




Equinoxes, Hikes, and Fall Weather


Happy Fall, you wonderful humans! As of today, September 23rd, it's officially autumn. Sweater weather, pumpkin patches, cozy socks, snuggling up under a blanket by a fire, hot chocolate, tea, here we come. 🍵 All those warm and fuzzy things associated with this time. These are the days of slowing down, of enjoying the new season, of falling into a slower rhythm than that of summertime. It's getting darker each day, at least up here in the Northern Hemisphere, but what does the equinox mean anyway? The word itself actually means "equal night", so on Monday, most of the world will experience approximately an equal amount of darkness and sunlight (ie. 12h and 12h respectively). It will vary by a couple of minutes in certain places, such as Key West, FL, where there'll be 12h and 6min of sunlight. It's kind of cool to think about how everyone all over the world is experiencing this same phenomenon, together, as we move into a new season. EG's been reading up on equinoxes a bit, and something else interesting she found out is that all planets in our solar system also have seasons and equinoxes as well, though they vary in length. In any case, this day is quite important in signifying the seasonal shift that occurs this time each year. A time for shifting down to slower gears, pausing, and making space for our deeper and greater wishes, hopes, and needs.

EndorphinGirl® News

A small reminder that the  [Essential Oils Course: Part 1](#) is still available, so get yours today! We're really diving much deeper into all things essential oils and will continue to provide more information about them. This week's new tidbit on the [blog](#) is about Orange Essential Oil. We'd love to hear if you've had any experience using this one, too!

We've been doing some updating on our [website](#), looking to make things a little brighter and happier. So if you've noticed any changes recently in the look of things, that's what's happening. It's been almost a year since we launched the new site, and we thought it was time for a little fixing and brightening up. Always evolving, always trying new things, that's how we roll over here! Let us know what you think so far. It is, of course, a work in progress, and we love that about these platforms. Things can always change and be updated!

EndorphinGirl® Barbara will be back east this week and 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 interested in dropping by, or if you're interested in private sessions!

And finally, the EndorphinGirl® Chakra Handbook  is in its final, final, editing stages. We'll have the link out to you once next week rolls around, and we are very, very excited about it!



Hikes on Hikes on Hikes

This particular time of the year is one of EG's favorites to spend outdoors. The leaves are changing, it isn't sweltering hot, and there's a cool autumn breeze in the air. So naturally, getting outside on hikes and walks and just being in nature is a huge priority. You can literally feel the changes in the air, and EG thinks that's pretty cool. The EGFam has been hiking a lot in the last few months. 🧡 A few miles here and there, sometimes longer, sometimes shorter, either way it's nice to be getting the tush outside in the fresh air. Touting all the benefits of nature perhaps isn't necessary, as we all know getting out into any kind of green space can do wonders for our health, but EG did want to touch on a few, because even she needs reminding at times. 😊



Here are some of them:

- decreased stress, anxiety, and depression
- decreased blood pressure, cholesterol levels, and risk of stroke
- improved muscle strength and bone density
- boosts creativity
- better sleep (yay!)

So, as we move into the fall season (or spring for those down under), we invite you to get outside, wherever you are. Take in the fresh crisp air, check out the changing leaves, go on a walk, or even take a short hiking trip. As EG has always said to the EGKids, "no time like the present!" 🍁

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara has been basking in the Arizona sun with EndorphinSon™ Erik. They've been enjoying their time together when Erik is not in class. Encountering many different types of cacti, walking around the city of Tucson, hiking Tumamoc Mountain, and visiting the Tucson Botanical Gardens. 🌵 It's been a busy few days for them! EndorphinDaughter™ Mia has been teaching yoga, and continuing to spend lots of time outdoors. The Finnish nature has really captured her heart these days. 🌲 How about all of you EndorphinReaders...what endorphin-filled fall adventures have you been up to these days?!



Stay tuned for more adventures with EndorphinGirl®!