

CREATE HEALTHY CHANGE THROUGH INTENTIONAL MOVEMENT



Welcome friends!

Fall is indeed a wonderful time to focus on boosting your immunity and preparing for the stressors that can come with the holiday season. Practicing yoga and meditation can be highly beneficial in achieving these goals. Here are some ways in which these practices can help and some tips for incorporating them into your routine:

Stress Management

- Fall and the upcoming holiday season can be stressful for many people. Yoga and meditation are effective tools for managing stress.
- Regular practice can improve your ability to cope with stress, promote relaxation, and enhance your overall sense of well-being.

Tips for Practicing Yoga and Meditation in Fall

- Create a dedicated space: Set up a calming and clutter-free area where you can practice yoga and meditation.
- Consistency is key: Aim for a regular practice routine. Even just a few minutes each day can make a significant difference.
- Choose the right practices: Incorporate poses and meditation techniques that are suitable for your fitness level and goals. There are many styles and levels of yoga and meditation to choose from.
- Wear comfortable clothing: Dress in layers to stay warm during your practice, especially if the weather is cooler.
- Stay hydrated and eat well: A balanced diet and proper hydration are essential for maintaining overall health and supporting your immune system.

I hope these tips help you to build your immunity and have happy and healthy holidays.

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

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!

CLASSES 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 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