



Back to Basics

Last week we talked a bit about change, and as she's thought a bit more about the changes of the season and of life in general, EndorphinGirl™ has been thinking that she wants to get back to the basics. It's funny how the mind works. Perhaps you remember our earlier newsletters where we talked a lot more about all things yoga - asanas (poses), breathing techniques, even some things related to Ayurveda? Well, balancing for the next several weeks, maybe even months, we are switching back to our basics, more specifically, yoga. Change is good, change is great, and sometimes change means getting back to basics. And we could not be more excited.

What's Ahead

In the weeks ahead we will again be introducing a yoga pose a week, revisit the balancing of the Chakras, look at some Sanskrit words, (have you had a chance to read the EndorphinGirl® Chakra Handbook?!) and even re-introduce you to Ayurveda. And of course, since we are all about oils and endorphins, we will focus on the relationship and/or use of oils in these areas. And perhaps we'll pop some new things in here or there along the way. We can't give away all our secrets!

We are keeping things short this week, but we wanted to leave you with a few beautiful Sanskrit words and a gesture.

Namaste: both a greeting and farewell gesture. It is typically spoken with a slight bows and hands pressed together at heart center. The beautiful gesture is called Añjali Mudrā or Pranamasana, which essentially means "I bow to the divine in you." 🙏



EndorphinGirl® News

Thanks to all the subscribers who have already signed up for the subscription-based EndorphinGirl™ Kit and Caboodle (EGKC) Essential Oils Collection. EndorphinGirl™ Barbara is feverishly working in her Oil Lab on magical Autumn oil potions! First shipment goes out next Monday!

If you live in the U.S. and have not yet ordered your kit, no need to worry. Check out the options in the [Shop](#). We hope to get the kit going for subscribers in Europe in 2020!

The Holidays are coming, be sure to check out our [Shop](#) for gift ideas.

EGFam Updates

A quick EGFam update! EndorphinGirl™ Barbara is super excited for the holidays and all the cool oil stuff that will be coming your way. Be on the look out for photos of her in her Oil Lab. 🧑🏻🔬

EndorphinDaughter™ Mia is back to routine after leading yoga classes and several workshops over the weekend! 🧘 EndorphinSon™ Erik is on countdown mode for El Tour de Tucson on November 23, while also enjoying college life. 🚲

Stay tuned for more adventures with EndorphinGirl®!