



Acknowledging, Honoring, Living with Intention

How was your weekend? How are you? What's going on with you today? Is everything okay? EG has recently been thinking about how important it is to ask each other these questions, and others similar to them. And as we've gotten a little deeper into the roots of Yoga in the last couple of months, there's been a pretty common thread in all that we've discussed, which we wrote about last week. The intention behind whatever it is that we're doing. Whether it's a physical yoga practice, or splitting wood, or singing Mantras in Bhakti Yoga, or practicing meditation. So this week, we'll dive a little bit more into this idea of intention, as it pertains to the simple questions we ask others, but also to modern yoga.

Acknowledging and Honoring

The questions above got EG thinking about how questions like these can truly make a difference in a person's life. Small talk has never really been EG's forte, and she has always enjoyed having deeper conversations about things that are meaningful and interesting to her. But something she heard recently made her think about how these questions, the simple ones, can have such a huge impact on people as well. Of course, the deeper conversations and questions about life are important and insightful and eye-opening, but they're not everything. We need a balance. We need the simple "hello", the short "how are you?", the playful "what's up?". These tiny acknowledgments, while sometimes may seem like fillers or small talk or 'useless' words, may, and often do, actually have great importance in a person's life. It may even be the first time someone's heard or been acknowledged in this way. The first time a person's been seen and noticed. Honored just for being in the same space with another human. This is the nature of being human. We want to be seen, to be heard, to be accepted and acknowledged in some way. Before we dive a little bit deeper into Hatha and Modern Yoga, we wanted to invite you to take note of when you do ask others these questions. Notice the intention behind the question, and the other person's reaction. Not only that, but notice how you react when asked or are asking these small, yet important questions. And finally, we want you to know that we see you, we acknowledge you, and we're grateful for you.



Hatha and Modern Yoga

As we build upon this idea of intention, which is ultimately a core concept of what practicing yoga is really all about, we wanted to talk a little bit about what has happened in the past few decades or so. Yoga has, for lack of a better word, exploded onto the forefront of health and wellness trends. Yoga pants and mats and blocks, yoga courses, yoga retreats, yoga festivals and workshops, yoga for all bodies and abilities, yoga for injuries,



yoga for this, yoga for that. It's become quite a big topic in the wellness world. We're happy about this, but we also want to take a moment to acknowledge that it has become incredibly commercial. This is why we've wanted to offer these tidbits about the roots of the different forms of yoga, and the fact that for some, for many, it isn't just a physical practice, if even that! By the 1900s, various yoga practices started being introduced to the West by way of various Indian gurus arriving with different practices and the intention of spreading this knowledge and practices to help better understand oneself and the world around us. And so, in the West, Yoga, for most of the earlier decades of the 1900s, was still considered this

thing that people practiced for means of attaining some form of heightened spiritual awareness. It wasn't until the 80s and 90s, when famous people, such as Sting and Madonna, began practicing Yoga, and for lack of better words again, began swearing by the practice. Because it was through yoga (Ashtanga Yoga specifically), that they said they had such fit bodies. And well, you probably might guess what happened after that. But no matter the reason, no matter the purpose, your yoga practice is yours. Your intention is your intention. And, in our opinion, it's the intention that matters. With yoga, but with all other aspects of our lives as well.

EndorphinGirl® News

EndorphinDaughter™ Mia taught a Yoga Basics Workshop over the weekend, and will be offering another on February 8th, 2020 in Levi, Finland! If you or anyone you know in the area is interested, you can sign up here! EndorphinGirl® Barbara is hosting a Yoga and Intro to Essential Oils Class on Friday evening, January 31st in NYC. If you are in the area and interested in joining, contact her for details at endorphingirls@gmail.com!



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is back in her essential oils lab mixing up January's EGKB! EndorphinDaughter™ Mia thoroughly enjoyed teaching a Yoga Basics Workshop over the weekend; sharing this practice with others makes her heart happy! She's also enjoying the fact that it's finally getting lighter up here in Lapland. She's been missing the sun these days! EndorphinSon™ Erik is back into the groove with college life; only a few short months to go and it'll be a wrap. He's planning on enjoying to the fullest!

Stay tuned for more adventures with EndorphinGirl®!