

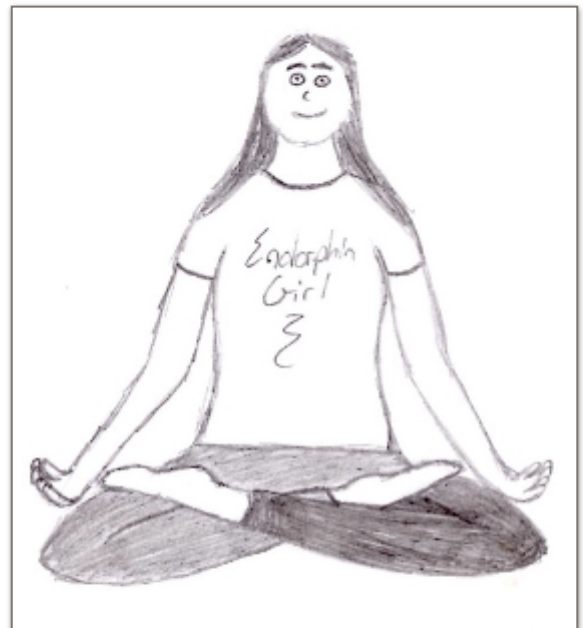


All Things Yoga

Happy mid-November, wonderful humans! Still mind-blowing to be writing that, as 2020 gets closer each day, but we're excited all the same. A new year brings new things, new intentions, all that jazz, you know the deal! But as we mentioned, we're not waiting for the new year to get back to talking about and sharing the things we love the most, the thing that EG has realized is an anchor on all of these EG adventures. And that is, perhaps you've guessed it, yoga! So we'll be having some fun with that as we share our favorite things about yoga, our favorite poses, breathing techniques, some history of this practice and lifestyle, and more! So let's get to it.

What even is Yoga?

What is yoga anyway? The word "yoga" comes from the Sanskrit word "yuj", which means to yoke, or unite. Essentially yoga has come to mean union, and that can really mean union in an infinite amount of ways. Perhaps it's union of body, mind, and spirit; or breath and body; or ego and your highest self; or even union with source, energy, god, whatever you believe in. Yoga is many different things to many different people. But these days it seems that yoga is seen as just a physical practice, one through which we can perhaps attain a better physical shape or fitness level. Yes, that can happen, but there's so much more to this practice than meets the eye. We wanted to start off with this little introduction because as yoga seems to continue gaining popularity every single day, with more and more practitioners all over the world, getting back to the basics of what the word even means and picking apart some misconceptions is important. Perhaps the word yoga and/or the practice can even be a little intimidating, but we believe that since there are so many different paths of yoga, so many different ways to practice, it truly is a practice for everyone. And that is one of the most beautiful things about yoga. It's not a religion. It's a way for us to live consciously, to understand more about the world around us, and the world inside of us. To learn about ourselves and our relationship to everything in this world. 🧘



Why Yoga?

Throughout the ages, humans have been asking themselves about the mysteries of the world, of human nature, of life on this planet, these bigger universal questions about where we came from and how we got to be here today. We of course see these things documented in many different ways throughout history and all over the world. If we look at yoga specifically, and its origins in the Indian subcontinent, we can get a glimpse into the origins of yoga, and uncover one of the ways in which humans have attempted to answer these bigger philosophical questions about what this life is really about. The Vedas, ancient Indian sacred texts, were said to be written between 5-10,000 years ago (no one really knows for sure!), and it's in these books, specifically the Rig Veda, where we find the first words written about yoga. What's cool is that the Rig Veda is said to be



the oldest book ever written! How's that for a history lesson! Anyway, as we begin to explore yoga more each week, it's important to note that in those times, when things were first starting to be written down, yoga was seen as a spiritual practice, a path towards enlightenment. Of course, since then, it's morphed and changed with the times, adding new things and

practices in and creating all different kinds of paths, but it's essence, in our opinion, need not be forgotten. And that leads us back to the word union. Union. So this week, we wanted to ask you all what the word yoga, and more specifically union, mean to you. Do you practice yoga? Why? What is the first thing that comes to mind when you hear the word yoga? Let us know! We love hearing all the different answers. 😊

EndorphinGirl® News

Thanks to all the subscribers who have already signed up for the subscription-based EndorphinGirl® Kit and Caboodle (EGKC) Essential Oils Collection. First shipments should arrive by the end of the month, but if you're still interested, you can still sign up! There is no deadline. 😊 (For those of you in Europe, we're hoping to get that sorted for you by 2020!) And anyway, the holidays are upon us, so might as well get those purchases done now, so you can actually enjoy the season with loved ones. Check out the [Shop](#) for gift ideas, gifts that we hope can be meaningful in one way or another. 📦



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is mixing away in her Oil Lab! This is totally her thing, formulating different blends and mixtures and deliciously smelling essential oil potions. Be sure to check out the [shop](#) if you're interested in signing up to get some of these magical potions. EndorphinDaughter™ Mia is looking forward to seeing family and friends back stateside in a few weeks for the holidays. 🌲 And EndorphinSon™ Erik is in his final preparation week for the El Tour de Tucson. Wow! That came up fast. Endorphins are surely at an all-time high! 🚴

Stay tuned for more adventures with EndorphinGirl®!