

**Create healthy Change through Intentional movement**



## Balance Within, Strength Without

Hello Friends/Yogis!

As we step into March, we continue our journey of cultivating balance from within while building strength in both body and mind. The past two months have been about setting intentions, realigning with our personal goals, and embracing the connection between stability and resilience. This month, we take it a step further—exploring how consistency and adaptability work together to create true, lasting strength.

### The Power of Consistency & Adaptability

Balance is not about staying still—it's about constant, subtle adjustments that keep us centered. Strength is not just about force—it's about resilience in the face of change. In our practice, we'll explore movements that encourage both: holding steady in challenging postures while remaining fluid in transitions.

### March Focus: Root to Rise

This month, our practice will emphasize grounding and expansion—feeling steady in our foundation while allowing ourselves to grow and evolve. Expect sequences that:

- ✓ Strengthen stability through standing postures
- ✓ Engage the core to support movement and alignment
- ✓ Explore breathwork techniques to steady the mind
- ✓ Encourage mindful transitions that build resilience

### Take a moment to reflect:

- In what areas of my life do I feel the most stable?
- Where do I need to invite more adaptability?
- How can I bring my practice off the mat and into my daily life?

### Upcoming Retreat: A Journey to Balance & Strength

Our mid-year retreat is coming together beautifully! Designed to bring adventure, deep connection, and a reset from daily life, this experience will guide you toward both inner peace and outer strength. If you're interested, TWO openings are available. Click [HERE](#) for retreat details and to register!

With gratitude,  
Kristina

**Mindful Movement** Here to support you is a weekly ONLINE MEDITATION Life gets busy, but your well-being is worth the pause. A few minutes of meditation can make all the difference—helping you reset, refocus, and recharge.

Register [HERE](#).

Time: MONDAY 8:00-9:00pm EST

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