

CREATE HEALTHY CHANGE THROUGH INTENTIONAL MOVEMENT



Welcome friends!

We are full swing into the holiday season and with the holiday season our to do lists get even longer, places to be, people to see, and things to do can add more stress and reduce our body's ability to ward off illnesses.

Helpful tips to Boosting Immunity

- Yoga and meditation can reduce stress, which in turn can strengthen your immune system. High stress levels can weaken your body's ability to fight off infections.

- Certain yoga poses, such as twists and inversions, can help stimulate the lymphatic system, which plays a crucial role in immune function.
- Meditation and deep breathing exercises can calm the nervous system and reduce inflammation in the body, contributing to a healthier immune response.

I hope these tips help you to build and boost your immunity to carry you through this holiday season.

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

WORKSHOP Chakra balancing and restorative at YogaSix St. Pete, Sunday, **November 12, 1:30-3:00pm**. Learn about aligning and balancing your energy and enjoy the transformative experience of a restorative practice with specific poses to balance the body. Register online at YogaSix <https://www.yogasix.com/location/st-petersburg>.

Once on the page scroll down to St. Petersburg schedule and select 11/12 for this day's events and it will be listed there to register.

SHOP and ZEN yoga with gentle movement and meditation. This session takes place in Granger, IN Sunday, November 19 4:00-5:00pm located on site at LuxeWagon.

<https://www.luxewagon.com>. Come and shop for the holiday season from 2-4:00 and stay for an amazing candle light gentle yoga and meditation session. You will leave feeling rejuvenated and rested!

NEW CLASS beginning **Tuesday, November 28th!** It is a weekly Yoga Nidra Meditation and Restorative class 6:45-7:45 pm at a new location **710 94th Ave N Suite 310**. Space is limited to 7 participants. Register on my website to reserve your spot. Refresh, rejuvenate and boost your immunity for the holiday season!

GIFT CARDS to purchase for the Holidays to friends and family. What a great way to show you care in giving the gift of health and wellness!

CLASS SCHEDULES are all EST.

MONDAY 7:30am community walk followed by 8:30-9:30am STRETCH and RESET.

Save and purchase a 10 pack for \$150!

A great way to begin your week connecting with neighbors and friends followed by a yoga class offering a full body stretch, mindful movement, restorative poses and meditation.

TUESDAY 10:30-11:30am SLOW FLOW In person and online \$20.

Save and purchase a 10 pack for \$150!

Transform body, mind and your life! Hatha inspired flow with emphasis on warming up the body, breath, mechanics, and improving functional mobility. Good for all levels.

WEDNESDAY 4:00- 4:30pm MEDITATION In person and online \$15.

Save and purchase a 10 pack for \$100!

Midweek Mindfulness Meditation to balance your body, mind, and soul. Meditation changes the brain, helps you fight stress, and illness, and much more. Come gather in community and help support one another with developing a consistent meditation practice. Good for all levels.

FREE videos are available on my website.

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

Thank you for investing in yourself!

Love and respect always,

Kristina

Check out my videos on my website

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