

Create healthy Change through Intentional movement

Renewal, Strength & Transformation

Hello Friends/Yogis!

April is a month of awakening, renewal, and transformation. As the seasons shift, we are reminded of nature's effortless cycle of release and rebirth—inviting us to do the same within ourselves. This month, we focus on Tapas (self-discipline) and Shaucha (purity), two guiding principles that encourage us to ignite inner strength while clearing space for new beginnings.

April's Message: The Fire of Growth & The Purity of Renewal

Shaucha (Purity & Clarity) – Like spring's cleansing rains, this practice encourages us to remove clutter from the mind, body, and spirit, creating space for clarity and peace.

Tapas (Self-Discipline & Transformation) – This inner fire fuels growth and inspires us to move past resistance, showing up for ourselves with commitment and devotion.

"Through self-discipline and purification, the body and senses become refined and strengthened." Inspired by Patanjali's Sutra 2.43

This sutra teaches us that true transformation comes through dedication and release—balancing the fire of practice with the clarity of surrender. As we step into April, we are encouraged to lean into the energy of renewal, shedding what no longer serves us and embracing the path ahead with clarity and strength.

Pose of the Month: Utkatasana (Chair Pose)

Why Chair Pose? This asana embodies Tapas, the fire of transformation. It strengthens the legs, core, and focus—requiring both discipline and commitment. Just as the burn in the thighs teaches us to breathe through challenge, Utkatasana reminds us that transformation happens when we embrace the heat of growth rather than resist it.

As you hold Utkatasana, set an intention for something you are cultivating this month. Feel the strength within you as you hold steady.

Join Me for a Special Restorative & Meditation Event!

To fully embrace this month of renewal, I'm inviting you to a special Restorative Yoga & Meditation Experience designed to help you:

- Release mental and physical tension
- Cultivate clarity and inner stillness
- Awaken strength through surrender and deep rest

Date: April 10, Thursday

Location: My home, 407 Toledo Way NE

Time: 5-6:00pm

What to Expect: A deeply nourishing practice blending gentle restorative yoga, guided meditation, and breathwork to support your journey of renewal. This session is perfect for anyone seeking balance, restoration, and a reset for the mind and body. No prior experience needed—just an open heart. Space is limited, so reserve your spot today!

With warmth & gratitude,
Kristina Mills

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: WEDNESDAY 8:00-9:00pm EST

MAY 25-31 Retreat: A Journey to Balance & Strength- 2 spaces open
Our mid-year retreat is coming together beautifully! Designed to bring adventure, deep connection, and a reset from daily life, this experience will guide you toward both inner peace and outer strength. Click [HERE](#) for retreat details and to register!