



MY YOGA  
MY WAY

JANUARY

*WELCOME TO 2024*

Hello MYMW Community!

A formal welcome from me to you for 2024!

School Holidays was all consuming for me and my family, so I apologise for not writing sooner. Maybe a small blessing seeings our Inboxes seem to be flooded with New Years Sales Marketing etc...I would hate to know I've added to that mania in some way.

This is a brief little email, seeings January is coming to a close in the coming weeks - my February Newsletter will be here soon enough for those that have trouble sleeping at night (if you catch my drift! 😊🤔)

In lieu of my usual 'THEME' for the month, I thought I would simply provide a Quote of the Day:

"You are never too old to start over.  
Every day is a chance to make changes to create the life we want"

- Karon Waddell

Don't let YOU get in the way of YOU....small changes can sometimes have the greatest impacts on our three bodies; Physical, Emotional and Energetic. Even a small change, to just one of the above, will undoubtedly have a ripple effect on the others.

We talked of Surrendering to Letting Go last month. Lean in to that for the start of this year and see what changes you can make, no matter how big or small, that will start to serve you in the best possible way for 2024.

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### Januarys Affirmation

This year is going to be a great and wonderful year for me

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Your challenge for the remainder of January is to see what little changes you can make to truly set up Your 2024 for personal success. Try some of the following ideas to help get your started:

Practice Gratitude | Sign Up to Something New | Learn a new Yoga Pose | Wake Up 30mins Earlier

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

I Choose The Direction of My Growth

## **Classes and Current Changes**

### **Go With the Flow - Narangba**

Classes have recommenced and it's so lovely to see some new faces! After speaking with some of you and having a long think, I have decided that class times will continue to be 9:30am Saturday Mornings. If you know of any friends or family that would like to try Beginners Yoga and are located in and around Narangba, encourage them to book in for a class, I'd love to connect with them.

### **Go With The Flow - Kalinga**

No Class for this coming Friday 26th January due to the Public Holiday and the Venue not being open.

I will see you next week, as normal, February 2nd at 9:30am. Click [HERE](#) to book (walk-ins also welcome)

### **Go With The Flow - Deception Bay**

WOW what a wonderful response to this new class offering. An incredible group of men and women join me every Wednesday for an hour of Beginners Yoga. All abilities and strengths and it's lovely to see that a good bunch of you can simply walk to the Community Hall adding just that little bit extra to your new healthy habit. Book your spot [HERE](#) or simply walk-in as I have Tap'n'Go available.

### **Early Risers Yoga @ Home - Online Class**

WOOHOO!!! FREE Saturday Morning ONLINE Yoga is back for another season thanks for the support from Moreton Bay Council.

Classes begin Saturday 27th January at 7am AEST. Only 20 spots each week and they are already filling up fast, so jump on [HERE](#) and book your place.

Please note, that you do not need to be a local resident to attend this class. I've had someone from Darwin join in one week!! Wherever you are, feel free to join the class, simply change the timezone to the one that suits you when booking.

## 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 jump feet first into your 2024, with the bravery and courage I know you have. Move regularly in a way that feels good for you and take some time out to breathe deeply inviting lovely fresh energy into your body...you deserve it.

With Gratitude,  
Lauren

MY YOGA MY WAY

WITH LAUREN

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