



MY YOGA
MY WAY

SEPTEMBER

A TIME TO BLOSSOM

Good Morning to My Yoga My Ways wonderful Community!

I hope you and your families are all doing great!

We have officially crossed over into a new season; Spring. A season of rebirth, renewal and blossoming. This doesn't have to be just for fauna and flora...it's for you too.

Yoga encourages us to be the most present with ourselves, to be in the moment right now as we are.


Spring is a time for renewal, for growth and perhaps the shedding of what no longer serves us in order for the emergence of new personal thoughts, feelings and goals to come into the light.

Combining the two, gives rise to a powerful path of renewed energies and purposes that we can carry with us throughout our days and weeks ahead, both with ourselves and with those beloved connections we have in our lives.

In terms of your personal yoga practices, focus can be on postures that generate heat within the body and help to encourage good lymphatic flow and increase your circulation.

Try adding more twists, deeper stretches, hip opening postures that help your Root Chakra (Muladhara Chakra) to open up allowing you to feel more grounded. Focusing on small back-bends, sun salutation flows and heat building postures involving the core will also aid in clearing your Solar Plexus Chakra (Manipura Chakra) of any stagnant energies, making way for a renewed and energetic body.

All of these poses can be done if you are a beginner to yoga, there is no requirement to be perfect. I subscribe to the idea of "Practice means Progress" not "Practice makes Perfect".

Remember - It's your season to blossom - so grab this Spring with all you've got 

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?...

My NEW 'Go With the Flow' Saturday Morning Class begins in 2 days, 9th September 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 been added to my Online Class Schedule - Wednesdays 9:30am.
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 - Only 2 weeks left for your FREE Saturday Online Yoga Class, proudly sponsored by Moreton Bay Council. Only a handful of spaces left for Saturday 9th & 16th, before a fortnight's hiatus. Reserve your spot [here](#) if you'd like to start your Saturdays right!

Finally, I'm so thrilled to be offering a special FREE Online evening class on Thursday September 14th for the very important, national R U OK? Day.
I wanted to be able to invite people to start thinking about the importance of self-care and how that can have a huge influence on our Mental Health.
I would love for you to [book in](#) for this class, along with you extending this invitation to anyone in your life that you think deserves to gift themselves 90 minutes of yoga and meditation.
Feel free to stay for as little or as long as you like during this class. For me, it's about bringing us together as a Community to show each other that we are not alone and we are here to support each other.

Lets start the conversation of mental health with those that are closest to us by simply asking R U OK? - I encourage you to visit the [R U OK? website](#) for ways that you can start conversations both within your home or in your workplace.

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

yogathingsoffice@gmail.com

0499 988 491

www.myyogamyway.com.au

[@myyogamyway](https://www.instagram.com/myyogamyway)

CREATING COMMUNITY THROUGH YOGA

