

*CREATE HEALTHY CHANGE THROUGH  
INTENTIONAL MOVEMENT*

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**Hello and Welcome!**

As we step into February, our yoga journey takes a soulful turn as we dive deep into the heart-centered practices that define this month. Let's celebrate the essence of love, balance, and harmony within our yoga practice.

### **Reconnecting with the Core:**

In the whirlwind of our fast-paced lives, it's easy to lose touch with the core of our being. Heart-centered yoga serves as a sanctuary, inviting us to reconnect and nurture self-love and compassion. This month is all about rediscovering the profound connection within.

### **Breath as Your Anchor:**

Amidst the flow of life, take a pause during your practice to turn your attention inward. Embrace the simplicity of mindful breathwork. Let each inhale and exhale be a reminder, a gentle anchor keeping you rooted and balanced as you gracefully move through each pose.

### **Poses for Balance and Beyond:**

This February, we embark on a journey of self-discovery through poses that challenge not just our physical steadiness but also cultivate mental focus and emotional stability. Let's explore the balance within ourselves and find the harmony that extends beyond the mat.

As you roll out your mat this February, may you find the purest form of love within. May your practice be a celebration of balance, not just in your asanas but in the entirety of your being. Here's to a month filled with authentic, heart-centered yoga practices!

### **Upcoming Events this month:**

- **Feb 1:** Yoga and meditation: Rest and Restore! Ladies who organized an evening to practice together in an intimate setting; rest, rejuvenate and reenergize!
- **Feb 7:** Hyde House Public Studio Event: 7:30-8:30 am Register [here](#) to join me as I offer the first yoga class in this space with many more to come in the future.
- **Feb & March:** F45 Stretch and Reset with Kristina : every Wednesday offering 20 min stretch and reset.
- **Feb 29 & Mar 1:** Del Ray Events: offering a 75min yoga and meditation practice and a 60 minute flow for all levels.

#### **ADDITIONAL YOGA RETREAT Aug 31-Sept 3 4/day/3night Provence,**

**France! \$950** All levels of abilities. Explore [www.LPSVexperience.com](http://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.

### **Explore what is happening on my [website](#):**

**NEW CLASS** Restorative class offered once a month and this month it is **Wednesday, February 21, 4-5:00pm**. Space is limited to 8 participants. Register on my website to reserve your spot. Allow for some self care to restore, rejuvenate and replenish your soul.

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 January!









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