



MY YOGA  
MY WAY

OCTOBER

Happy Friday to My Yoga My Ways wonderful Community!

I hope you and your families are all doing great!

Do I dare say there are only 10 weeks left until Christmas! Actually I think I want to take that back now...I can't believe that came out my mouth - Anyways it's out now and I guess a bit of a reminder, really, that over the Summer period, I will be taking some days off to spend with my 3 lovely housemates, Shane, Josh and Max! More on those dates in next month's newsletter.

I hope you have found your first full month of Spring to be absolutely delightful. Full of new challenges, new opportunities and perhaps a new perspective on all matters of the heart be that introspectively or outwards to those around you...

The sensational weather you are hopefully experiencing not only helps to makes us feel more cheerful, but we tend to also feel a little more energetic and animated during this time of year. So it's no coincidence that we're sometimes more receptive to a more challenging Yoga practice. Willing to allow yourself to stretch that little bit deeper, try a new posture that has felt out of reach, or simply give ourselves permission to be more open to change. Studies have shown that our brains naturally produce more dopamine at this time of year - the hormone triggered by new experiences. So go ahead, put yourself out there and try something new.

For me, I'm revisiting my Inversion Practices. Something that I had put on the back burner while trying to establish my new business. I'm am far from great at it! Some days, I feel as though I have not progressed at all. Other days I feel really strong and open to lift that leg a little bit further even if it's for just a few more seconds.

If you aren't already, you can follow along with me as I record and review my Tripod Headstand Challenge over the next few weeks. Head to my Facebook Page or Instagram to see me in action. I'd appreciate the support - as the divine Bette Midler would say "You can be the wind beneath my wings - or in my case - my legs!!".

## **Gratitude**

I would love to take this opportunity to thank you all for your increased support with My Yoga My Way, it's overwhelming sometimes to think that you've taken the time out of your busy days to like a post, follow my page, attend my classes...I send you much gratitude for your continued support.

## **So what's on you ask?...**

Go With the Flow Saturday Morning Classes in Narangba have started and what an amazing group of people that join me each Saturday. If you know anyone that lives in the area, that has thought about trying Yoga, then please let them know about this class. There are plenty of spaces each week, it's a lovely time of morning to get yourself ready for the weekend ahead.

Classes : 9:30am, at the Narangba Community Hall located at 229 Mackie Road, Narangba

A 60 minute class of beautiful stretches and mindful breathing.

Book Your Space here if you haven't already done so. Maximum 20 participants per class.

Chair Yoga has now changed to Tuesdays 9:30am - This is an Online Class, so you can do it all from the comfort of your own home.

A great class for those with limited mobility, that doesn't require you to get up and down off the mat all the time.

Early Risers Yoga @ Home - Your FREE Saturday Online Yoga Class, proudly sponsored by Moreton Bay Council. An amazing response to this class, thank you everyone! This class fills up pretty quick, so reserve your spot here if you'd like to start your Saturdays right!

Cool & Calming Night Time Yoga - Offered on Monday nights at 7pm. I know a lot of you work full time and are unable to make morning classes. This could be your perfect time to start your healthy habit. If you'd like to unwind from your day, work out any kinks and tightness then this is your class.

## Stay Connected

As always, I would love you to share this news with a friend or loved one that you think like any classes on offer. Invite them to try an ONLINE class 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 any queries, please do not hesitate to reach out to me via my Facebook Page or Instagram or reply to this email.

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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