

*CREATE HEALTHY CHANGE THROUGH
INTENTIONAL MOVEMENT*



Greetings, Yogis!

As the season changes and nature begins to bloom, it's the perfect time to align our practice with the rejuvenating energy of spring. In this month's newsletter, we're focusing on "**Spring into Strength: Building Resilience and Flexibility Through Yoga.**" Let's dive into how yoga can help us cultivate resilience and flexibility, both on and off the mat.

Resilience in Practice:

Resilience is the ability to bounce back from challenges and setbacks, and yoga offers us a powerful toolkit to develop this resilience. By moving through challenging poses, we learn to stay present, breathe through discomfort, and tap into our inner strength. This month, challenge yourself to try new poses or hold your poses for a few extra breaths. Remember, it's not about perfection, but about progress and resilience in the face of difficulties.

Flexibility of Body and Mind:

Just as spring brings a sense of renewal and growth, yoga helps us cultivate flexibility, not only in our bodies but also in our minds. Through regular practice, we learn to release tension, let go of rigid thinking patterns, and embrace change with openness and grace. Incorporate gentle stretches and flowing sequences into your practice to promote flexibility and fluidity in both body and mind.

Nourish Your Body:

Spring is a time of cleansing and renewal, making it the perfect opportunity to focus on nourishing our bodies with wholesome foods and hydration. Incorporate plenty of fresh fruits, vegetables, and herbal teas into your diet to support your yoga practice and overall well-being. Remember to stay hydrated before, during, and after your practice to keep your body feeling energized and balanced.

Community Connection:

Yoga is not just a solo practice—it's an opportunity to connect with a supportive community of like-minded individuals. Whether you attend classes in-person or virtually, take time to connect with fellow yogis, share your experiences, and offer support and encouragement to one another. Together, we can inspire and uplift each other on our journey toward strength and resilience.

Upcoming Events this month:

- **APRIL 17: Register on my [website](#):** Once a month Yoga and meditation: Rest and Restore! 4:00 -5:00pm. We practice breath work, restorative poses, and meditation. Space is limited to 8 participants. Allow for some self care to restore, rejuvenate and replenish your soul.
- **APRIL 21: ILLINOIS Special Event 4-5:30pm Register [here](#)** 90 minutes of pure BLISS! We will work on breath work, movement, stretching and rebalancing the nervous system. It is a transformative experience and 10 spaces available at the beautiful home of Jen and Yuri located in Geneva. Sign up and register by April 19 please.
- **ADDITIONAL YOGA RETREAT Aug 31-Sept 3 4/day/3night Provence, France! \$950** All levels of abilities. Explore 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.

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 March! Since February I have spent every weekend training for my next 300 hour teaching certificate. I am with master teacher, Marina Bourantonis, who owns two yoga studios in Lakewood Ranch and Sarasota called Thavma Yoga. This program delves deeper into anatomy, philosophy, teaching methodology, and personal practice. Heavy emphasis on anatomy provides a comprehensive understanding of the body's mechanics in yoga postures. I will conclude my studies May 15th.

**Teacher training for
my 300 hr level**



@thavmayoga









REVITALISING YOGA EXPERIENCE

4 DAYS

All-Inclusive

SPECIAL OFFER

\$950

Provence, France

with KRISTINA MILLS

Join us in the Gorges du Verdon for our revitalise, recharge and rejuvenate yoga and wellness retreat. Daily yoga sessions with Kristina in the tranquil nature of the forest, lakes and mountains of Provence.

4 DAYS/3 NIGHTS
Full Board + YOGA
+ Group Transfer



31 AUG - 3 SEP 2024
All levels of ability
Limited to 7 guests

www.lpsvexperience.com

Check out my videos on my website

Follow Me On Social

