
Create healthy Change through Intentional movement



Hello Friends/Yogis!

As we move through February, let's embrace the power of surrender—letting go of what no longer serves us to create space for growth. Through self-love and compassion, we nurture the quiet transformations happening within, reminding ourselves that true strength begins with balance and inner peace.

Balance within allows us to soften, to trust the process, and to meet ourselves with kindness. Strength without gives us the courage to step forward, embracing change with grace and resilience.

This month, I invite you to reflect on where you can surrender, how you can cultivate more self-love, and what small transformations are unfolding in your life.

Optional Mantra: “I release, I receive, I transform.”

Quote for Inspiration: “When I let go of what I am, I become what I might be.” — Lao Tzu

Wishing you a month of deep connection, gentle strength, and quiet evolution.

With Love and 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: MONDAY 8:00-9:00pm EST

RETREATS 2025 ! TWO openings for May Retreat! Click [HERE](#) for retreat details and to register!

Join Me for a Transformative Yoga Retreat – 6 Months Away!

As we focus on balance within, strength without, and the power of staying present in the new year, what better way to deepen this journey than by joining me for a rejuvenating yoga retreat this summer?

In a serene and inspiring setting, we’ll explore practices that reinforce the intentions we set at the start of the year—mindful movement, breath work, and moments of stillness to reconnect with ourselves. Together, we’ll cultivate consistency in our wellness journey while enjoying the beauty of nature, nourishing meals, and community connection.

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

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