

**MACAW LODGE NEWSLETTER**  
**APRIL VOLUME , 2018**



**WE VISITED THE YOGA EXPO IN FLORIDA**

*On April 14th, we had the opportunity to participate in a very special event as part of a bigger global yoga community. The Yoga Expo in Fort Lauderdale, Florida, is an annual event where communities, local and abroad, join to promote their classes, products, philosophies, and to share well-being in general. A healing stage, juices and tea, meditation rooms, among other booths created a healthy and euphoric atmosphere. We felt very lucky to be part of the mission of informing and empowering communities to have a healthier, more conscious lifestyle that benefit both mind and body. We took samples of our honey and told many other yogis about the magic of practicing yoga and meditation in the mountains of beautiful Costa Rica.*





### ***RECIPE OF THE MONTH: SACHA INCHI ICE CREAM***

#### ***Ingredients:***

- 3 cans of evaporated milk***
- 1 can of condensed milk***
- 1 cup of sugar***
- 1 cup of shredded sachá inchi (from seed)***

*Method of preparation:*

*Place all of evaporated milk in freezer for three hours, then place in mixer. Add condensed milk when the evaporated milk has been broken down and turned into liquid. Finally, add sugar and sacha inchi to the mix. When all ingredients are thoroughly mixed, place in another bowl and put in freezer maximum 10 hours (depending on freezer).*

*This simple and delicious recipe will not only freshen and add flavor to your afternoon, but also provides diverse health benefits: vitamin E and A plus omega fatty acids for vision, reduction of LDL cholesterol and increase of HDL cholesterol, plus sufficient amount of tryptophan, the precursor of serotonin, which gives the feeling of happiness and satisfied, less stressed and less anxious.*





### **LET'S CELEBRATE AND CARE FOR OUR PLANET**

*April the 22nd is the day dedicated to our planet: Earth Day. Since 1970, this has been a day for contemplation, creation, consciousness, appreciation, education, gratitude, among many other practices. Macaw Lodge, whose origins are founded in impulsing ecotourism, research and conservation of nature in Costa Rica, takes this day and month to invite our guests and readers to meditate on this. In a world that is changing quickly, it is more and more urgent that education is raised about small habits. Everyone can participate on a daily basis that can have a positive impact in the long run. Whether it is the reduction of plastic straws or minimal plastic use, walking instead of driving, planting a tree, cleaning a beach, using less artificial lights, there are plenty of ways to contribute. Here are a few ideas for you to be part of the caring of our planet:*

<https://www.theguardian.com/environment/2002/aug/22/worldsummit2002.earth21>



*Written by Gabriela Mateo*