



## One Day at a Time

April has arrived, spring is rearing its head, and we are living during the most unusual time. We at EG are taking it one day at a time, because that's all we really can do these days. It's all we can really do any day, but these days especially. We also think it's important to check in with ourselves periodically, but also with each other. So with that being said, how are you feeling? How are you doing right now? Ask yourself, without judgement, and just let yourself feel it. Allow yourself this moment to feel whatever you feel. Because it's okay. It is okay.

## Giving Ourselves Space

Last week we wrote about the importance of giving ourselves space. Space to feel, space to process, space to just pause for a moment and reflect. This is important, as we are all presumably feeling a lot in these uncertain times. So while we have to give ourselves the permission to take a moment, there is also a great need for the things that make us feel 'normal'. Whether that's just hanging on the couch with your loved ones, cooking your favorite dinner meals, doing your favorite home workout, watching Jeopardy or something of the like, or even dancing in the kitchen in your underwear (because we all must admit we've done this... and should continue doing it!). Finding those things that ground us, that help bring a sense of normalcy to



what is currently happening. We know it's a challenge; lots of things have shifted in a matter of a few weeks and continue to change every single day. And though we've had to adjust, and continue to do so, we wanted to invite you to notice and just observe how your daily routines have changed. Changes, whatever they may be, require a good amount of creativity. Creativity to make things work. Whether it's figuring out a schedule for the kids and work and life while at home, trying to figure out how to exercise from home, having social nights with your friends on Skype, or whatever it is. We've had to get creative! People are doing all kinds of interesting things to help pass the time, to help keep a sense of normalcy. Many are also discovering places in the home that have never, ever been cleaned... What a time to be alive, what a time to be the toilet, or the back of your closet. So this week, we invite you to invite some lightheartedness into these moments of uncertainty. Take it one day at a time, and just notice how

things have shifted. Observe the ways in which you've had to be creative to make things work and keep on keepin' on. Observe the ways in which you're keeping yourself occupied if you do have some extra time on your hands. Invite some joy and laughter into these moments. If that means scrolling through funny BuzzFeed articles, or watching your favorite comedy shows, do that. If it means talking on the phone with your favorite person who makes you laugh the most, do that. It's okay to process your emotions, your hurt, your pain, but it's also important to laugh, to feel joy. We need this too, especially now.

**And if you need a laugh, check out this funny BuzzFeed article.**

## 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](mailto: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](mailto: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](mailto: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](http://www.endorphingirl.org)

### New Product!:

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

EndorphinGirl® Earth Day T-shirts with illustrations by EndorphinSon™ Erik. Earth Day truly is every day, but it is globally celebrated on April 22. Check out the T-shirt in our **shop**; part of the proceeds will go to protecting Mother Earth.

## EGFam Updates

EndorphinGirl® Barbara is holding yoga/ meditation classes online through Zoom, and is also continuing to further her Essential Oils knowledge on the daily! EndorphinDaughter™ Mia is currently spending lots of time on the ski trails. They've become her happy place these days. She's also working on some new things, which she's excited to share in the near future! Stay tuned! EndorphinSon™ Erik is working through his last few weeks of his final semester of college, and starting to prepare himself for getting out into the 'real world', whatever that means!

And again, we wanted to give big shoutout and thank you to all of you working out there on the frontlines.

We are grateful. 🙏💜 Stay healthy, stay calm, stay at home, and wash your hands!

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