
Create healthy Change through Intentional movement



Rooted in Stillness, Radiating Strength

Dear Yogis,

This month, our journey deepens the theme of Balance Within, Strength Without—a reminder that true resilience begins internally. I had the incredible opportunity to travel to India, the birthplace of yoga, where I practiced in the vibrant heart of Mumbai and spent time at an Ayurvedic wellness center in Bangalore. Nestled within the historic AyurvedGram, I attended a meditation session in the historic yoga hall, once the dance hall of the famous Kuroor family where Gandhiji attended a performance. I immersed in ancient healing practices that reaffirmed the importance of internal harmony as the foundation for outer strength.

These experiences in India offered a powerful contrast: the dynamic energy of city life grounded by the quiet, intentional rituals of Ayurvedic living. The stillness cultivated through mindful movement, breath, and daily rhythm reminded me how balance can be reclaimed—even in the busiest environments. It's this principle I continue to bring into my classes and teachings, guiding us all to find steadiness amidst the demands of modern life.

Looking ahead, our summer retreat in France is right around the corner—a chance to embody these lessons through movement, reflection, and connection. Set against the stunning natural backdrop of La Palud Sur Verdon, this gathering is more than a getaway; it's a return to self. Whether you're joining us in person or from afar, I invite you to carry this month's theme forward: let your inner stillness be the source of your outer strength.

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: WEDNESDAY 8:00-9:00pm EST

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