



Collective Healing and Helping

How are you feeling these days? Whether you're stuck inside, or you're on the frontlines of this whole corona situation, we are here with you and we feel you. Though each of our situations is different, we're all in the same boat on a more global level. We're all experiencing this together. We need each other, now, more than ever. Now is the time to work together, to come together as one, to help each other get through this challenging time. We at EG believe we can help and support you during these times of uncertainty. We've put together a list of different options for you to turn to when in need of a moment to reset, pause, quiet the mind. We believe that if the global community is going to heal collectively, we need to take a holistic approach. And focusing on the mind, the body, and the spirit is one part of the individual journey we can take to find an inner peace so that we can help others. (Another, of course, another is to stay the heck home if it is at all possible!)

EndorphinGirl® News

We've updated our website's look. Check it out and let us know what you think! www.endorphingirl.org



New Product: Gentle seated, yoga flow with Mia (18 min audio) 🗨️ <https://www.endorphingirl.org/shop/gentle-seated-flow-with-mia>

Check out the different options (see below) we're offering, from yoga, to meditation, to Reiki, and even AngelLinks Attunement! Lots of healing, lots of love.

Classes will be offered on Zoom. Here's how it works:

- 1) Find a quiet space in your office/home for your session (for yoga, find enough space for you to be able to move freely)
- 2) Pay via Venmo @Barbara-kataisto . If you are not in a position to pay for whatever reason, we will gladly send you a guest link for a session. Make sure to put the date and specific class you are signing up for in the notes when contacting us.
- 3) You will receive a Zoom link for the class after you confirm via Venmo or to us at endorphingirls@gmail.com
- 4) Log on using your phone, tablet or laptop/computer and voila, we'll be practicing together soon.

Offerings

Yoga 🧘

Yoga classes via Zoom, all 60 minutes.

Tuesday @ 1.00 p.m. EST

Wednesday @ 1.00 p.m. EST

Friday @ 4.00 p.m. EST

Sunday @ 3.00 p.m. EST

Join us for a pre-scheduled class, or choose a time that works for you by contacting us at endorphingirls@gmail.com

Price: \$20 per class/per person. If funds are tight right now, contribute what you can, or be our guest.

Meditation 🙏

Join us on Zoom to sit quietly together to help restore peace and harmony in these challenging times. We will practice simple breathing techniques, meditation techniques, and enjoy needed moments of sitting in silence.

Time: 8.00 a.m. EST every Tuesday and Thursday morning

Price: \$5 per class/per person - all proceeds go to a charity towards helping the world in its quest to conquer the coronavirus

Reiki 🙌

Distant Reiki: Private sessions available via Zoom

Contact endorphingirls@gmail.com to schedule an appointment - each session runs about 30 minutes

Price: Suggested donation \$10, or what you can

AngelLinks Attunement 😊

Price: 20% discount on original pricing - check the link to see if you want to sign up for one or all - <https://www.endorphingirl.org/shop/lightarian-angel-links>



Dhyana and Samadhi

Did anyone catch that we inadvertently referred to the ‘eight limbs of yoga’ last week as the ‘eight lights of yoga’? We think we may be on to something with this new concept - stay tuned for more on this!

And before we end, we wanted to finish out this month’s theme of “living your yoga”. Dhyana, or the seventh limb of yoga, can be translated as meditation. Once we’ve begun practicing concentration (6th limb of Dharana), we can begin to be completely absorbed in the thing we are focusing on. Whether it’s a specific point, or mantra, or your breath, meditation (dhyana) is essentially being completely immersed and absorbed. When this happens, we no longer think thoughts like, “I’m meditating” or “I’m sitting in silence focusing”, we just are. Completely absorbed in the moment, in the thing we’re doing (or not doing). This takes practice, but sometimes also just happens. Perhaps you’ve experienced a moment when you’re in a complete state of flow.

You don't even realize how connected you are with whatever you're doing until you stop and realize how quickly the time has gone by.

Samadhi, which is the final limb of the eight, is said to be the ultimate, the final step. A state of bliss or perhaps enlightenment, but not in the sense of floating on clouds or levitating. Experiencing Samadhi comes when we begin to realize that we are one with everything. No judgements, no attachments, no desires, no wants, just a state of bliss and contentment with what is, what was, and what will be. We can experience moments of Samadhi, but they can be fleeting as well. According to yogic philosophy, once we are completely free of all the attachments, etc., our minds will be liberated and we can hold a state of Samadhi for longer periods of time.

This week, we invite you, wherever you are, to pause for a few moments and allow yourself some space to reflect. To reflect on what you have in this moment. To reflect on the good, the smiles, the joy. Let it fill you, and let it carry you through your day and the days to come.

EGFam Updates

We're all taking it one day at a time. One step at a time, one moment at a time. That's all we can do in this rapidly uncertain, ever-changing time. Just know that we're here if you need to talk, if you need an ear, if you need any help. We're here. Please don't hesitate to reach out to any one of us at the EGTeam.

Stay healthy, stay calm, practice social distancing, and wash your hands!

Stay tuned for more adventures with EndorphinGirl®!