

*CREATE HEALTHY CHANGE THROUGH
INTENTIONAL MOVEMENT*



Greetings, Yogis!

Welcome to Mindful March, a month dedicated to nurturing your mind and body through mindful practices and self-care rituals. As we transition from the chill of winter to the awakening of spring, it's the perfect time to recenter and renew our commitment to overall wellness.

Here are some tips and practices to help you nourish your mind and body this March:

1. Daily Meditation: Start each day with a few moments of quiet reflection. Whether it's a seated meditation, a mindful walk, or deep breathing exercises, find a practice that resonates with you and commit to it daily. Cultivating mindfulness can help reduce stress, improve focus, and enhance overall well-being.

2. Nourishing Nutrition: Pay attention to what you're putting into your body. Aim to nourish yourself with whole, nutrient-rich foods that support your health and vitality. Experiment with incorporating more fruits, vegetables, whole grains, and lean proteins into your meals, and notice how it makes you feel.

3. Movement and Yoga: Move your body mindfully each day, whether it's through a yoga practice, a brisk walk outdoors, or gentle stretching. Movement not only strengthens the body but also calms the mind and uplifts the spirit. Join us for our yoga classes this month to cultivate strength, flexibility, and inner peace.

4. Digital Detox: Take regular breaks from screens and technology to give your mind a rest. Set boundaries around screen time, especially before bed, and carve out moments of tech-free time each day to reconnect with yourself and loved ones.

5. Gratitude Practice: Cultivate an attitude of gratitude by reflecting on the things you're thankful for each day. Keep a gratitude journal or simply take a few moments each evening to mentally list three things you're grateful for. Practicing gratitude can shift your perspective and foster feelings of contentment and joy.

6. Self-Care Rituals: Prioritize self-care rituals that nourish your mind, body, and soul. Whether it's a soothing bath, a cup of herbal tea, or a quiet moment spent reading a book, carve out time each day to honor your needs and replenish your energy reserves.

Remember, self-care isn't selfish—it's essential. By prioritizing your own well-being, you'll be better equipped to show up fully in your life and support those around you.

Wishing you a month filled with mindfulness, nourishment, and inner peace.

Upcoming Events this month:

- **March 6, 13 & 20:** F45 Stretch and Reset with Kristina : every Wednesday offering 20 min stretch and reset.
- **March 27: Register on my [website](#):** Once a month Yoga and meditation: Rest and Restore! 4:00 -5:00pm. We practice breath work, restorative poses, and meditation. Space is limited to 8 participants. Allow for some self care to restore, rejuvenate and replenish your soul.
- **ADDITIONAL YOGA RETREAT Aug 31-Sept 3 4/day/3night Provence, France! \$950** All levels of abilities. Explore www.LPSVexperience.com My full week

retreat is all booked and we added this additional weekend! The Verdon Gorge area is one of the desired places to visit and was top destination for the year 2023. Come join me for this transformative experience. Limited to 7 participants.

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

Here are some photos from the events in February! Teaching yoga and meditation while connecting with friends and meeting new people in Del Ray for a two-day event was incredibly rewarding. It's moments like these that truly enrich our practice and bring a sense of community and fulfillment. Thank you for having me!!! Teaching at F45 and Hyde House Public Studio









f45_training_stpete



Thank you [@kmyogamovement](#) for the amazing session!
Catch her again in-studio 2/28 @ 4pm!



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with KRISTINA MILLS

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31 AUG - 3 SEP 2024
All levels of ability
Limited to 7 guests

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