



Appreciating Earth

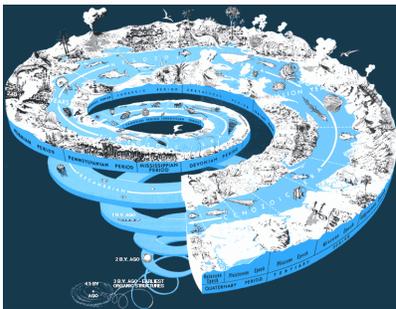
Through Appreciating Earth I foster environmental awareness, scientific knowledge, & planetary appreciation. We all consciously & unconsciously change the environment through our actions. Earth education helps us understand how we impact our planet.

Awareness is a prelude to respect, projected into the world as appreciation.

Become an Appreciating Earth member!



Only a couple weeks remain of lengthening nights until December 21st The winter solstice is the first...**read on**



Change: The intersection of science, time, yoga & environment

How do you cope with environmental uncertainty and rapid change? **You adapt, because every generation of your ancestors going back to the beginning of life has successfully adapted to change.** That is how you are here, right now, in 2020. Today our social & physical environments change so rapidly that we are forced to adapt almost constantly...and try to maintain a stable mind despite an unstable environment. A deep time perspective of Earthly evolution can provide a reasonable expectation of change. Animals have been evolving on this planet for ~800 million years, mammals for...**read on to change your temporal perspective & learn ways to calm your mind**

Movement Calms the Mind

What movement brings you peace? Hiking, walking, yoga, cycling, barre, dance...there are so many options. Consider trying something new with the intension of finding a little peace, calm, & body comfort.



NEW!!!

Appreciating Earth
Virtual Movement
Zoom Classes

Join me for zoom fitness classes! I offer a variety of classes that range from

slow & introspective to challenging & strength building. **Check out class descriptions & sign up to virtually join me!**

- **Mondays 4:30-5:30pm:** Core Engagement Challenge
- **Mondays 6:15-7:15pm:** Mindful Movement
- **Wednesdays 6:15-7:15pm:** Core Engagement Foundations

**ENJOY
15% OFF**

Appreciating Earth virtual fitness classes starting this Monday! Coupon **AE2020** for 15% off all Appreciating Earth fitness classes & private sessions purchased through 12/31/20 for Appreciating Earth members.

USE CODE
AE2020

Virtual Blue Door Classes

Check out class descriptions & sign up

- **Tuesdays 6-7pm:** Core Stability
- **Thursdays 5:30-6:30pm:** Alignment Based Deep Vinyasa Yoga



Nature Calms the Mind

Scientific studies verify that time in **nature calms the nervous system** and allows the mind to re-focus on the present moment...while the **pandemic moves into a dangerous phase of its evolution**, nature explorations are best done only with members of your household. No worries, I will offer more **geology walks** in the future when it is safer for everyone. In the meantime, go outside & spend time in nature...and **email me** with Earth science questions.



Preparedness Calms the Mind

What can you do to feel prepared for future natural disasters? Feeling prepared allows worries to cease and a sense of calm to prevail. What worries you, and how can you prepared to alleviate that worry? Below are 3 ways that I calm my mind through preparation for future events.



Emergency Go Bag

Prepare for an eventual emergency by gathering the following and packing it into a Go Bag, to quickly evacuate after an earthquake, landslide, flash flood, coastal tsunami evacuation, or evacuation. This bag stays packed at all times, and stays near an exit or another important carrier. This may be the only thing you have time to grab, so plan accordingly.

Go Bag: Minimal 72-hour survival (a small back-pack is ideal)

- Copies of personal documents in water tight folder/bag (color copies of IDs preferred)
- medical information, immunization records, allergies list, proof of address, deed/lease
- birth/marriage/death certificates, social security card, driver's license, bank account r
- documents, medical consent forms, contracts, deeds, stocks & bonds, emergency contact numbers, do
- and companies, important phone numbers, emergency contact numbers, do
- passwords (Apple ID, cloud back-up, smartphone)
- take videos of the property at least & store

Disaster Prep Step #2

Step #1 pack your go bag, step #2 make an evacuation plan. Print a map (don't rely on



California's
new
earthquake
early warning
system app

Go to the
MyShake website



Windy.com is
my favorite
weather app

If the weather is
causing
hazardous
conditions, use

GPS) & highlight multiple evacuation routes (some may not be passable). Put this map in your go bag. If you are overwhelmed but want to work towards feeling more prepared ***book a 30-minute Natural Disaster Preparedness Consult with Nicole***

to learn more & to download the app on your smartphone

this website &/or app to view a timeline of current and near future weather conditions



Contact me at: nicolepele@hotmail.com or via www.appreciatingearth.com