



## Actions and Breaths and Splitting Wood

Lovely humans! Today we're sending you a big hug full of good energy and peaceful vibes. We wanted to offer you this little reminder. No matter how the year has started off for you, this is a new moment right now, and all you need to think about is this, right here and right now. Tomorrow is a new day, and what's in the past is in the past. Yes, it's happened, but dwelling on it will just take up space and energy, and won't leave any room for this moment right now. As the new year has provided us with an opportunity to start again, it doesn't mean that if things go 'wrong' or don't feel good, we've taken steps back. It's life. S\*\*\* happens, and each moment we're provided with a new one to begin again. All we gotta do is breathe, be compassionate with ourselves, and know that it's okay. We have a chance to begin again, with each action, each thought, each breath. That's definitely something to be grateful for.

## Hatha Yoga

Speaking of actions and whatnot, we talked a little bit about what Hatha Yoga is last week, namely the yoga of the physical body. Using the body, through different yoga poses and breathing techniques, to balance the body and more effectively come into states of meditation. But how did Hatha Yoga become what it is today? An interesting question for sure. Hatha Yoga can be thought of as the root of most physical yoga practices, through which these new and different forms have been created. It may be a bit confusing though, because these days, Hatha Yoga classes are generally slower-paced, gentler, even easier than other classes. Hatha Yoga, as this umbrella term for all physical yoga, has been a little bit of a mystery. Though we are not entirely sure where and when it was developed, what we do know is that for the majority of time it has been around (at least 5,000 years), it was practiced by ascetics, holy men, renunciates—those who wanted to 'burn off' their karma and free themselves from the material world, through, sometimes extreme, physical practices and self discipline.



Yoga has evolved in India throughout its existence, and has gradually become more and more accepted within society, not solely just a practice for ascetics. It's not until the 1800s that we begin to see a shift in Hatha Yoga in popular culture, though. Put simply, the role of modernization and globalization has had a huge impact on yoga today. As people from the East began traveling West and vice versa, the practice of yoga

began to change. The ascetics, who practiced extreme movements and breathing techniques, for their purposes of ridding karma and deepening meditation, met Westerners who practiced body building and gymnastics, during the influence of colonialism, as well as during their own travels into other lands. The intermingling of these different practices has influenced modern yoga profoundly. And though yoga has changed and morphed in India over the centuries, the last 150 years or so have been quite transformational. Yoga, which really only consisted of a few postures, most of them seated, now seems to have an endless amount of poses. We'll keep diving into the roots of this physical practice of yoga in next week's newsletter, but the most important thing we wanted to note about this topic we've touched on today is that even with its evolution and all the different influences on yoga, one thing remains the same. The intention behind the act. Whatever it is you're doing, the way you move, the way you breathe, it's all affected by *the why*. The intention... *The why* is a nice segue way into another piece about intention we wanted to touch on this week: splitting wood!

## Splitting Wood

Mostly the intention - the why - for splitting wood is for the purpose of getting the wood the right size for the fireplace. But of course it's also more than that...so much more! Wood splitting for some may be considered an art, and perhaps for others a science. This past Sunday, EndorphinGirl® had a wood splitting opportunity guided by EndorphinGuy™ (learn more about EndorphinGuy™, and 'his-story' in future blogs).

### EndorphinGirl®'s top 7 takeaways on wood splitting:

1. It's grounding - your feet are firmly 'rooted' into the ground before lifting that sledgehammer
2. It's high-level cardio .... sledgehammer to wedge to wood, sledgehammer to wedge to wood, sledgehammer to wedge to wood and so on takes effort!



3. It gets endorphins going ... and we know what that does, it gets our happy on!
4. It improves focus and concentration...you don't want to miss your 'wood' target...
5. It gets you outside in the fresh air. Nothing better than fresh air and good smelling wood!
6. It's a release - as that sledgehammer hits the wedge, you can imagine that thoughts you have been holding onto get released into the universe
7. It's rewarding and fun - a sense of accomplishment getting wood 'prepped' for a beautiful fire

So if you have a chance, try it. And remember, dear EndorphinFriends, there are so many opportunities presented to us every day that can provide us with any or all of these 'takeaways' if we give ourselves permission to be open to them!

## EndorphinGirl® News

Nothing too big in the news this week. Check out EndorphinSon™ Erik's article in the blog on the "**State of Kombucha**". EndorphinDaughter™ Mia is holding a **Yoga Basics Workshop** in Levi, Finland on Saturday, January 18th, if you or anyone you know in the area is interested.

EndorphinGirl® Barbara is hosting a Yoga and Intro to Essentials Oil Class on Friday evening, January 31st in NYC. If you are in the area and interested to attend, contact her for details at [endorphingirls@gmail.com](mailto:endorphingirls@gmail.com).

## EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is deep in all things yoga teaching, essential oils and Reiki. EndorphinDaughter™ Mia is looking forward to more yoga events up in Lapland, particularly this upcoming weekend's **Yoga Basics Workshop**! EndorphinSon™ Erik has been preparing for his final semester of college, starting this week!



**Stay tuned for more adventures with EndorphinGirl®!**