

***Create healthy Change through Intentional movement***





## Embracing the New Year

Happy New Year to our yoga community!

As we step into 2025, let's focus on creating balance within and strength without. Just as in our practice, finding equilibrium allows us to stand strong in the face of life's demands while nurturing the peace that lies within us.

This is a time to set meaningful intentions, not as lofty resolutions, but as gentle guides for our journey. By staying rooted in the present moment, we remind ourselves that true progress happens day by day, breath by breath.

Consistency, even in small steps, is key. Show up for yourself with kindness and patience, knowing that your efforts—whether on the mat or in life—are building a foundation of wellness and resilience.

Let this be a year of mindful growth, where we honor where we are today while holding space for where we want to go. Together, we can embrace the beauty of the journey, one pose, one moment, and one intention at a time.

Looking forward to sharing this journey with you in the year ahead!

With Love and Gratitude,

Kristina

**Mindful Movement** 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: MONDAY 8:00-9:00pm EST

**DEADLINE JANUARY 31.** Gift yourself this opportunity to pause, reset, and continue your growth. **RETREATS 2025 !** Click [HERE](#) for retreat details and to register!

Join Me for a Transformative Yoga Retreat – 6 Months Away!

As we focus on balance within, strength without, and the power of staying present in the new year, what better way to deepen this journey than by joining me for a rejuvenating yoga retreat this summer?

In a serene and inspiring setting, we'll explore practices that reinforce the intentions we set at the start of the year—mindful movement, breath work, and moments of stillness to reconnect with ourselves. Together, we'll cultivate consistency in our wellness journey while enjoying the beauty of nature, nourishing meals, and community connection.

[Check out my videos on my website](#)

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