

CREATE HEALTHY CHANGE THROUGH INTENTIONAL MOVEMENT



Welcome friends!

September is here and I am listening not only to myself but to everyone else with the comments of a new season is approaching us already. Even if the temperatures haven't started to dip where you live, there is a certain crispness about that lets you know that indeed, the change is coming. Along with the physical cues that the seasonal change is imminent, our powerful connection to nature also lets us know intuitively.

As we approach the Autumnal Equinox on September 22nd, here are a few yogic suggestions to help “weather” the change!

Great poses for the Fall season

These poses are typically very grounding as well, which can help to keep us balanced and centered amongst the transformations taking place around us.

- Child's pose
- Standing forward fold (generous bend in the knees)

Incorporating poses that build heat will help to keep the body active and the blood flowing freely. Postures that use the largest muscle groups are great for raising your temperature and getting the heart pumping.

- Chair pose (hamstrings and quadriceps)
- Boat pose (entire core)

Holding a pose and breathing throughout these poses for 8-10 breaths is suggested.

Moving Forward with an Intention

Sometimes the most useful thing we can do to gracefully make a transition, is to do so with attention and awareness. Setting an intention about what we'd like to see as an outcome of the change can help to keep our focus forward, while still maintaining our connection to the present. It allows us to be mindful in our daily activities, as they ultimately serve our intention.

Take a few minutes now to think about what you might like to see, and how your actions now will help to support that intention.

I hope these tips help you to have a happy and healthy transition into Fall!

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

NEW CLASSES are opening up!

Tuesday SLOW FLOW 10:30-11:30am EST 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 mobility. Good for all levels.

Wednesday MEDITATION 4:00- 4:30pm EST 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! TWO new videos on the website

- 28 min hip opener: internal and external rotation
- 23 min full body opener on the floor

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

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