



Holding on to Hope

How are you feeling today? Take a moment to ask yourself again. These check-ins are so important. Now, more than ever. Our mental health and wellbeing is extremely important in general, but it's during these times that we must find ways to take care of our minds, our emotions, our feelings. Take time to tend to our inner selves. We need it.

Spring Renewal

We've talked a lot about giving ourselves the space to pause, to be still, to hold space for our feelings and emotions, one day at a time. These things are incredibly important for times like these. As the season changes, we welcome longer days, warmer weather, a lightness in the air. It's a gentle, subtle reminder that we're in a season of renewal, of rebirth, of reawakening. Perhaps, during these more uncertain and challenging times, we can give some space for these ideas of renewal. We can look outside to see that soon, the flowers will begin to blossom, the trees will have leaves again, the sun will shine longer, it will be warmer.



The Earth will come alive again. Many parts of the world are seeing this already, whether it's due to the fact that spring is here (at least in the Northern Hemisphere), or that things have shifted exponentially due to a significant decrease in human activity because of this virus situation. In any case, animals are hitting the streets in places they haven't in a long, long time, some cities are seeing the clear, blue sky for the first time in years, rivers are much clearer in others.

There is real tragedy at the moment occurring everywhere, all over the planet. People are losing their lives, their loved ones, their jobs; mental health is being affected, our social lives have changed significantly. This is all real. Very real. Our hearts go out to all of you. And while this is all happening, we must still also allow for those glimmers of hope.

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If there's anything to hold onto during this season of change, this season of renewal and rebirth, but also this time of uncertainty, pain, and tragedy, it's hope. Hope for humans to heal, hope for the planet to heal, hope for things to return to a normal that is more sustainable, more geared towards community, geared towards a way of life that integrates human well-being, environmental well-being, the well-being of all things on this planet. Hope that this will somehow, in some way, create a world in which all things can live in harmony with one another. Stuff happens. There is hurt, there is pain, there is tragedy, there are crises. It's a part of life. But there is hope we can hold onto. We hope that once this has all passed, we can begin to truly live in a space where we can acknowledge and honor our differences, hold space for those in our communities and those in different ones, and recognize that we're all just humans, living on this planet together.



EndorphinGirl® News

EG Barbara is offering classes for kids between the ages of 7 and 18 on the [outschool.com](https://www.outschool.com) platform. Check out a listing of classes here if you have an interested young one or teen in the house! It is free to sign-up on the platform.

Check out our products in the [shop](#), if you're looking to get your EG on! T-shirts, meditations, yoga classes, and more are all available for purchase! One of our favorites is the [EG Earth Day T-shirt](#) in honor of Earth Day!

	<p>Come Downward Facing Dog with me!</p> <p>Barbara Kataisto This is an introductory yoga session on how to use Downward Facing Dog (Down Dog) pose along with a few others poses that build off of Down Dog to create positive feelings in the body and mind!</p> <p>Ages 13-15 Meets Once Fri Apr 17, 12pm - 12:55pm Eastern 1 more time available</p>	
	<p>Join me to reset your day the Yoga way!</p> <p>Barbara Kataisto In this ongoing class you will learn about/participate in a combination of different yoga poses, breathing exercises and meditation techniques, and see that you can reset a 'blue' day - anytime & anywhere by using these tools.</p> <p>Ages 13-18 Meets Once a Week Starts on Wed Apr 15 at 9am Eastern</p>	

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is, as mentioned, continuing her online yoga classes, and getting deeper into the essential oils. She is spending lots of time outdoors and has been reunited with her Red bike which she is trying to ride daily! EndorphinDaughter™ Mia is spending as much time as possible in nature these days. The snow is melting soon, so she's been trying to cross-country ski before that happens as much as she can. EndorphinSon™ Erik is nearing the end of his college career, which means he's been going on some job interviews, online of course, which is definitely an interesting change to the job search these days!

Stay tuned for more adventures with EndorphinGirl®!