

The Simplicity Project Foreword

I first met Jenn Pike in a yoga workshop I was leading in Canada. She'd had the guts to postpone her own studio opening for a few days in order to attend and sit with someone she felt might have some inspiration for her. That's when I knew I liked this woman.

It wasn't until we began talking after class, and her incredible depth of nutrition and fitness knowledge came pouring out that I understood that I needed her as well.

I've become an international yoga and wellness instructor, TV host, author, and much more. Along with manifesting my personal and professional dreams, I'd been on a physical tear, constantly touring to teach, existing between airports and hotels, saying yes to every opportunity that was presented, and sometimes, neglecting my own self-nourishment in favour of just "getting it done". I was beginning to default to sugary lattes and quick-fixes to power me through.

One day I was feeling so fatigued and bloated after an especially long time on the road—and eating poorly. I knew I needed to do something differently, after all, I am a role model for health, so I had to rein it in, not only for my own sake, but so that I could speak in public to my students and not feel like a hypocrite.

Diet, or as I like to call it, a 'food lifestyle' is personal, yet there are some principles that are absolutely universal. And when it comes to the Self, it's all too easy to lose perspective. I definitely had.

Jenn intervened, went through an entire nutrition profile for me and my activity level, and pinpointed many places, such as lack of enough protein and the aforementioned sugar addiction, where I was sabotaging, not supporting, all the good work I was doing out in the world—and in my body.

Together we were able to kick my negative habits to the curb and make space for me in the madness, all while keeping my best body-mind-spirit routines so simple—simple enough to fit into my busy life, and that's saying a lot.

Using Jenn's program, I lost excess weight and bloating, gained energy, and found that toned, true body I knew was in there somewhere. Best of all, I'm now empowered to clearly, straightforwardly understand how to carry this state of being through my whole life, forever. There is no better gift than this, and you are holding it in your hands.

And don't worry—there are so many different voices and opinions on what works when it comes to your health . . . and at this point, I've probably met them all, or at least done their programs. I can tell you that Jenn is the real deal. Out of all the experts I've met, she is one of the few I could confidently categorize as a genius.

Yet somehow, she has simplified her genius so that anyone and everyone can grasp exactly what to do next to co-create their most incredible, vibrant experience, not of simply living, but of fully being *alive*.

For me, this is the mark of a masterful teacher: someone who not only knows things, but can translate them into practical tips and tools that anyone, from über-yogis to frazzled new moms, stressed execs and beyond can apply—today—with ease.

We require a lifestyle of giving out without burning out, and Jenn's book, *The Simplicity Project* is your best advocate to transform yourself into the vital, glowing, fit, toned, energetic you that you're meant to be. I love her principles so much; I included some of Jenn's quick recipes, and *The Simplicity Project* as a resource in my own book, *The 21-Day Yoga Body* (Random House, Sept 2013).

I'm not only blessed to have Jenn as one of my colleagues and support network, I'm excited for you to gain the fast-track to the wisdom and techniques that she's compiled and simplified over the course of many years. Now you can skip light-years ahead; just follow the program, and watch yourself be revealed and renewed, on all levels.

I'll see you on the other side. It's incredible over here.

Sadie Nardini
Host of *Rock Your Yoga* on Viera Living TV
Author of the *21 Day Yoga Body* (Random House)

