




Harvest Moon and Fall Updates

Did you happen to catch the full moon on Friday? What a sight it was. 🌕 Named the Harvest Moon, it is the closest one to the fall equinox, which will occur on September 22 this year. Throughout ancient times, all over Europe, Asia, the Americas, and beyond, people have celebrated and used full moons in spiritual practice, religious observances, working life, and more. This specific moon around the autumn equinox is associated with the time our ancestors, and some still today, collected their crops and began preparing themselves and their communities for the coming winter. Though it may still be hot in parts of the Northern Hemisphere, fall is definitely coming, and we're excited about these changes. Just like our ancestors, we too can harvest our, let's say, spiritual crops, and begin to prepare for the next season. As the fall equinox nears, EG likes to collect and take stock of all that's happened over the past season. The feelings, the accomplishments, the bumps in the road... Write things out, meditate and ruminate on them, and find acceptance for all that's happened (even if it's hard sometimes!) And as the leaves begin to change colors, we can slowly begin to let go of the things no longer needed with compassion and gratitude. If it feels good for you, we invite you to join us in this process of preparing for fall!

EndorphinGirl® News

A small reminder that the  [Essential Oils Course: Part 1](#) is still available, so get yours today! Who doesn't like learning about good-smelling things?! Also check out the new [blog](#) on Valor Essential Oil, a great oil for inspiring courage and strength. 💪

And on to all things yoga, my friends! EndorphinGirl® Barbara has started teaching morning yoga classes in Hasbrouck Heights, NJ, at the local Coffee Shop on the Boulevard and Walter Avenue. Give her a ring or send an email if you're in the neighborhood and are interested in dropping by. EndorphinDaughter™ Mia will be co-leading a weekend full of all things yoga in Levi, Finland, in both November and December. Classes, workshops, short lectures, and more! Info for November (9 & 10) can be found [here](#), and [here](#) for December (28 & 29), so if you're up in Northern Europe, hop on over for a weekend full of yoga and relaxation. 🧘



And finally, the EndorphinGirl® Chakra Handbook 📖 is in its final editing stages. Let us tell ya, book writing is no easy task, but it sure is a satisfying one. We've worked on it together as an EndorphinFam Team, in the same room, in different countries, and even in different times zones...! And putting content together in a cohesive and coherent way is something we're always striving for, whether it's writing a book, or a blog, or a text. It's a process, a journey, and ultimately, the destination is the continuing journey. Because once it's out there, it's out there, but it's never really 'finished'. We are so excited for what this handbook has to offer, and hope you will enjoy it as well! It's really coming from our hearts to yours. Amazon links coming soon. 😊

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is headed off to Arizona for a little reunion with EndorphinSon™ Erik. Heat and more heat excitedly await Barbara. EndorphinDaughter™ Mia has slowed down a lot, prioritizing nature and being outside, and just enjoying the settled life after a long while. 🏠 EndorphinSon™ Erik has added another 😸 member to his animal house, a sweet Siamese kitten, and has been enjoying senior year of college.

Stay tuned for more adventures with EndorphinGirl®!