

***Create healthy Change through Intentional movement***



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## Stillness Is A Teacher

Dear Yogis,

In June, I climbed mountains, crossed rivers, and watched strangers become family. The retreat reminded me: peace isn't found—it's remembered.

Now, in July, I've turned inward. Through Yoga Nidra meditation, I'm rediscovering that deep rest is not a luxury—it's a necessity.

One of my favorite ways to practice stillness?

A quiet moment with a warm cup of coffee—heart-shaped foam and all! If you really know me, you know I look for hearts wherever I go. And when I find one, I pause.

This month, meditation invites us to do the same:

- Pause on purpose.
- Soften the edges.
- Let rest reveal the heart of who you are.

Join me in stillness this month.

Upcoming Online Meditation sessions → July 23 & 30th. Register below.

Want to begin now?

Enjoy a guided meditation located on my website in Audio Meditations → [CLICK HERE](#)

With stillness (and coffee),

Kristina

**Mindful Movement** Here to support you with 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: WEDNESDAY 8:00-9:00pm EST

Dates: July 23 & 30

[Check out my videos on my website](#)

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