



MY YOGA
MY WAY

MARCH

SEEKING SELF-CARE

Hello MYMW Community!

What a month February was! So many new faces came to my class offerings, both online and in-person. Giving yoga a go, no matter what your abilities or limitations; arriving to your mat feeling one way and leaving another....it is such a joy being witness to this and reaffirms to me why I took to teaching.

Making Yoga for Beginners accessible to everyone is the stepping stone to creating an inclusive, safe yoga community as well as encouraging those that thought they couldn't do it, to give it a go and for others who want to reconnect with their long lost practice, to have a space to return to.

Seeing you all step into your light and be present with yourself for an hour is truly beautiful. I am literally smiling on the inside, as I'm out the front of the class, guiding you through the different poses.

And of course this leads me into this month's theme of Seeking Self-Care....

March's Affirmation

I embrace change and growth with open arms

March is the turn of a new season...Autumn sees the colour change in our trees, the weather takes a little turn and isn't so intense (depending on where you live!!) and it can represent an opportunity for You to take note of how nature sheds itself of the old and focuses it's energies on creating an environment for renewal.

Implementing a new or nurturing an established self-care rhythm is key to ensuring that You find that ever elusive balance.

You are better able to tackle life's stressors when you use simple tools to relax. It will make you feel better about yourself and make you feel more in charge.

Establishing a small self-care practice of breath work, meditation or yoga asanas (aka physical practice of poses) for only 10-15minutes each day can help you bring balance to any dysfunction that is being stored within the body.

I found a fabulous quote that I'd love to share:

"Self-Care is how you take your power back"
Lalah Delia

Things we can do to help us start or nurture our self-care practices:

Focus on the Feeling | Create Boundaries | Trust Yourself | Be Your Own Teacher

Some Yoga Poses you can do in the comfort of your own home that embrace the concept of Seeking Self-Care...

5 Deep Breaths before getting out of bed | Gentle Seated Twists | Knees to Chest (On your back) | Lying on Tummy with Forehead on Folded Forearms

All of these poses can be completed in any order that feels good for you... be in each pose for at least 4-6 breaths and attach a single word intention to your practice to help focus in on what you want to feel during this time.

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

I Meet Myself Where I Am

Classes and Current Changes

Reminder that there will be no classes between 4th-8th March - Back on board Saturday 9th March

LIVE Online Zoom Classes

I offer a few classes during the week that you can do from the comfort of your own home. Sometime getting to a class or to a studio is not convenient and can be expensive, especially if you are just starting out on your self-care practices.

All Online Classes are \$10pp. There is something for everybody: Everyday Mat Yoga, Yin-Yin Evening Yoga, Sunrise Morning Yoga...choose one that suits your schedule!

Book your Online Class [HERE](#)

Go With the Flow - Beginners Yoga:

Wednesdays @ 7pm - Deception Bay Community Hall - \$15pp

Fridays @ 9:30am - (Partnership Program) The Community Place Kalinga - \$5pp

Saturdays @ 9:30am - Narangba Community Hall - \$15pp

Book your mat space [HERE](#) or simply walk in on the day - Tap N Go or Cash Accepted

Early Risers Yoga @ Home - Online Class

Saturdays @ 7am - Online Class - FREE

Bookings are essential for this class, in order to receive the Zoom Class Link.

Book [HERE](#) if you'd like to join your fellow online yoga community.

Please note, that you do not need to be a local resident to attend this class. Wherever you are in Australia, feel free to join the class, simply change the timezone to the one that suits you when booking.

Wellness @ Work Programs

If you think that your workplace could do with a bit of relaxation and mindful breathing while highlighting some important topics of wellness in the work environment, then perhaps consider one of my Corporate Yoga Programs.

Email me at yogathingsoffice@gmail.com if you would like some more information on my 5 or 10 weeks programs. Everything is included, I come to your place of business to conduct the sessions and you and your team simply have to show up!! Would love to hear from you or your relevant department lead.

Stay Connected

Until we meet on the mat, please dedicate some time to starting your self-care practice or nurturing your already established routine. Know that taking that all important time out for your self will not only change how you live and approach your life's path, but it has a beautiful ripple effect on those around you too....

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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CREATING COMMUNITY THROUGH YOGA

