

CREATE HEALTHY CHANGE THROUGH INTENTIONAL MOVEMENT



Welcome friends!

Yoga is a multifaceted practice that goes beyond the physical postures we perform on the mat. It encompasses the idea of union or connection, starting with the union between our body, breath, and mind during the physical practice. This connection has a profound impact on our nervous system, mental well-being, and physical health.

Another way to think about it, yoga extends far beyond the mat. It is an embodied practice that integrates the mental, physical, and spiritual aspects of our being. Spiritually, yoga is a process of seeking union with everything around us, whether it's other living beings, a higher

self, or a divine presence. It's a recognition that we are interconnected with the entire universe.

Examples of taking yoga beyond the mat are:

- Develops inner awareness and helps develop breath and strength of mind and body
- Ability to soothe tension and anxiety in the mind and body
- Stilling the mind to experience the ultimate reality

For me, this understanding of connection is vital. I believe that our relationships and sense of community play a significant role in our spiritual growth. By acknowledging and embracing our connection with others, we can experience major shifts in our lives. It is through these connections and the awareness of our interconnectedness that we can cultivate compassion, empathy, and a deep sense of belonging.

As I continue on my own yoga journey, this awareness of connection has inspired me to share and teach yoga to as many people as possible. Witnessing the growth and development of individuals in their practice is incredibly fulfilling. Each time I guide someone through their yoga journey, I express gratitude for their practice and appreciate the trust they place in me as their teacher. We begin our practice with hands at our heart center to set an intention and we close our practice with hands at heart center to give gratitude. The hands coming together at our heart center is called Anjali Mudra, unity of both sides of the brain and body. This represents the connection with balance and harmony between the right and left side reunited on our center. This connection is not only physical but also mental and emotional. It's a moment to come back to yourself and your intention. It promotes balance, uniting the left and right hemispheres of your brain. It's grounding. It's calming. It is something we use when we practice.

In summary, yoga is much more than just physical shapes on a yoga mat. It is a holistic practice that encompasses the union of body, breath, and mind. It is also a spiritual path towards connecting with ourselves, others, and the greater universe. By embracing our interconnectedness and fostering a sense of community, we can experience transformative shifts in our lives.

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 on my [website](#):

- a 33 minute audio meditation focusing on a transition into the summer season, the season of action.
- Two short videos focused on breathwork, one type of breathwork 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.

Another NEW addition are my reviews on [Google](#) and [Yelp](#). Please rate me on these platforms to let others know how well I am doing.

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

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