

# BLOG AND NEWSLETTER

59TH ISSUE, WEDNESDAY 24 AUG, 2011

## THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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# We're Back!



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# WE'RE BACK!

Ahhhhh, summer. Not a, "I've been off traveling the world with, (or w/out), my children summer or they were enrolled in some NU super age program to keep them academically sound summer just a *getting to know who my men in training are and them know me* **now** summer.

Going from being the only influence in their lives to being treated like my opinions weigh only as heavily as a babysitter/maid by others over the past few years, could no longer be our status quo--that's what Fly Summer 2011 has been for us, Thank You!

Sure I know mother's are not the only species that may believe they are overused and underappreciated but what **I know for sure is**, when it's all said and done, women are certainly quicker

to give up what *they* believe is their **best** for the sake of their children/family. What I've come to **also know** is when 'your sake' as a mom becomes more like a martyr...less like a human-breathing-um-being it will not work for anyone including yourself for long! Nothing easy about being a single mother in NYC, especially if what I just said rang true for you but alas, you must once again take/find a way to tune out the "Other" Noise, take a deep breathe and see what the universe has to say about it. Even if it's just: Stop talking to that person--they are toxic to you or Did you just see your reflection in that mirror you just walked past? That stress you've allowed to have front row in your life...the Titanic ain't got nothin' on YOUR behind. If I am speaking to you... Coom-bya. SMH! LOL!!

After you have cried, prayed, tried .prayed, talked, prayed, walked and prayed...what do you do? Another option could be working it physically out so you can create space for more of what you **DO** want! My **work** started by making my time with my children a bit more personal: Learning to cook with their uncle's and having a family dinner, (see TNM cover-Crab Cakes, mmmm), talking about whatever we're thinking not just "what's next" and making sure they know that although I am the mommy, (final say), they certainly have an opinion that factors into wherever WE do go from here.

Can you include yourself this fall in your LIFE or will you allow yourself only what other's would decide is your ration?

And, the answer is...

## ARCHIVES

Tiffany Monique Interview w/TFly  
<http://www.youtube.com/watch?v=ARUH53OhEp4>

To Be Fly - By Anita Davenport  
<http://www.youtube.com/watch?v=uF-nLkgN0mM>

Reflections of a Decade - By Tanya Fly  
<http://www.youtube.com/watch?v=Y6073kNzCA0>

J's *EMPIRE STATE OF MIND*  
<http://www.youtube.com/watch?v=fbqM10i0nOU>

## NU KID VIDEO

<http://www.youtube.com/watch?v=Vy-liAOSOLg>

What you need to know about DIABETES  
<http://www.youtube.com/watch?v=sSvXr8ZXy1s>

THE NEXT LEVEL MONDAY, 2 AUG 2010

Choose then Do NU MONAY, 1ST FEB 10

Negative or POSITIVE MONDAY, 3 AUG 09

FAITH MONDAY 17AUG 09

GLASS HOUSES MONDAY 20 JULY 09

## WE WANT TO HEAR FROM YOU

**TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.**

**If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website [www.thenumethod.com](http://www.thenumethod.com) and click on [http://thenumethod.com/TNM\\_COMMUNITY.html](http://thenumethod.com/TNM_COMMUNITY.html) for further details.**

## SPECIAL

2 SEMI PVT SESSIONS (2-4 persons) for \$50 (a \$70 value) or 2 PVT's for \$100!

contact: [the.nu.method@gmail.com](mailto:the.nu.method@gmail.com) for further details

## ARCHIVES continued...

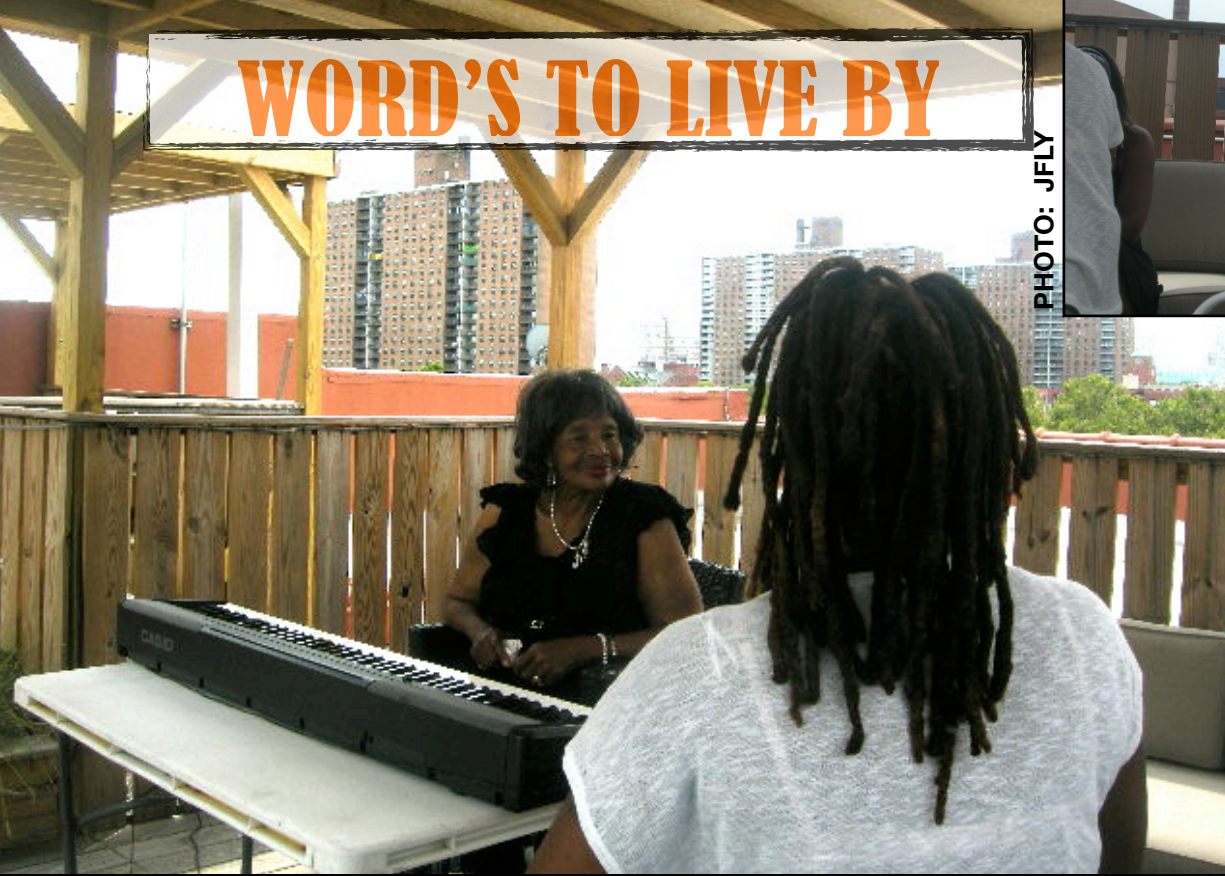
Ali Smith's Interview with Tanya Fly  
[http://www.youtube.com/watch?v=ICN5UITsM1I&feature=player\\_embedded](http://www.youtube.com/watch?v=ICN5UITsM1I&feature=player_embedded)  
Boris Kodjo and Nicole Ari Parker on Spina Bifida  
<http://www.youtube.com/watch?v=NEejWxS9-7Y>

CHOOSE MONDAY, 8 JUNE 09

UPGRADE MONDAY 6 JULY 09

# WORD'S TO LIVE BY

PHOTO: JFLY



Another reason this summer was so rewarding was I recently met a woman, **Mz. Sylvia** that was able to put into ole' school-terms what us Youngin's need to recognize! Wanna know why this 84yro woman can still Choose NU by living with such joy and zest for life?

Watch in her own words via YouTube, (and song--original that is), as she breaks it all down for ya.

It's time to stop tweeting and start being "Schooled" in real-life/real-time how one can find their truth and not become an "X Man" in their own lives. Repost and pass her *NU* knowledge on!

[http://www.youtube.com/watch?v=sjFQlxyt\\_Q](http://www.youtube.com/watch?v=sjFQlxyt_Q)

## Willy Style

We all have celebrity crushes and I am no exception. One of mine has been, Will Smith for years, (no disrespect J), and recently I ran across HIS thoughts about Life, Love, Work and Purpose. We at TNM thought they would be a beautiful fit for this issue. <http://www.youtube.com/watch?v=pfWGoLj1JCM>



Will and Jada Smith

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CHOOSE **NU**

Join a class currently in session or inquire about creating one of your own.

## FALL 2011

### Regular Price

**SEMI PVT: 2-4 pp \$35**    **PVT: \$85 a session reg (\$65 for student's and teachers)**    **GROUP \$35 reg (\$25 students & teachers)**  
**NU (Intro) Group 5 or more pp: \$25**

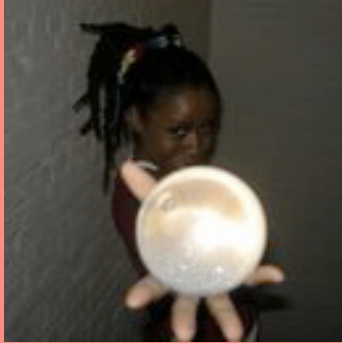
\*\*Pay for the amount of classes or sessions you plan to attend for the month and that's IT! No membership or long-term commitments.\*\*

### Classes currently in session:

Clinton Hill  
Monday's: 7pm  
Boerum Hill  
Tuesday's &  
Thursday's: 9-10am    Dodge YMCA (Brooklyn-Members Free)  
10-11am    Atlantic Avenue (corner of Atlantic & Court)

## FINAL WORD JUST A THOUGHT

By Tanya Fly



During your most recent "Status Post" or "Tweet" did you find how to really recharge your batteries, become stronger and/or more clear about your life?

If you haven't already been doing so, why not take a chance and explore your own REALITY this Fall by trying something **NU**? Take what's good about you BACK and show a little love to someone who certainly deserves it...YOU!

Just a thought. 80) xo, t~



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