



All Things EG!

How's the new month been treating you? Anything exciting happening right now? We hope that September has been good thus far; it sure is an interesting month in EG's opinion. 😊 The seasonal shifts become much more apparent, the weather is starting to change, perhaps even leaves are beginning to turn red or yellow. For EndorphinDaughter™, way up in Finnish Lapland, there have already been some below freezing nights! It's a welcome change for her though, after being in extremely hot places for so long. These seasonal changes are a helpful reminder that each time of the year has something to offer, whether or not we actually enjoy the temperature. We've talked a lot about seasonal shifts in past newsletters already, but it's worth mentioning that things are shifting in our bodies and our minds as well during these times. It's not just the outer environment that changes. These cycles, they're all a part of us in one way or another. Paying attention to how we feel during these shifts, as well as how we practice self care, is crucial! 🛁

EndorphinGirl® News

Thank you EndorphinReaders for your interest in the (free!) [Essential Oils Course: Part 1](#)! We're so grateful so many of you took the time to have a listen and for all of your support in the EG Community. Essential oils and aroma therapy are becoming a pretty big part of the holistic health and wellness scene these days, and they're something we truly, truly believe in. Due to both personal experience, as well as understanding the scientific research. They're absolutely an integral part of our wellness toolkit! Keep a lookout for Part 2 of the [Essential Oils Course](#), coming to you in the next couple of weeks. EndorphinGirl® Barbara will go a bit deeper, focusing on everyday uses for essential oils. Something else we're incredibly excited to officially introduce has been alluded to in many previous posts and newsletters throughout the existence of EndorphinGirl®. All of you male-identifying humans out there may be happy about this one! EndorphinGuy™ is here, and he's here to stay. While EndorphinGirl® has been our main focus, EndorphinGuy™ 🧑 has made an appearance here and there throughout the years. And while our mission remains the same, and our focus is still on empowering women and girls, we recognize that some may not identify with EndorphinGirl®. So as we continue moving into the next phases of the EndorphinGirl® brand, we'll be using a lot more of "EG". Inclusivity, accessibility, and relatability, for those who identify with specific genders, and those who don't. Whatever your stance in the world, we see you, and we accept you always. 😊 And one more thing. Remember the EndorphinGirl® Chakra Handbook 📖 we talked so much about a few months ago? Well, we're finally back in action with being ready to publish in 2 to 3 weeks. You will find us on Amazon, so be on the lookout for links on where to purchase soon! We are thrilled to finally be getting this out to you all. 🧑



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara has been picking up new gigs teaching yoga, so if you're in the New York City area and looking for private, corporate, or just general yoga



lessons, give her a call or send an [email!](#) 🧘 EndorphinDaughter™ Mia is thrilled to be back teaching yoga, and has also been enjoying the Finnish nature to the fullest, taking long forest walks, hiking up mountains, and breathing in the fresh Arctic air. 🌲 EndorphinSon™ Erik is settling into his own routine with classes, training for the El Tour de Tucson, and if course, fully enjoying his last year of college.

Stay tuned for more adventures with EndorphinGirl®!