



Feelings and Celebrations

How has your weekend been? Perhaps you are enjoying a long Memorial Day Weekend in the US? Perhaps some much needed rest and relaxation, even though maybe the plans for this MDW ended up being a bit different. A lot of things are different these days. Plans have been cancelled or postponed. Lots of things have changed and we've had to find new and different ways to celebrate, whatever it is that is being celebrated. Birthdays, graduations, weddings, anniversaries... Maybe now they've moved to Zoom, or maybe some family members are coming to hang out with you on the other side of your window. The new normal looks a bit different these days, and we have to remind ourselves that it's okay. Even though it's challenging at times, and this is completely valid, it's also an opportunity for us to learn how to adapt. To learn how to get creative. We hope you've found some creative ways to celebrate, and have enjoyed doing so!

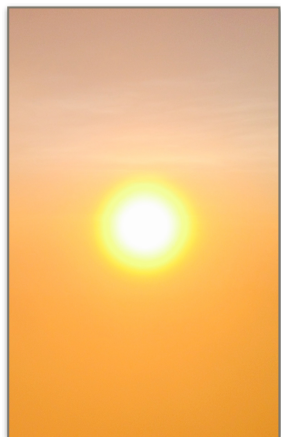
Back to the Chakras

Last week, we did a little reintroduction to our seven EndorphinGirl®s, all of whom have a particular connection with the seven Chakras, or energy centers. Now, as promised, we're continuing with this theme for the next weeks as we move through each of the seven Chakras. We mentioned briefly what the Chakras are, but this week we wanted to provide a little bit more info as we start to get a little deeper into this topic. Before we get into that, though, it's important to talk a little bit about energy. Energy is everywhere. Trees swaying, rivers flowing, sun shining, snow falling. Energy is the source of all movement. It is the life force that allows us to breathe, to move, to do the things we love to do every day. Energy flows through our bodies, in the world, everywhere. When it comes to bodies, it's said that we have many different energy channels, sort of like highways that move energy along from one place to another, the main one being up and down the spine. Here's where the Chakras come in. When two or more 'highways' intersect, energy centers, or Chakras, are created. Chakra is a Sanskrit word that means 'wheel'. You could imagine the Chakras as spinning wheels along the spine, helping move energy along throughout the body.



Finding Our Feelings

The second Chakra we're talking about is the Sacral Chakra. If we move up a bit from the base of the spine, to the pelvic and lower back (sacrum) area, that's where we'll find this second Chakra. Basically, it's a little bit below the bellybutton. The color most associated with this energy center is orange. It is the center of



emotions, of creativity, of self-worth. This center is important because it is the foundation of emotional wellbeing. When things are funky in this Chakra, we may feel like we are unable to show or express what we are feeling. Emotional expression is a crucial part of being in a body. Yes, as we talked about last week, finding a sense of grounding and roots is necessary, but the next layer is important as well. Using the physical body to express, to be creative, to show how we feel, that's the next part of it. It's all connected, it's all important. It's all necessary. So how can we get in touch with this Chakra? Some of our favorite ways to get the Sacral Chakra feelings flowing are for example, grabbing your favorite orange-colored clothing and struttin' your stuff! Or even as simple eating some sweet fruits, like mangoes! One important one we want to mention is water. Water is the element of this Chakra; water helps things move through our bodies, both physically and energetically. So drinking enough water is essential to keep the Sacral Chakra happy! AKA, hydrate hydrate, hydrate, especially now that the warmer weather is coming (up here in the northern hemisphere!).

EndorphinGirl® News

EndorphinGirl® Barbara celebrated a birthday this past weekend! She is very grateful for being able to spend it with EndorphinSon™ in Arizona, and for another birthday in general! 🥰

Check out our products in the [shop](#) especially if you're interested in checking out the handbook we wrote on the Chakras! There is a digital version, as well as a hardcopy.

EndorphinDaughter™ Mia is officially a business owner and has opened her online shop. She is now teaching classes online via Zoom as well! Such exciting news! Here is her weekly schedule thus far. We will keep you updated if there are any changes! Note that since she is in Finland, the time's are listed based on Finnish time as well. Check out her new online shop [here!](#)

wednesday	
• 2am-3am (ny / eastern time) hatha yoga (finnish)	◦ (this is 9.00 in Finland)
• 8am-9am (ny / eastern time) slow flow yoga (english)	◦ (this is 15.00 in Finland)
thursday	
• 12:45am-1:45am (ny / eastern time) slow flow yoga (finnish)	◦ (this is 7.45 in Finland)
• 10am-11am (ny / eastern time) yin yoga (eng/fin)	◦ (this is 17.00 in Finland)
sunday	
• 9am-10am (ny / eastern time) gentle sunday yoga (english)	◦ (this is 16.00 in Finland)
• 10:15am-11:15am (ny / eastern time) yin yoga (english)	◦ (this is 17.15 in Finland)

EGFam Updates

EndorphinGirl® Barbara and EndorphinSon™ Erik are continuing to celebrate Erik's graduation milestone together in Tucson, hiking, enjoying the variety of veggie burgers they can find (curbside takeout only!), hanging, and planning! EndorphinDaughter™ Mia is enjoying the change of seasons in Lapland. Summer is coming, though there is still quite a bit of snow around. This past week was full of some more snowshoeing and mountain hikes, but also more running and rollerblading! She's also waiting for snow to melt so she can get back to trail-running. 🏃

Stay tuned for more adventures with EndorphinGirl®!