



## Check-ins and Moments of Self-Care

Touching upon last week's newsletter, we wanted to again ask you, friend: how are you? EG Mia has been feeling inspired by this and similar questions lately. The other day, she was teaching a yoga class and at the end of the class, one of the people came up to her to ask how she was doing. Now, this person, someone who comes to her classes regularly, came up to her just to ask how she was doing. The funny thing is that this person had no idea about what we wrote about in the newsletter last week. About how important asking each other how we're doing really can be. And, she has no idea how much it meant to EGMia. These little questions and check-ins, really do have such an impact. They really do come at just the right time. It's funny how, when we put things out into the universe, things just come right back to us in one way or another. So, to make the long story short, let's keep asking each other these questions. Let's keep checking in with each other. And be honest. With others, but also with ourselves.

## Acknowledging and Honoring

As we do these check-ins and ask questions, it's important to also take note of how we feel in our bodies. We've talked so much about yoga in the last few weeks, particularly as a physical practice, and we wanted to give a little reminder about the importance of honoring and acknowledging our body. I mean, heck, physical yoga (Hatha Yoga) wouldn't be physical yoga if we didn't have a body! It's the practice of yoga that can help us get back in touch with our bodies, but sometimes we just need a reminder to even ask ourselves the question of how we're feeling today. How we're feeling in our body today. So, EndorphinFriend, how are you feeling in your body today? The body we live in really is our vessel, our vehicle for experiencing this life and this planet and all the awesome and fabulous and incredible and challenging and tough and sad and hard and good things we experience. Everything. Sometimes it's hard to listen to what our bodies are saying because there is so much other stuff, so much other nonsense going on all around us. And that's okay too. It's the consistent practice that matters. So whether it's getting on your mat to practice your physical yoga practice, or it's getting out of bed in the morning, we invite you to ask yourself this question. How am I feeling in my body today, right now, in this moment? Let it be your phrase of the week. The question of the week. Notice the answers that come up, without judgement, without getting attached to the answers or the feelings that come with it. Just notice. And sit with those feelings for a moment. Allow yourself to feel them, and then move on. And when you notice you have another spare moment, ask again.



## Self-Care and Reiki!

Checking in is so important. And we all need little reminders sometimes. When we do start to ask ourselves these questions, sometimes, stuff comes up that we didn't know was there, or that we've been pushing down for a while. These check-ins can be part of your self-care toolbox, in whatever capacity feels good. Speaking of the self-care toolbox, EndorphinGirl® Barbara recently became a Level II Reiki Practitioner. Simply put Reiki, Rei = "God's wisdom or the higher Power" and Ki = "life force energy" is a Japanese technique for stress reduction and relaxation, and it also promotes healing. Essentially, Reiki is a healing modality through which the life force energy is used to promote more joy and happiness, and to allow energy to flow freely throughout the body. Practicing Reiki on yourself involves mindfulness and meditation, release of ego, and setting an intention, as well as stating and following the 5 Reiki principles (see below). As you consistently do this, stuff from the past may come up, which we can then focus on healing. It's not unusual to feel like crap during this process; stuff that's been pushed down is rearing its head and that's normal. It's the process, and working through these things, allowing release and space for these emotions to come up is the real work. So as we work through our stuff, here are the five Reiki principles that we can remind ourselves:

### Just for today:

I will not be angry  
 I free myself from worry  
 I am grateful  
 I am kind to myself and others  
 I work honestly.

Whether a Reiki practitioner or not, these are beautiful principles to follow, no matter what point of our journey we're on.

To learn more about Reiki, here is a good resource <https://www.reiki.org/faqs/what-reiki>



## EndorphinGirl® News

EndorphinDaughter™ Mia is offering a Yoga Basics Workshop on February 8th, 2020 in Levi, Finland! If you or anyone you know in the area is interested, you can sign up [here!](#) February 22-23, 2020, Mia will also be co-leading a second Arctic Yoga Weekend in Levi, Finland; a weekend full of all things yoga and relaxation. Sign up [here](#) if you're interested!!



EndorphinGirl® Barbara is offering 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!](mailto:endorphingirls@gmail.com)

It seems like we're all about the workshops these days, and there will absolutely, positively be more to come, so keep on the lookout! 🍀

## **EGFam Updates**

A quick EGFam update! EndorphinGirl® Barbara jetted off to Arizona to visit EndorphinSon™ Erik! Some much needed mother and son time, as well as basking in the sun time for both of them! ☀️

EndorphinDaughter™ Mia finally bought herself the cross-country skis she's been wanting to buy for so long! She also has a friend from college visiting her this week and is very happy to have some familiar faces around for a little bit up here in Lapland! EndorphinSon™ Erik is getting into the swing of things with his last semester of college, and is of course happy to have some momma-time as well!

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