

EndorphinGirl® Year-in-Review

In the words of EndorphinGirl® Mia, it's been a minute! We hope our EG community is doing well. We have made it finally to our 2020 EndorphinGirl® Year-In-Review and what a year it has been. We like to take time at the end of each year to be reflective and contemplative - looking back, as well as ahead at what is to come. This gives us perspective to stay present, and to use what we have learned in our every-day lives - either personally or professionally. We can't believe we have already skipped into February 2021! So here it goes . . .

Similar to last year, the EndorphinGirl® team did a mental recap of 2020 activities and decided to share our thoughts on paper with you, our readers!

In general it was a challenging year across the board, across the globe. But there are always, *always*, silver linings to be grateful for. In the words that follow, we share what 2020 held for us, including the highs and the lows, how we plan to keep our EndorphinGirl® attitude of gratitude while staying present and easing forward.

The EndorphinFam rang in the new year, new decade - 2020 - all in different locations. Barbara was in New York City, Erik back in Tucson, Arizona and Mia in Finnish Lapland. Sad not to be together, yet all were on different schedules at that time. Barbara was still globetrotting January through mid March (until Covid-19 set in) between New York and Tucson and some other stops. Mia was back working in Lapland and Erik back in Tucson to finish his final semester of college, and to spend a first New Year's Eve in Arizona. While the start of every new year is exciting, and was filled with endorphins, none expected what was to come.

January started with our 65th Newsletter with an initial focus on the new decade and bringing conclusion to our topic of an exploration into the different types of yoga as covered in subsequent Newsletters in late 2019. We wrote about Hatha Yoga - the so-called umbrella of all yoga types. And one of EG-Barbara's favorites to teach. We also included some insight on Reiki and other self-care practices such as intention-setting and the benefits of splitting wood! Erik was settled on his new class schedule and Mia working during a very busy time in Levi - ski resort town at the Levi Wellness Center teaching yoga and other classes. Barbara spent about 10 days in Tucson visiting Erik - in between his classes and homework and her teaching yoga. Barbara taught her first (and for a while last) in-person Essential Oils 101 class.

Our theme in January was *A New Decade*, little did we know then what a long, strange trip (year) it would be!

Links to January's newsletters follows:

A New Decade

[January 6 Newsletter 65](#)

[January 13 Newsletter 66](#)

[January 20 Newsletter 67](#)

[January 27 Newsletter 68](#)

In February, life was moving along 'normally' for us in the EGFam and most of the world. Mia was super busy teaching yoga in Levi, with lots of international tourists from all parts of the world visiting this quaint ski town in Lapland. Erik was well into his final semester of college. And Barbara made it back to Tucson for a short visit for Erik's birthday and started working with clients on the Lightarian AngelLinks attunements, along with all things yoga and essential oils. It was even cooler to offer these AngelLink attunements from Tucson, given the desert energy of Arizona, but more importantly because it is where the Lightarian Institute started in the early 1990s. We continued our Endorphin-filled life - business as usual. February's theme covered *Body Love and Things* with a particular focus on staying present and in the moment. Some of the quotes we shared that month:

"be gentle with yourself. you are a child of the universe no less than the trees and the stars. in the noisy confusion of life keep peace in your soul". Max ehrmann

"i love myself '. the quietest. simplest. most powerful. revolution ever" Nayyirah Waheed

*"can you remember who you were before the world told you who you should be?"
Unknown*

Who would have imagined these to be such powerful statements to ponder then and keep pondering!?! 😊

Links to February's newsletters follows:

Body Love and Things

[February 3 Newsletter 69](#)

[February 10 Newsletter 70](#)

[February 17 Newsletter 71](#)

[February 24 Newsletter 72](#)

In March, we were all about living yoga and revisited the eight limbs of yoga, as described by the Sage, Patanjali - these are guidelines on how to live a more meaningful life. These limbs are essentially steps in which we can physically, mentally, emotionally, and spiritually, live with more purpose. The eight limbs of yoga are Yama (abstinences), Niyama (observances), Asana (yoga postures), Pranayama (breath control), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (absorption). The first four limbs (Yama, Niyama, Asana, and Pranayama) focus on the more external and physical sense of being human, whereas the last four limbs (Pratyahara, Dharana, Dhyana, and Samadhi) focus on moving more towards the spiritual path. There was a lot of synchronicity in our writing during the onset of the coronavirus. We started with the eight limbs and go into the importance of creating space for one's self. Little did we know.

In the early part of the month EG-Barbara and Jack Steel visited the Central Park Zoo and had an evening in NYC, not knowing that would be the last time in NYC for many months. Things shut down in Levi for Mia as well and Erik's final semester of classes all went virtual. The students who had left campus for the spring break were not permitted to return to campus. The Yamas and Niyamas were put to use for the EG fam.

Not surprising, Barbara's trip to Finland was cancelled as was the Essential Oils 101 classes she was supposed to teach in Levi - maybe she will take that virtual one of these days. Speaking of online, Barbara signed up for her first Zoom account and made the switch to online teaching with surprised ease! And she started her first classes with the Outschool platform teaching the younger crowd yoga and meditation. Ages ranged from 4 to 18.

Links to March's newsletters follows:

Living Yoga

[March 2 Newsletter 73](#)

[March 9 Newsletter 74](#)

[March 16 Newsletter 75](#)

[March 23 Newsletter 76](#)

[March 30 Newsletter 77](#)

In April, we fell into step with trying to take things one day at a time, given everything that was going on. That's all we could do. And the monthly theme was just that. Meanwhile, we were all in lockdown, Mia in Lapland, Erik in Tucson and Barbara stayed with Jack Steel on Long Island. Serendipitously, she was offered an online Essential Oils class which could not have been more timely - she attended a weekly class on learning more about oils over the following 10 weeks. The EG business was still active and Barbara and Mia were zoom zoom zooming away teaching and taking classes on Zoom and other related platforms. At the same time, Erik was finishing up his final semester. We all took extra notice of the beautiful nature around us as we went for solo nature walks (Mia skied) in our respective locations. There was a noticeable difference in the environment. Stillness settled upon Mother Earth.

Links to April's newsletters follows:

One day at a time

[April 6 Newsletter 78](#)

[April 13 Newsletter 79](#)

[April 20 Newsletter 80](#)

[April 27 Newsletter 81](#)

May the force be with you and you and you and you! In May, we talked a lot about energy both from the point of view of the chakras - our energy centers - and from the point of view of keeping boundaries while keeping connected. It was

a very strange time in the world for all of us and we all needed to keep taking care. Care of self. Care of each other. Care of Mother Nature. The EGFam like so many others were disappointed to not all come together for Erik's college graduation, but 'the force was with Barbara' as she managed to 'fly' to Tucson for the big event. The flight was the first one during Covid-19 and it was no short of something out of a sci-fi movie. But safety precautions were all taken seriously. Barbara and Erik and some of his classmates managed to have a lovely social distance graduation on campus. Family was missed. Gratitude was the word of the month!

Links to May's newsletters follows:

May the force be with you

[May 4 Newsletter 82](#)

[May 11 Newsletter 83](#)

[May 18 Newsletter 84](#)

[May 25 Newsletter 85](#)

In June we talked about 'showing up', which our essential workers had and continue to do, while many others began to find it hard after weeks and weeks of lockdown. Situations were tense in many places around the world beyond corona or related to corona, but it was also an important time to find an opportunity for us to come together - to really show up in ways some of us never imagined we would or could.

Links to June's newsletters follows:

Showing Up

[June 29 Newsletter 90](#)

[June 22 Newsletter 89](#)

[June 15 Newsletter 88](#)

[June 8 Newsletter 87](#)

June 1 Newsletter 86

In July we started to revisit our structure, while we believe our Newsletters bring some insights to others, we too were feeling a bit of corona exhaustion and shifted our Newsletters to bi-weekly and our theme for the month appropriately titled was such - *Slowing Down and Softening*. The EndorphinFam was shifting with the times, due to the corona affect, and found EndorphinDaughter™ Mia and EndorphinSon™ Erik finding new opportunities. By then, Mia had launched her own start-up business offering yoga experiences in the amazing Finnish Lapland, and Erik was teaching kids a variety of topics on the Outschool platform. Meanwhile Barbara needed to use her 'softening' skills because her trip to Finland had been cancelled, the practice here was on 'allowing and releasing'. So needed in these wild times. While she is not looking for perfection, these practices are always ongoing and always helpful!

EndorphinSon™ Erik introduced our beautiful essential oils page this month, as well as a landing page to connect with others about oils. A link for a refresher of these cool sites follows:

<https://www.instagram.com/oilistry/?hl=en>
<https://oilistry.carrd.co>

Links to July's newsletters follows:

Slowing Down and Softening

July 27 Newsletter 92

July 13 Newsletter 91

In August our newsletter topics covered noticing what's around us - or staying present and allowing ourselves space in whatever that means to laugh, cry, shout, sit still. It was a time of many questions - it still is - and a time to allow ourselves to just be. The days went by quickly and continue to do so.

Barbara also had a chance to join Gaia as an Ambassador.

<https://www.gaia.com/portal/barbarakat>

August's newsletters follows:

Giving Ourselves Space

Newsletter 93 August 10

Newsletter 94 August 24

And then September came. Barbara had the opportunity to reconnect with horses out in Montana with Jack Steel and also managed to get to Finland to visit Mia. It was both chaotic and simple traveling. On the one, it hand revealed how we can all band together to make this world a safe place with people following appropriate protocols wearing masks and social distancing, and on the other hand it was odd traveling with empty seats (a good thing) and limited options flying. Change ultimately brings the best. This month's theme was *Intentions*. A good one to ponder as the year, the wild year, was winding down.

What is an intention, really? An intention is an idea of how you want to be, how you want to live, how you want to show up in the world. We set intentions that respond to any area of our life - relationships, work, other activities such as meditation and yoga. Setting an intention can align your thoughts and attitude for your day, your week or even your month. If you think about the intentions you may have set over the past weeks, these may be directing the way you lead your day or your weeks ahead. Having a clear intention with you at your fingertips can help guide your actions as you continue forward. Intentions are not meant to be goals. They are meant to help you to align something within your life, not lead to an evaluation or attach an expectation. Often if an intention is set with true "intent" you may notice a beautiful shift in how it moves you about during your day. A great reminder for all of us!

September also introduced EG Mia's amazing *Change - A Seasonal Journey*, a 12-month series of yoga and meditation classes on demand in the backdrop of Finnish Lapland. An experience where you transform along with the ever changing seasons. Still time to join -

<https://vimeo.com/ondemand/change12months>

September's newsletter follows - we posted one as a short email which is not listed below.

Intentions

September 21 Newsletter 95

In October we might have been a bit corona-fatigued because we went off about the Moon and the Blue Moon and all types of moon stuff. It was fun and funny. And we got back to talking about energy, where it all begins and continues. A favorite topic for the EGFam.

October's newsletters follows:

Blue Moon and Energy

Newsletter 96 October 12

Newsletter 97 October 27

In November and December we finished the year with the *Energy* theme and fittingly the crown chakra, which is our center of spirituality, energy, wisdom and knowledge, and connection with a higher power or energy. This connection is something many already seek, and perhaps is becoming even more relevant with 2020 coming to a close. A coincidence, we think not.

We also wrapped up with our 100th Newsletter as we moved to a quarterly schedule and spend endorphin energy in other ways.

By year-end, EG Barbara had taught yoga, meditation, and other related topics to 100 kids on the Outschool Platform. She was so psyched! 100 - seems to be a good number for the EGFam!

November/December's newsletters follows:

Energy Centers

Newsletter 98 November 9

Newsletter 99 November 23

Newsletter 100 December 8

* * *

We are grateful to have this opportunity to share our EndorphinGirl® brand, health and wellness experiences and knowledge with all of our readers. Thanks for following us. Stay tuned for our Quarterly Newsletter launching at the end of March 2021.

Keep those endorphins flowing, and stay bendy inside and out. Namaste!

With gratitude.

EndorphinGirl® 