime spot to encounter marine giants such as humpback whales and orcas.



ALASKA



KENAI FJORDS NATIONAL PARK

A stunning coastal destination, Kenai Fjords is a prime location for spotting marine wildlife, including orcas, humpback whales and sea otters. The park's rugged coastline and deep fjords make it ideal for boat tours, especially during the summer months. Orcas, known for their striking black-and-white appearance, are commonly seen from May through September. Humpback whales, breaching and spouting, provide a dramatic display during their migration. In addition to whales, the park's rich ecosystem supports puffins, seals and sea lions, offering a spectacular wildlife experience.

GLACIER BAY NATIONAL PARK

Another top whale-watching destination, Glacier Bay is famous for its awe-inspiring scenery and marine biodiversity. Visitors may witness humpback whales feeding and breaching, especially in late spring and early summer. Orcas and gray whales are also occasionally spotted. The park's serene waters, dotted with icebergs and surrounded by towering glaciers, create a surreal backdrop for wildlife viewing by boat or kayak.

WHALES TO WATCH FOR



GRAY WHALE

These gentle giants have a mottled gray body with white patches, often covered in barnacles. They are known for their long migration between the Arctic and Mexico.

HUMPBACK WHALE

This acrobatic wonder is known for its spectacular breaches and haunting songs. They have long pectoral fins and a distinctive hump before their dorsal fin.

BLUE WHALE

The largest animal on Earth, blue whales can reach lengths of up to 100 feet. They have a long, slender body with mottled blue-gray coloration and a small dorsal fin.

MINKE WHALE

The smallest of the baleen whales, minke whales are sleek and fast. They have a pointed head and a white band on their flippers.

ORCA

These highly social and intelligent animals belong to the dolphin family. Often seen in playful pods, they hunt and travel together.

WHALE WATCHING TIPS

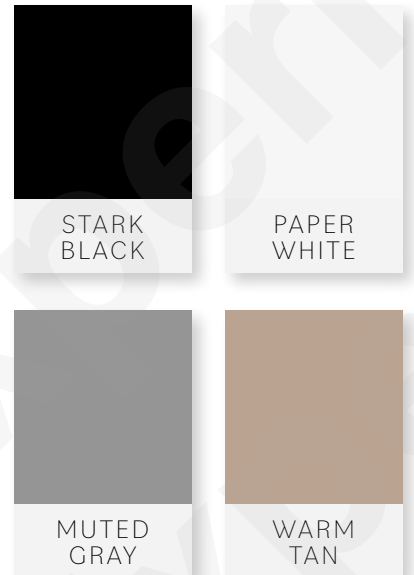
- Slowly scan from left to right, keeping an eye out for anything that breaks the surface of the water.
- Look for spouting; these plumes of water are from whales exhaling on the surface.
- Keep an eye out for other wildlife including elephant seals, sea otters, harbor seals and sea lions.
- Bring binoculars for an even better experience.
- Always respect all wildlife and their habitats.

COLOR PALETTES

TO TRANSFORM YOUR FAVORITE SPACES

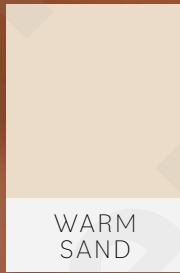
Selecting the right color palette can be a daunting task, but with foolproof combinations, achieving a stunning look for any home becomes effortless. Whether you're refreshing a single room or revamping your entire home, these tried-and-true color palettes provide a reliable foundation for creating a space that feels beautifully balanced and uniquely yours.

Effortlessly enhance your living space with these foolproof combinations that will transcend trends.

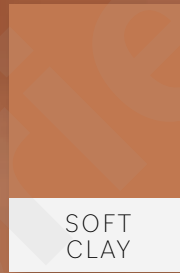


BOLD & BALANCED

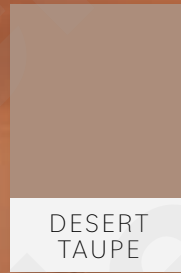
The stark contrast of black and paper white provides a striking impression, while the addition of muted gray and warm tan introduces a layer of softness and balance. This combination perfectly blends boldness with subtlety for a refined, contemporary aesthetic.



WARM
SAND



SOFT
CLAY



DESERT
TAUPE



SUNLIT
BEIGE

DESERT SERENITY

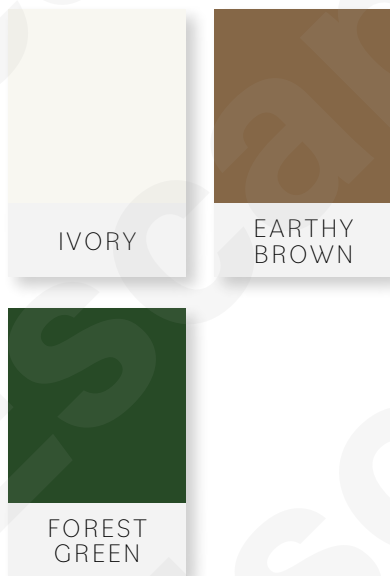
This monochromatic palette captures the essence of desert elegance with its harmonious blend of warm, earthy tones. Warm sand and soft clay provide a rich foundation, while desert taupe and sunlit beige add subtle variations and depth, creating a refined, sun-soaked atmosphere.





NATURAL HARMONY

Ivory serves as a grounding base, offering a clean and neutral foundation that anchors the palette. Earthy brown introduces a rich, warm tone that adds depth and sophistication, creating a sense of comfort. Forest green brings a touch of light and balance, infusing the palette with a natural freshness and a hint of vibrant energy.



SERENE FOREST

This palette creates a fresh and earthy atmosphere with a soothing combination of neutrals. Misty beige brings a fresh, calming quality, while deep sage introduces a gentle, complementary tone.



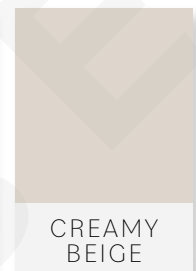
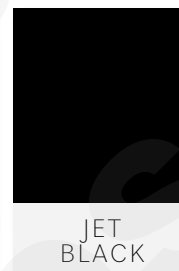
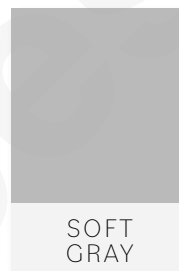
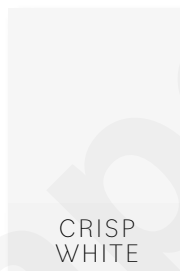
COASTAL CALM

Embrace the serene essence of the coast with this soothing palette. Sky blue harmonizes beautifully with cloud white, while sandy beige introduces a warm, earthy touch that completes the tranquil vibe.



REFINED SIMPLICITY

This palette is the epitome of timeless elegance. Crisp white provides a clean canvas, while soft gray adds subtle depth. Jet black introduces a touch of sophistication and creamy beige brings warmth.





GILDED NOIR

This sophisticated palette combines midnight black with rich gold and deep emerald green to create a striking, elegant look. Deep emerald green provides a lush, vibrant backdrop, while rich gold adds a luxurious touch and midnight black introduces a dramatic accent.



MIDNIGHT
BLACK



RICH
GOLD



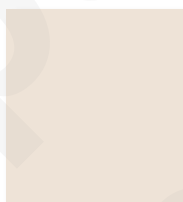
DEEP
EMERALD
GREEN



MUTED
BLACK



GOLDEN
OCHRE



BLANCHED
ALMOND

MOODY ELEGANCE

This earthy palette feels both inviting and grounded. Golden ochre adds a rich, warm hue, while blanched almond offers a soothing natural balance, creating a cozy and welcoming environment.



UNVEILING THE WONDERS OF

St. Lucia



St. Lucia, a verdant island gem nestled in the Caribbean, beckons travelers with its stunning natural beauty, vibrant culture and warm hospitality. With its iconic landscape of lush rainforests and pristine beaches, this island paradise offers an unforgettable escape.



Nature's Masterpiece

The Twin Pitons, UNESCO World Heritage Sites, dominate the island's skyline. Hiking enthusiasts can embark on the challenging but rewarding Tet Paul Nature Trail for panoramic views, while those seeking a more leisurely experience can admire these natural wonders from the comfort of a boat tour. Immerse yourself in the island's lush greenery with a visit to the Sulphur Springs, a drive-in volcano offering rejuvenating mud baths.

Sun, Sand and Serenity

St. Lucia boasts an array of breathtaking beaches to suit every preference. For a secluded experience, head to Anse Chastanet or Sugar Beach, where luxury awaits. Unwind with a cocktail in hand, soak up the sun or simply lose yourself in the rhythm of the waves.

Adventure seekers can explore the less-crowded southern coastline, where beaches like Anse Mamin and Anse Des Sables offer opportunities for snorkeling, diving and simply soaking up the sun. With its diverse coastline, St. Lucia caters to every beachgoer's desires, whether you crave vibrant energy or peaceful solitude.

For a truly unforgettable experience, embark on a catamaran cruise to the nearby island of Martinique or explore the secluded beauty of the Soufrière region.



Beyond the Beaches

St. Lucia's allure extends beyond its shores. For a glimpse into the island's history and natural wonders, visit Pigeon Island National Park. Explore its historical fortifications, hike through lush trails and enjoy panoramic views of the Caribbean Sea. The Diamond Botanical Gardens, a tropical oasis, showcases a stunning collection of exotic flora and fauna.





Experience the Spirit of St. Lucia

Beyond the beaches and natural wonders, St. Lucia offers a rich cultural experience. Discover the heart and soul of St. Lucia by exploring the vibrant capital, Castries. Immerse yourself in the local culture by visiting the bustling markets, sampling delicious street food and experiencing the island's warm hospitality.



A Culinary Journey

St. Lucian cuisine is a delightful fusion of African, Caribbean, French and Indian influences. Fresh seafood takes center stage, with dishes like grilled lobster, conch stew and flying fish being local favorites. Don't miss the opportunity to try saltfish fritters, a crispy and flavorful appetizer. For a taste of the island's rich culinary heritage, indulge in green banana salad. Of course, no trip to St. Lucia is complete without sampling the island's rum, which is used in a variety of cocktails and local dishes.

Whether you seek adrenaline-pumping activities or tranquil escapes, St. Lucia offers a captivating blend of natural beauty, adventure and relaxation. So, kick up your feet, close your eyes and let the spirit of St. Lucia whisk you off to paradise.



the magic of **marrakech**

Marrakech, the “Red City,” is a sensory overload in the most enchanting way. This Moroccan gem captivates visitors with its vibrant colors, intoxicating scents and a relentless energy that pulses through its ancient medina. A journey to Marrakech is not just a visit; it’s an immersion into a world of wonder.



walk through the **Medina**

The heart of Marrakech lies in its Medina, a UNESCO World Heritage Site that dates back to the 11th century. The Medina is a labyrinth of narrow streets, where every turn reveals something new. The ancient walls, adorned with intricate mosaics and carvings, tell stories of a rich history.

One of the most iconic spots in the Medina is the Jemaa el-Fnaa square. By day, this vast open space

is filled with merchants selling everything from fresh orange juice to handcrafted leather goods. By night, it transforms into a lively hub of activity, with food stalls offering delicious Moroccan delicacies, street performers entertaining the crowds and the hypnotic rhythms of Gnawa musicians filling the air. The sights, sounds and smells of Jemaa el-Fnaa create an atmosphere that is truly magical.

exploring the

Souks

No visit to Marrakech is complete without getting lost in its souks. These traditional markets are a treasure trove of goods, from vibrant textiles and pottery to spices and perfumes. The souks are divided into sections, each dedicated to a particular craft. The Souk Semmarine is the largest, offering everything from carpets to lanterns, while the Souk el Kebir specializes in leather goods.

As you wander through the souks, you'll be captivated by the colors and textures around you. The scent of spices like cumin, saffron and cinnamon fills the air, while the sight of artisans at work adds to the authenticity of the experience. Bargaining is a common practice in the souks and it's all part of the fun. With a bit of patience and a friendly smile, you might walk away with a beautiful piece of Moroccan craftsmanship at a great price.





a taste of _____
Morocco

Marrakech is a paradise for food lovers, offering a diverse range of flavors and dishes that reflect the city's rich cultural heritage. Traditional Moroccan cuisine is a fusion of Berber, Arab and French influences, resulting in dishes that are both hearty and flavorful.

One of the must-try dishes in Marrakech is the tagine, a slow-cooked stew made with meat, vegetables and aromatic spices. The tagine is cooked in a clay pot, which gives it a unique flavor. Another popular dish is couscous, often served with tender lamb and a medley of vegetables. For something sweet, try the pastilla, a pastry filled with spiced meat and dusted with powdered sugar and cinnamon.

Street food is also a big part of the culinary scene in Marrakech. Be sure to sample the freshly baked bread, known as khobz, and the savory pastries filled with meat or vegetables. And don't forget to sip on some mint tea, a staple in Moroccan culture, often served with a generous amount of sugar and fresh mint leaves.



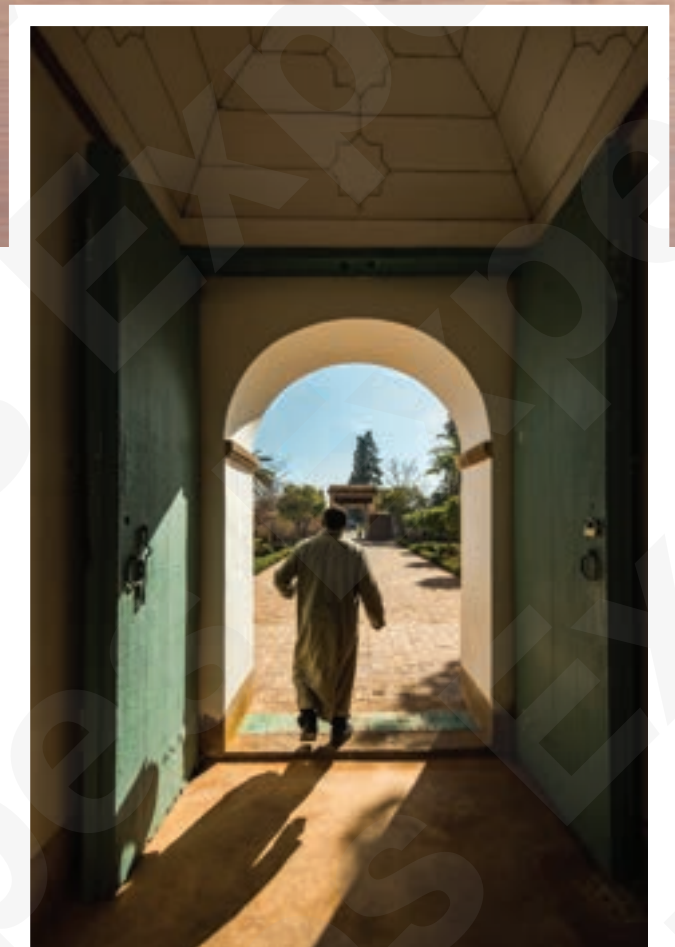
finding tranquility in the **Gardens**

Amidst the hustle and bustle of Marrakech, there are also places of tranquility where you can relax and rejuvenate. The Jardin Majorelle, a stunning garden created by French painter Jacques Majorelle, is one such place. This oasis of calm is filled with exotic plants, vibrant blue buildings and serene water features.

Another peaceful spot is the Menara Gardens, which date back to the 12th century. These gardens

offer a stunning view of the Atlas Mountains and are a great place for a leisurely stroll. The gardens are centered around a large reflecting pool, which adds to the sense of serenity.

Marrakech is a city that captivates the senses and leaves a lasting impression. From the high energy of the souks to the peacefulness of the gardens, every aspect of this city tells a story.



TOURING ON TWO WHEELS

For some people, cycling is a relaxing way to see the neighbors or spend time with your family. For others, it's a healthy and efficient way to run a few local errands and get some fresh air. But for an elite few — for the trekkers — cycling is a way of life. Bike touring is a blend of biking and backpacking. Tours can go for hundreds of miles and include dozens of people. It's a popular and growing sport — the global cycle tourism market was valued at \$117 billion in 2022.



WHAT IS BIKE TOURING?

Lots of gear, lots of pedaling, lots of days on the road – it's bike touring, right? Usually! But not always. There are a few different ways of seeing the world on two wheels. Bike touring is really a mode of travel, and it's typically done on roads that are paved, dirt or gravel. A bike tour might last weeks or months. More adventurous souls may also opt for a slightly different sport – bikepacking, which is typically more off-road, often on a singletrack through the woods.





TODAY, WE BIKE

What does a day in the life of a cyclist on the move look like? To start, you should know this: You'll be riding your bike. Quite a bit. Tourers typically wake up and have to strike their tent, clean up after themselves and wolf down a fairly utilitarian breakfast. They will typically ride all morning, weather permitting, with just a few short stops for water and other necessities. Over the course of the day, riders can cover 50 or 60 miles (or more, depending on how hard they're pushing it). Usually, tourers stop well before it gets dark to give themselves some time to set up camp and have dinner. Not surprisingly, after a long day of pedaling, lights typically go out not long after dinner is over.

Of course, each ride will be different. Some tourers want more stopping to smell the roses, while others prefer to crank hard.





BIKE TOUR NECESSITIES

Although you don't need much gear to get started, what you do need isn't cheap. In addition to a bike and helmet, you'll also need some camping gear like a tent and sleeping bag. Add to that a good supply of food (you will be powering your own travel, so as you might imagine, packing the right food and enough water is very important). You'll also want to invest in storage bags specifically made for your bike. These bags might include panniers, a handlebar bag and rear rack cargo trunk for maximum storage. Lastly, you always want to be prepared to fix any repairs that might be needed along the way. You'll thank yourself later for packing some spare innertubes, a bike pump and a chain breaker.





THE PLACES YOU WILL GO

Places to take your touring bike, once fully geared up, abound. In the U.S., there are popular routes in nearly every state. National favorites include Glacier Park's Going-to-the-Sun Road, the Northern Tier (Ticonderoga, New York, to Bar Harbor, Maine), San Francisco to Los Angeles on Highway 1 and the C&O Canal Trail near Washington, D.C.

Bike touring is also widely popular worldwide. Popular destinations include a Cape Town cycle tour in South Africa, the Danube Cycle Path in Europe and the A20 Alps to Ocean Cycle Trail and New Zealand Cycle Trail in New Zealand (which also has some gondola-assisted riding!).



CHECK OUT THESE RESOURCES TO LEARN MORE:

BikeTours.com

They've got 20 years of experience in helping people plan bike tours.

AdventureCycling.org

An info-rich resource with tons of helpful articles.

CrazyGuyonaBike.com

An old-school, grassroots resource for people who remember the Internet as it once was. A time capsule and online resource in one.

WheelstoWander.com

A fantastic resource for photography of tours and videos.

TOKYO'S RAMEN REVOLUTION

Ramen, a beloved Japanese dish, has evolved from a simple comfort food into a worldwide cultural phenomenon. Although ramen has roots in Chinese cuisine, it became popular in Japan during the early 20th century. Initially, it was known as "shina soba," with "shina" referring to China. Over time, it evolved into the ramen we know today, with its rich, flavorful broth and variety of toppings.

In post-war Japan, ramen shops began to flourish, with ramen quickly becoming a staple of Japanese cuisine. Today, ramen is more than just a meal – it is an experience, and Tokyo is at the heart of this culinary revolution. From humble beginnings to a global sensation, ramen's popularity has soared, making Tokyo a must-visit destination for ramen enthusiasts.



ICONIC RAMEN STYLES

Ramen typically consists of wheat noodles, a rich broth and various toppings such as pork slices (chashu), seaweed (nori), green onions and a soft-boiled egg (ajitama). The type of broth, noodles and toppings can vary widely, creating endless possibilities for flavor combinations.



TSUKEMEN

Tsukemen, or dipping ramen, is a unique twist on the traditional dish. Instead of having the noodles served in the broth, they are served separately. Diners dip the noodles into a concentrated broth, enjoying a more intense flavor with each bite. Tsukemen is particularly popular in Tokyo during the summer months.



SHOYU RAMEN

Shoyu ramen, one of the most common types in Tokyo, features a soy sauce-based broth. This ramen has a clear, brownish broth that balances saltiness and umami. The broth is usually lighter than others, making it a perfect introduction to the world of ramen.

SHIO RAMEN

Shio, meaning “salt,” is one of the oldest ramen styles. The broth is clear and light, often made from chicken, fish or seaweed, with a mild saltiness. Shio ramen allows the natural flavors of the ingredients to shine, making it a more delicate option.



MISO RAMEN

Originating from Hokkaido but beloved in Tokyo, miso ramen is known for its rich, hearty flavor. The broth is made from fermented soybean paste, giving it a slightly sweet and deeply savory taste. Miso ramen often includes toppings like corn, butter and vegetables.

TONKOTSU RAMEN

This type of ramen is characterized by its creamy, rich broth made from simmering pork bones for hours. Tonkotsu ramen has a milky appearance and a deep, savory flavor. It is a favorite among those who prefer a heavier, more indulgent bowl of ramen.

BEST PLACES TO TRY RAMEN IN TOKYO

Tokyo offers an overwhelming number of ramen shops, making it difficult to choose where to start. To help you navigate this culinary adventure, we have a few iconic spots to consider.





TANAKA SHŌTEN

This Adachi Ward restaurant offers a quintessential tonkotsu experience, though a more accessible branch can be found in the Odaiba district.

RAMEN AUN

This tiny eight-seat restaurant offers a unique experience to diners, letting them customize their spice level. The heat scale, ranging from zero to six, caters to adventurous eaters, though beginners are advised to start at level two.

SAN TORA

Expect long lines, as this spot is considered one of Tokyo's top miso ramen destinations.

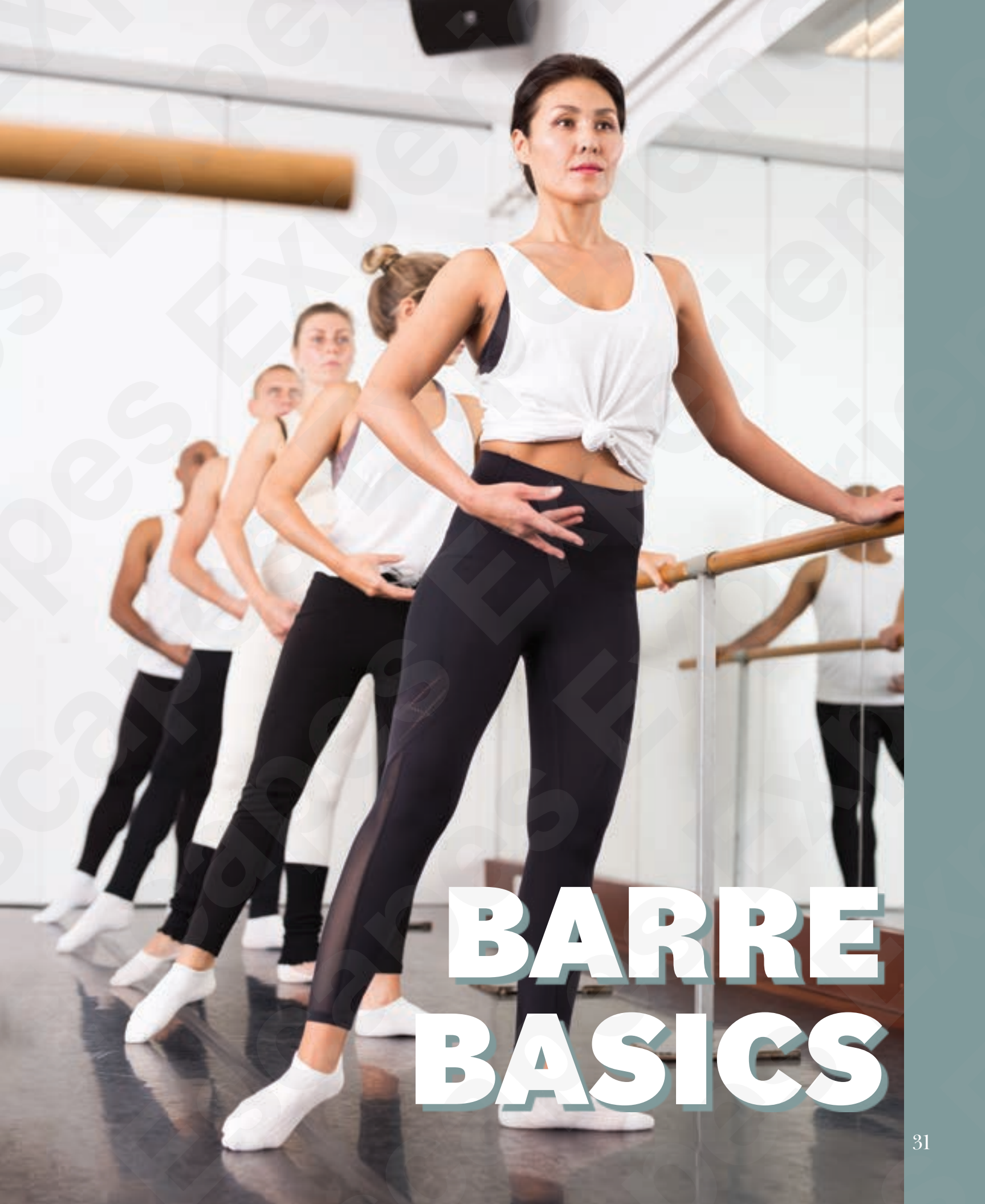
NAKIRYU UENO

This Michelin-starred sensation offers a range of ramen, with their original tantanmen being the star attraction.

RAMEN STREET AT TOKYO STATION

Located in the heart of Tokyo, this famous spot houses several renowned ramen shops. Each shop offers its own unique take on ramen, making it a great place to sample different styles.

From the rich, creamy tonkotsu to the light and refreshing shio, there is a bowl for every palate. Whether you are a seasoned ramen enthusiast or a curious newcomer, Tokyo's ramen scene is sure to leave you craving more.



BARRE BASICS



Rooted in ballet, barre classes offer a comprehensive full-body workout that fuses elements of ballet, Pilates and yoga. This blend helps you build muscle, enhance posture and boost overall fitness.

The term “barre” refers to the rail used in ballet for support during exercises. While traditional barre classes feature an actual barre, workouts can be easily adapted to various settings and needs.

The Benefits of Barre Workouts

Muscle Toning: The small, controlled movements engage muscles deeply, helping to improve strength and definition.

Low Impact: Barre workouts are gentle on the joints, making them suitable for those with joint concerns or injuries.

Enhanced Flexibility: Stretching exercises within barre workouts help lengthen and stretch muscles, improving overall flexibility and range of motion.

Improved Posture: Emphasis on proper alignment and body awareness helps promote better posture and spinal health.

Increased Core Strength: Core-focused exercises enhance stability and balance, contributing to overall strength and functional fitness.

What to Expect

A typical barre class combines isometric exercises and light weights to target specific muscle groups. These exercises are usually done in small, controlled movements, which help to build strength and endurance. You’ll work your entire body, from your core to your calves. Expect to feel the burn as you hold poses for extended periods, challenging your muscles in a new way.

As you progress, you’ll notice that barre classes may vary in intensity and focus. Some classes may emphasize strength training with added weights, while others might focus more on flexibility and balance. It’s normal to find certain exercises challenging at first; remember that barre is about gradual progress and consistency.

Essential Barre Moves

V-Position Bend

Muscles worked: Calves, quadriceps, glutes, abdominals

The V-Position Bend is a fundamental move that strengthens your calves while enhancing lower-body balance and stability.

- 1 Start by standing with your legs straight and heels together, toes positioned about two inches apart to form a V shape.
- 2 Bend your knees to approximately 45 degrees and lift your heels one to two inches off the ground.
- 3 Continue by bending both knees further to 90 degrees, creating a diamond shape with your legs.
- 4 Straighten your knees halfway to 45 degrees, then deepen the bend again.

Straight Leg Turn Outs

Muscles worked: Glutes, hamstrings, hips

Straight Leg Turn Outs build on the classic ballet move tendu, enhancing leg strength and flexibility.

- 1 Begin with your feet hip-width apart.
- 2 Extend your right leg diagonally behind you, keeping your foot flexed and knee turned out.
- 3 Lift your right leg about 12 inches off the ground, then lower it back down.

Clamshell

Muscles worked: Hips, inner thigh

This move is excellent for developing hip and inner thigh strength.

- 1 Start by lying on your left side with your knees bent and feet raised toward your buttocks.
- 2 Keeping your feet together, lift the top (right) knee towards the ceiling while keeping your pelvis stable.
- 3 Lower the knee back down to the starting position and close it.

HERBS APLENTY

You've waited forever, but it's finally time. Let's get you started making a DIY herb garden!



1. Choose Your Herbs:

Start with easy-to-grow herbs such as basil, mint, parsley, rosemary and thyme. These are versatile and thrive in a variety of conditions.

2. Select the Right Containers:

Use pots with drainage holes to prevent waterlogging. You can repurpose old containers or buy new ones. Make sure they're at least 6-12 inches deep to accommodate root growth.

3. Pick the Perfect Spot:

Most herbs need about 6-8 hours of sunlight daily. A sunny windowsill, balcony or patio is ideal. If natural light is limited, consider using grow lights.

4. Use Quality Soil:

Opt for well-draining potting soil mixed with compost. This provides the necessary nutrients and prevents roots from becoming waterlogged.

5. Planting and Watering:

Plant seeds or seedlings according to the instructions on the packet. Water them regularly, keeping the soil moist but not soggy. Overwatering can lead to root rot.

6. Maintenance:

Regularly prune your herbs to encourage bushy growth. Remove any dead or yellowing leaves to keep your plants healthy.

By following these steps, you'll have a thriving herb garden that adds fresh flavors to your meals and a delightful fragrance to your living space. Happy gardening!



Spring is around the corner, but before the new blooms arrive, it's a perfect time to shed the winter blues and declutter your home!

SPRING DECLUTTER



TACKLE YOUR AUTO FILES: Gather all your car-related paperwork - registrations, receipts, manuals. Shred or recycle outdated documents. Digitize important ones for easy access.

FOCUS ON YOUR ENTRYWAY OR MUDROOM: This is a high-traffic area that can easily become cluttered. Get rid of any unused shoes, boots, or winter accessories. Wipe down shelves and hooks.

DECLUTTER YOUR PHONE APPS: Do you have apps you never use? Delete them to free up storage space and improve your phone's performance.

REMEMBER:

- **Bite-Sized Goals:** Don't overwhelm yourself. Start with a small area or task and gradually work your way up.
- **Let Go with Love:** If you haven't used something in a year, it's time to say goodbye. Donate, sell, or recycle it with a clear conscience.
- **Celebrate Success:** Once you've decluttered a space, take a moment to appreciate the accomplishment and enjoy the fresh feeling!