

Water Lesson: Two

Bryony and Harry Lancaster (Egg of the Universe)

In **Water Lesson Two**, attendees joined Bryony and Harry Lancaster from yoga and wholefoods institution Egg of the Universe and were guided through a slow and simple yin-based yoga class. Attendees connected to the seasons through a focus on the element 'water' and participated in a brewing ceremony and active discussion illuminating how to support the body throughout winter with wholefoods.

Recipe | Egg of the Universe-inspired Winter Warming Elixir

Serves 2

Ingredients

- 2 cups hot water
- 10 cm ginger, grated
- 3 tsp coconut nectar or maple syrup
- 1 tbs lemon juice
- ½ tsp cayenne pepper
- 5 cm turmeric, grated
- Fresh mint (optional)

Instructions

1. Pour hot water, grated ginger, lemon juice and grated turmeric into a saucepan.
2. Bring to boil then remove from heat.
3. Add coconut nectar or maple syrup, cayenne pepper and mint to the saucepan. Stir to combine.
4. Pour into two cups.
5. Enjoy!



About Water Lessons

Water Lessons celebrates learning through doing. Taking place on the third Sunday of each month throughout April 2021 – March 2022, Water Lessons is an opportunity to connect with community in the lead up to the 23rd Biennale of Sydney (2022). Rooted in an exploration of waterways and weaving the 23rd Biennale of Sydney will celebrate place by reimagining the conservation and protection of our natural resources. Water Lessons embraces the reality that we all hold water expertise through our social, cultural, political and historical relations with it. Collaboration, dialogue and exchange are foregrounded through Water Lessons as essential tools for learning and sharing.

About Egg of the Universe

Bryony and Harry Lancaster have run the Egg of the Universe spaces for 15 years, through numerous evolutions into what it is today – Sydney's only integrated yoga studios and wholefoods café. Everything on offer at the Egg is an extension of their practice at home, from vinyasa and yin yoga to the wholefoods served. Bryony and Harry are passionate about creating vibrant communities along with balancing the intricacies of family life with two young children. They teach classes, workshops, retreats and teacher trainings in their two studios in Sydney and around Australia. Their first book, published by Murdoch Books, is to be released in Spring this year.