

***CREATE HEALTHY CHANGE
THROUGH INTENTIONAL MOVEMENT***



Welcome friends!

August is here and I am looking forward to deepening my knowledge and practice by taking a five day course on iRest meditation to help aid individuals with PTSD, operational stress, chronic pain, and support calming the nervous system. It is a deeper dive into my current Yoga Nidra meditation certification, and I will be excited to share even more benefits of this

practice to each one of you! I have my calendar blocked for these dates and please select your times with me in advance to schedule your own self-care. Also, football season is approaching. If you are new to KM Yoga Movement, my youngest son is playing football at the University of Notre Dame. We are so excited to be along for the ride on his journey to be a professional athlete! Due to travel for these games, I will be away a few weekends in the fall.

I am also partnering with The Vinoy (Marriot BonVoy) located here in St. Pete, FL for a 6 week Chakra Balancing Meditation and Sound Bowl experience. They will be held on every other Thursday beginning August 10 – October 5. They are available to Vinoy members and guests of the hotel. If you know a member of the club, ask to come along for this amazing and restorative experience. Soon information will be on my website listed in Upcoming Events section.

I know we talk about the benefits of developing a yoga practice to calm the mind and reduce stress but three top priorities for peri- and menopausal women include managing symptoms, promoting overall well-being, and maintaining bone health. A regular yoga practice can be highly beneficial for achieving these priorities. Here are the benefits of a yoga practice for peri- and menopausal women:

1. Symptom management: Yoga can help alleviate several symptoms associated with peri and menopause, such as hot flashes, mood swings, insomnia, and fatigue. Through a combination of physical postures, breathing exercises, and relaxation techniques, yoga promotes hormonal balance and reduces stress levels. It can also enhance the function of the endocrine system, which is responsible for producing and regulating hormones.
2. Overall well-being: Menopause can bring about emotional and psychological changes, and practicing yoga can help improve overall well-being. Yoga is known to reduce anxiety and depression, boost mood, and increase feelings of calm and contentment. It promotes mindfulness and self-awareness, enabling women to navigate the emotional shifts during this transitional phase with greater ease.

3. Bone health: During menopause, women experience a decline in estrogen levels, which can lead to a decrease in bone density and increase the risk of osteoporosis. Weight-bearing yoga poses and strength-building postures can help counteract this bone loss by stimulating bone remodeling and enhancing muscular strength. Yoga also improves balance and coordination, reducing the risk of falls and fractures.

In addition to these priorities, yoga offers several other benefits for peri- and menopausal women.

- improve flexibility
- joint mobility
- muscle tone
- supports cardiovascular health
- reduces blood pressure
- enhances circulation
- aid in weight management
- alleviate digestive issues often associated with hormonal changes

Now WHO does not want ALL these benefits!! Most of us have tried so many movement activities and they have not stayed with us for a myriad of reasons I have been practicing yoga since the age of 22 and I plan to be able to practice until my last breath here on earth. It has been one of the longest movement practices I have carried with me to support my health and wellness journey. Every BODY can do it with knowledge of learning how best to practice for one's own body.

It's important for women and men in this phase of life to consult with a qualified yoga instructor who can tailor the practice to their specific needs and abilities. Certain yoga poses may be contraindicated for individuals with specific health conditions or injuries, so it's essential to practice under guidance to ensure safety and effectiveness.

Offerings to begin an individualized yoga practice developing breath work, asana (pose) practice and meditation.

We can meet and plan a 4, 8, or 12 week program tailored to suit your needs and your practice.

Options to meet with me once or twice a week, along with a written program for you to use as a guide and reference for developing your own practice. Additional support is located on my website for videos and meditations to help support you in between the times we may meet.

Let me know how I may be able to support you and your needs to fulfill your goals for your personal wellness journey!

There are so many ways to explore yoga and here are some ideas and suggestions to consider:

- **Want to practice more than one time a week?** Possibly begin to find other friends, family that may wish to join as well and form your own group or class and I can teach in person or online, at a group rate.
- **Want to host an event?** Think outside of the box and create a gathering with friends and have a time to practice yoga together. We can develop the event you would desire such as a fun flow, restorative, yoga nidra meditation or a combo of all styles. All tailored to your preference in person and/or online.
- **Hosting a charity event or need an auction item?** Let's collaborate so we can deliver a great experience.

I know all of us are doing our best and lead very active and busy lives, please take time to go to my website for online offerings such as an audio meditation or to use the videos for a short practice whenever you need to. I understand to develop something new, it requires practice and a routine so having the option to be able to continue your practice wherever you are is important and I want to make it as easy as possible for you to be able to do so.

Here is what is new and found on my [website](#):

- **NEW** 38 minute Heart Chakra restorative video
- a 33 minute audio meditation focusing on a transition into the summer season, the season of action.

- Two short videos focused on breath work, one type of breath work is for energy, Viloma and breath of joy. The second video is alternate nostril breathing, Nadi Shodhana, for calming and reducing anxiety.
- Three videos are available to reference for a morning stretch 14 minutes, rest and digest 23 minutes, and stretch and reset 44 minutes.

Please rate me on [Google](#). This brings awareness to others so they know how well I am doing.

Here is additional information supporting the [benefits of a yoga practice](#) from National Library of Medicine.

Thank you for investing in yourself!
Love and respect always,
Kristina

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