



MY YOGA  
MY WAY

NOVEMBER

*OPENING OF THE HEART*

Hello MYMW Community!

I hope you and your families are all doing wonderful!

Let's get straight into it....How has your commitment to self practice been going?

Whether that be a commitment to moving a little more, starting a new healthy habit, embracing affirmations, releasing yourself from aspects of life that are no longer serving you in a positive and productive way?

There is no wrong or right answer here, this question serves to promote reflection on what we say we want in our lives to be better, live better, feel better towards oneself versus our ability to hold ourselves accountable to achieve them.

Self Practice is a discipline...it means showing up for yourself on a regular basis...It means perhaps saying 'no', or 'not now', to external requests in order to push yourself to the front of the line...it means looking inward a little more, for a little longer, and being comfortable with being uncomfortable with what arises knowing that you are ok, that things will pass, if you choose to take the control back in deciding how you react and move forward. And the truth is, my dear friends, all of these disciplines take time, patience and practice....it's literally in the name 'Self-Practice'.

So I put to you, how can you embed your self-practice a little better? How can you show kindness, vulnerability and acceptance to yourself in ways that build better connections with your physical, emotional and mental elements. I say YOU specifically as when we put in the work, the benefits will naturally flow on to those around you....I'll leave it with you to ponder?

## Themes:

I'd like to start theming my Newsletters - I want to offer these themes to you as a way of me supporting your self-practice. Creating themes can help us shine a light on areas of ourselves we haven't thought of, areas within ourselves we've not given enough time to, or maybe its simply an offering to you as ground zero, if you are only just starting out on your self-practice journey.

November will be "Opening of The Heart" .

Practice Self-Love | Releasing Judgement | Practicing Forgiveness |  
Appreciating Yourself | Embracing Imperfections | Choosing Empathy &  
Compassion

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

When I choose love, I am love

Life truly gets better when we begin to accept ourselves for who we are, and with that, grows a much more open hear, willing to create love from within, which ultimately allows us to share more love with those around us.

Yoga Poses that can help to cultivate openness of the heart - Warrior 1 with Cactus Arms, Downward Dog, Childs Pose and Side Angle Pose.

## **Classes and Current Changes**

A reminder that I will be in Adelaide from 8th - 14th November so classes will be reduced for this period of time.

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

No Class on Saturday 11th November. Classes will recommence on Saturday 18th!

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

No Class on Friday 10th November. Classes will recommence on Friday 17th!

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

Class will be on as normal, Saturday 11th November - there are still a few spaces left. See you then!

### **Online Classes**

No classes between Wednesday 8th and Tuesday 14th November (with the exception of Early Risers). All classes recommence on Wednesday 15th November.

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 take care of yourself and your loved ones. 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

MY YOGA MY WAY  
WITH LAUREN

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