

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



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## Shine from Within- Radiance, Confidence & Heart

Dear Friends,

August is the golden hour of summer — a time to fully shine, open your heart, and embody your inner fire.

This month's Yoga practice invites you to reconnect with what lights you up. Through stillness, we explore inner radiance, self-trust, and joy — not as something to chase, but something already within.

Confidence isn't loud.

It's the quiet clarity that comes from honoring your heart's truth.

This month's photo features one of my favorite flowers — the sunflower. To me, it's a symbol of standing tall, turning toward the light, and being rooted in joy.

Let this be your invitation to pause, reflect, and shine from the inside out.

Join me in stillness this month.

Upcoming Online Meditation sessions → August 6 & 27h. Register below.

Want to begin now?

Enjoy a 20 minute guided meditation on my website in Audio Meditations→ [CLICK HERE](#)

With heart,

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](#).

Wednesday 8-9:00pm EST, August 6 & 27

Where to find me this month?

**F45 St. Pete Location** - Sunday, August 24 11:00am "You train to get stronger. Recovery is how you stay in the game! "  
Come join me to RESET your body and BOOST your results. All levels welcome.

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

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**813-358-7922**

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