



Dear 405 YOGA family,

We're over halfway through January, which means the holiday Zoom "gatherings" are over, holiday decorations may or may not still be hung by the chimney with care, and you may or may not still be writing "20201" on things (no judgment).

This is NOT a promo to sell you a product to help you crush your New Year's goals (though we do LOVE supporting you!).

This is a gentle, human reminder to check-in with yourself today. Answer these questions to yourself or, better yet, make note of them in a journal or a memo app.

- How do you feel?
 - Are you holding any emotions in your body that you can let go of?
 - Bring your awareness to what those emotions are and where they live in your body.
- Don't focus on "fixing" anything right now. Just notice.

Remember, it's ok to feel overwhelmed, stressed out, or empty. It's also ok to feel hopeful and optimistic about what the future holds! There is no right or wrong way to feel today or any other day.

Give yourself ample space and grace to feel the full range of emotions. It's what makes us the incredible, messy, beautiful humans we are!

Lastly, remember, you are TRULY surrounded by people who care about you and genuinely want to know when you are struggling. Reach out, connect, we are here! Whether it's in person or in the virtual dimension, we hope to see you very soon.

With space, grace and gratitude, Megan
and the 405 Crew

UPCOMING EVENTS (click link to sign up!):

1. [Basics Bootcamp with Mimi](#) (Saturday 1/23)
 2. [Aerial Yoga Pt. 1 with Chris](#) (Saturday 2/13)
 3. February Fit Challenge Begins Monday Feb 1st! Stay tuned for details!
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STRONG. POWERFUL. ZEN.

SEE YOU ON THE MAT!



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