

CREATE HEALTHY CHANGE THROUGH INTENTIONAL MOVEMENT



Happy Holidays

Balancing all the "things" - appointments, family, business or work, holidays. Staying balanced is not always easy. It takes time and discipline to maintain health and well being. Self care during this time is critical and being in tune with the season, I am modifying my classes to offer more restorative poses and closing the practice with a longer meditation which will help aid in boosting immunity, reduce stress and encourage better sleep.

Helpful benefits of a consistent yoga practice:

- Yoga can improve lung function and increase circulation, helping you stay physically prepared for the challenges of cold weather and the holiday season.

- Breathing exercises in yoga, such as pranayama, can enhance respiratory health and reduce the risk of respiratory infections.
- Yoga provides a way for our bodies to destress, stretch, get stronger, and to heal.

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

NEW CLASS beginning **Tuesday, November 28th!** It is a weekly Yoga Nidra Meditation and Restorative class 6:45-7:45 pm at a new location **710 94th Ave N Suite 310**. Space is limited to 7 participants. Register on my website to reserve your spot. Refresh, rejuvenate and boost your immunity for the holiday season!

ELEVATE GYM- teaching a yoga class, stretch and reset for athletes **9:00am Dec. 10, 24 and 31**.

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!

FREE videos are available on my website.

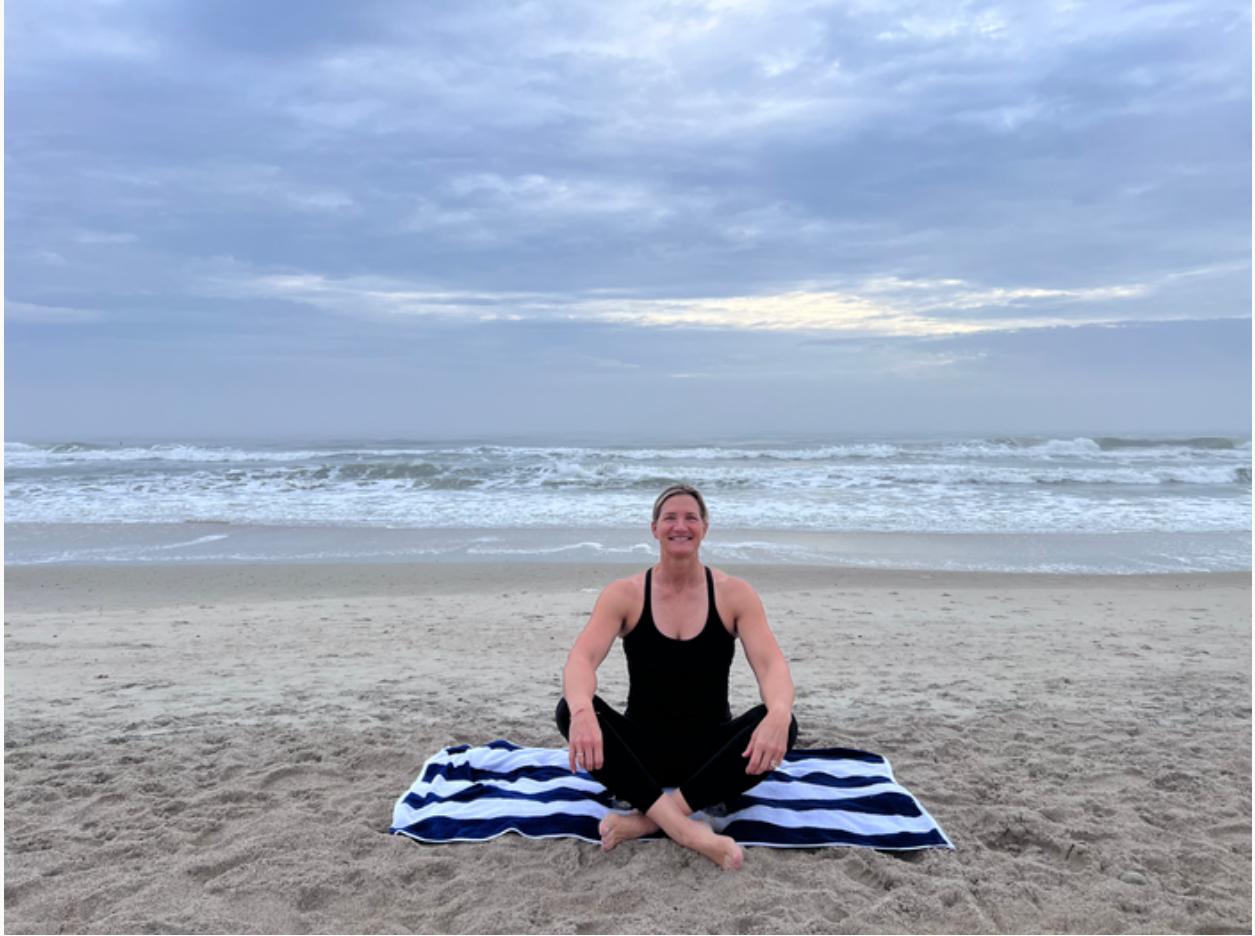
So much gratitude for all of you supporting me and my passion to teach yoga and meditation. I appreciate your presence, your faith and trust in me, and incredibly grateful when you recommend me to others. Your referrals are the greatest compliment. I am always grateful to connect with so many like minded individuals and this year has been incredibly rewarding meeting all of you! Wishing you and your family happy and healthy holidays.

Below are some photos of me teaching yoga nidra meditation at Luxewagon and Lululemon, and teaching yoga on the beach at St. Augustine, FL!

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







Check out my videos on my website

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