



MY YOGA
MY WAY

DECEMBER

SURRENDER TO LETTING GO

Hello MYMW Community!

I hope you and your families are all doing wonderful!

The end of the year is upon us, only a couple more weeks until we turn that new leaf to 2024.

Will you take time over the Summer break to reflect on the year that was; choices you made, habits you committed too (or not!), risks you took, new connections you made, nurturing and solidifying existing connections with those around you....I invite you to grab a beverage of choice, find a seat and simply take the time to acknowledge all that has gone on in your 2023.

Ask yourself:

What have I learned about myself in 2023?

What risks was I afraid to take in 2023 and why?

How kind was I to myself?

How did your relationships (family, friends, work) evolve?

What did I let go of?

Now this last question is a perfect question and a lovely segue into this month's theme of Surrender to Letting Go....

We have instincts that want us to control aspects of our lives in order to feel comfortable...we make lists, we build routines, we create comfortable lives that help us feel in control in spaces and environments that perhaps are ever changing and uncontrollable around us.

But as we all can recognise, life outside our safety net of controls, is fluid and constantly in state of ebb and flow...Our need to control is merely a mechanism for seeking safety and predictability.

We can't possibly put controls on the fluidity of life - it doesn't work... and when it doesn't work we get stressed, anxious, sad, we procrastinate or complain.

I'm not saying that we shouldn't have controls, what I'm inviting you to think about is if we changed the way in which we approach control, more as an act of love rather than a process or system. Could we change the emotional outcome if it doesn't work in our favour? Surrendering to what you are feeling in the present moment, acknowledging what is coming up for you and then attach a loving intention to it to help choose your path forward.

Lets take our health for example - we might be feeling like our health is 'out of control' and we get feelings of anxiety about it...we go straight to wanting to get our 'weight under control' by way of new, restrictive diet plans, new exercise regimes. These are not bad intentions, as you've recognised how you are feeling, but it comes from a place of fear; and fear based goals rarely succeed.

If you practice surrender in these moments, you begin to acknowledge that feeling of fear, of feeling uncomfortable when you move your body, even noticing the negative self talk. So you choose surrender as a way to be present, it is what it is in this moment, let go of harsh controls that you may have chosen to place upon yourself and instead speak with acts of love. Tell yourself that you could do with some self-love. Love yourself for where you are right now, even if you are feeling pain or discomfort and tell yourself you are going to be ok and that you choose to set a loving intention to nourish yourself with good food and intentional, loving movements for your body.

Surrendering doesn't mean that you don't take action, it simply means that you can accept things for what they are with a more relaxed mind, make yourself available to feel whatever arises, and then attach a loving intention to it to influence the outcome in a more kind and conscious way.

A beautiful quote written:

"What a world we live in, if only we can fully see it. Surrendering is the way to move into that"

Your challenge for the next month is to ask yourself how are some ways you can practice Surrender.....

Practice Self-Love | Let to Go to Grow | Practicing Meditation | Affirmations | Intention Setting

A Mantra I would invite you to repeat to yourself in your moments of stillness or uncertainty:

Let Go To What Is

Yoga Poses that can aide in your journey to practice Surrender:

Childs Pose, Pigeon Pose, Cat-Cow, Thread The Needle, Savasana

Classes and Current Changes

Go With the Flow - Narangba

Last Class will be Saturday 16th December, returning in the New Year on Saturday 13th January 2024.

A Saturday 9am 'Everyday Yoga' Online Class will be available for \$10pp during this time.

Go With The Flow - Kalinga

Last Class will be Friday 15th December, returning in the New Year on Friday 12th January 2024.

A Friday 9:30am 'Everyday Yoga' Online Class will be available for \$10pp during this time.

Go With The Flow - Deception Bay

A NEW weekly In-Person Evening Class commencing Wednesday 13th December at 7pm - located at The Deception Bay Community Hall. Only 2 classes at this stage to gauge attendance, with the view to continue into 2024. \$15pp, either book your spot [HERE](#) or simply walk-in as I have Tap'n'Go available.

Early Risers Yoga @ Home - Online Class

Last Class will be Saturday 9th December, returning in the New Year with a date yet to be advised by Council. Look out on my Facebook Page or Instagram for updates.

Online Classes

Online Classes will run as normal, minus any public holidays over the Christmas/New Year period. Would love to see you at a class!

Click [HERE](#) to see the current calendar of classes available.

Stay Connected

As always, I would love you to share My Yoga My Way with a friend or loved one that you think may like any of the classes on offer. Invite them to try any class, currently on offer, for FREE using checkout code TRY YOGA. If you haven't used the code, then by all means jump on and secure yourself a free class too.

If you have been attending my classes regularly, I would love it if you could help further support My Yoga My Way by leaving a Google Review. Reviews from amazing customers like yourself are an invaluable boost and support for me and my business. If you have the time, please click [HERE](#) to start your review.

Until we meet on the mat, please enjoy the Festive Season with your loved ones. Stay safe if you are holidaying away and take care of yourself and remember to move regularly in a way that feels good for you and simply take some time out to breathe deeply inviting lovely fresh energy into your body...you deserve it.

With Gratitude,
Lauren

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WITH LAUREN

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CREATING COMMUNITY THROUGH YOGA

