



Permission to Hold Space

Here we are again. How are you? How are you feeling? It's the end of another month, and spring is on the horizon. Another winter come and gone, and now we're moving into the season of rebirth and renewal. So even though we're in the midst of a pandemic affecting all of our lives in one way or another, there is hope. There is always hope. There is rebirth, there is renewal. With that being said, we humans are going through a major transformation as a global community, and there are a lot of feelings to be felt. But what do we do with those feelings that are coming up? Let's go ahead and get into that.

Giving Ourselves Space

We're living in a time of uncertainty, with things changing by the minute. There are statistics, facts, lies, updates, new information being thrown at us from every direction and it is 1000% overwhelming. The feeling of getting sucked into the loop of constantly checking and refreshing and getting new updates on what's going on, it's incredibly exhausting. It's also not productive. Right now, all people are talking about is the coronavirus. And we acknowledge that we're doing it right now too. But what happens when we give ourselves the space to let go of everything that's going on, even if it's just for a moment or two? When we get so wrapped up in one thing or another, it's hard to pull away, because our brains can get so wired and addicted to the patterns of scrolling, of using various coping methods, whether they're beneficial or not. Times of uncertainty are also an opportunity. An opportunity for change, for a revolution, for rebirth and renewal, however difficult it may be. It can be difficult as heck. But as we take on each day through this uncertain time, we think that giving ourselves space, for however long it is you feel you need, is crucial to not only our personal wellbeing, but the wellbeing of the planet and the rest of the living creatures around us. If we're all



living stuck in the media loop, we can't hear or feel what's going on inside. And not only that, but we aren't able to be present for others around us. This is especially important since so many of us are spending more time at home these days. When we can't hold space for ourselves, to feel our feelings and emotions and all the things, we can't hold space for others. It's not an easy thing, to allow ourselves to feel. Feel whatever emotions come up, whether it's hurt, anger, pain, sadness, joy, love, fear, happiness. It's scary, being vulnerable. But we must give ourselves permission. Permission to feel, and to hold space for whatever it is we're feeling right now.

So this week, take time for you. Whether it's a couple of minutes in a quiet space in the corner of the house, a few deep breaths before bedtime, or spending a few extra moments on the toilet seat before going back out into home quarantine. You know what's best for you.

Offerings

Thanks to all those who have already joined our online offerings. We hope to see you again in the coming weeks - virtually of course. Namaste!

Check out our schedule below!

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

Contact us at endorphingirls@gmail.com if you'd like a private session with either Barbara or Mia.

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 and 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

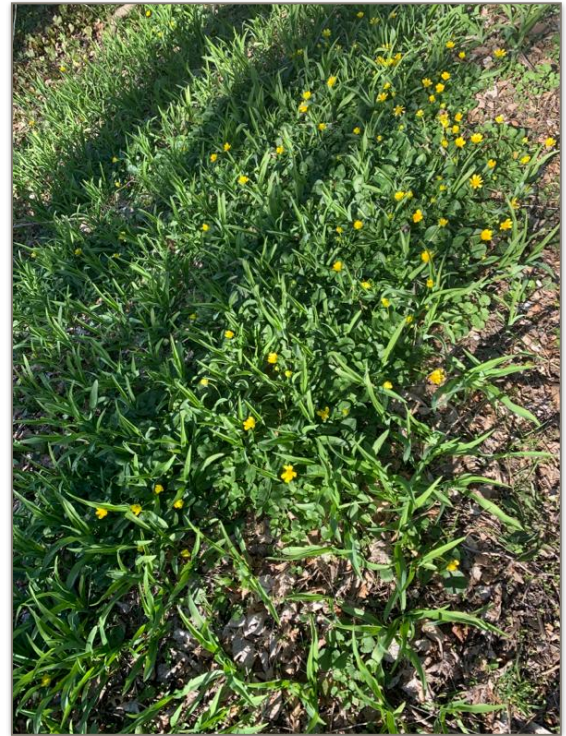
Contact endorphingirls@gmail.com to schedule an appointment - each session runs about 30 minutes

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>

- 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.



EndorphinGirl® News

Check the updates we've made on our website 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>

EGFam Updates

EndorphinGirl® Barbara is continuing to expand her teaching practice online, with different yoga, meditation, and other healing modality options offered through Zoom. She is heading into her third week of Essential Oils Coaching through Young Living and loving every minute of it. EndorphinDaughter™ Mia is also looking to do more yoga, wellness, and writing/editing-related offerings online, as the yoga studio and gym have closed up in Lapland. EndorphinSon™ Erik is one month from finishing his final semester of college. He's adjusting to online classes, which is something many around the world are also adjusting to. One day at a time. One step at a time. One moment at a time. We're all in this together, and we're here for you. As Kim Possible says, "Call me, beep me, if you wanna reach me!" And please, let us know if there is anything we can do to help support you through this time.

Stay healthy, stay calm, practice social distancing, and wash your hands! And a big thank you to all of you working out there on the frontlines. We are grateful. 🙏💜

Stay tuned for more adventures with EndorphinGirl®!