



# Studio 4:8 Yoga Newsletter

## Monthly Happenings || January 2024

### January Birthdays

Austin Howard

Janelle Daughenbaugh

Pama Alder

Happy Birthday!!

Welcome New Member!

Jessica Vogel

### New CLASS Slow Flow FAC Fridays

5:00 - 5:45 p.m.

Darrell, Faith, Heather, Kelli  
new graduate teacher rotation

This yoga class is great for brand new beginners and continuing students. A wide variety of postures (which vary by class) will be offered via in-depth instruction, including breath techniques.

Newer students find this gentle yoga builds confidence and familiarity. More experienced students appreciate a slower pace to refine skillful alignment and awareness. You'll develop strength, flexibility, and mindfulness. Pose modifications (options and variations) will be provided to support each student.

### COMMITTING TO YOUR PRACTICE FOR 2024



#### a note from Bonnie, owner of Studio 4:8 Yoga

As each new year begins, we make resolutions to develop healthy habits and create positive change in our lives. As yogis we aspire to establish a consistent yoga practice and spend more time on our mats. Committing to practicing yoga has numerous benefits for our physical and mental health but developing a regular yoga practice takes time and it can be a challenge to make it to our mats consistently.

#### Here are 5 practical tips for committing to your yoga practice in 2024.

1. Set a measurable goal. So many times we begin the year saying to ourselves, "I will go to 5 classes/week." Inevitably, life happens (typically the 3rd week in February) and we may fall short, leaving us feeling defeated. Keep it within the boundaries of your life (even if it's just once/week). Unrolling your mat once/week is better than none.
2. Create a calendar appointment. Keep it just like you would a hair appointment, doctor appointment, massage etc...If anything interferes, don't be afraid to say "No."
3. Plan ahead. Put your calendar out before you every Sunday, and make a plan for your week.
4. Share your plan with others. Accountability goes a long way!
5. Finally, celebrate small victories. At the end of each month treat yourself to a lunch out, tell your accountability buddy how you succeeded for the month. Don't be afraid to celebrate YOU!

Let's make 2024 an amazing year. And please, let us know how we can support you on your yoga journey.

Namaste'

**Resolution One: I will live for God.**  
**Resolution Two: If no one else does, I still will.**  
– Jonathan Edwards

## Wellness Tip

Wherever you are in life's journey, self care is not just important - it's necessary if you want to live a life that has meaning, joy and authenticity. I used to think the only way to be a good wife, mother, daughter, and friend was to put everyone's needs before mine. When my life imploded on itself six years ago, I made a promise to myself that I'll never allow it to happen again. Self discovery was an eye opening experience; I dove into head first. It was an intentional journey that I went into after the end of my 17 year marriage. What I learned is this: self care doesn't have to be huge, or take away time from people in my life, but it does take **intention**. It has brought joy, love, and patience into not just my life but everyone around me, too. I would love to hear how you're bringing self care to your life.



**Faith Lauterbach**  
BSN, RN, NC-BC

**Transformative Wellness Coach**

If you have 10+ minutes:

- Do yoga
- Get together with a friend
- Go to a coffee shop and read a book, turn your phone off
- Take a bath with Epsom salt and lavender essential oil
- Take a nap
- Listen to a podcast and go on a walk
- Get a massage

If you have 2-10 minutes:

- Read a devotional, quote or prayer every morning (before getting on social media or email)
- Meditate (I love using the Insight Timer app)
- Music - put on a song that brings a smile to your face
- Fill up a water bottle and hydrate!
- Journal
- Write down 3 things you're grateful for that happened today
- Light a candle or diffuse essential oils
- Play ball with your dog
- Paint your nails
- Hug someone
- Color
- Positive self talk only (the way you would to your friend or daughter)



## Instructor Focus

### Laura Anderson

Lead Instructor  
200-hr E-RYT  
Certified in Restorative  
and Yoga Nidra

Wednesdays  
5:30 - 6:15 p.m.  
Yin Yoga  
&  
6:30 - 7:15 p.m.  
Vinyasa Flow

"I have done yoga for almost half of my life. As I began my yoga journey it was the physical aspect of yoga as well as mental that attracted me. I had no idea that my yoga practice would take me to such a deep personal relationship with God. It improved my focus, ability to hold prayer and space. As I continue along my journey and deepen my faith I'm happy to share what I have learned and where I have come from. I feel I can truly relate to people on all yoga levels, as I have been on them. My style of yoga is Vinyasa Flow and I enjoy the creative freedom that I bring to my practice. I love to sprinkle in some fun. The freedom to express my faith through yoga is something that I cherish about this studio."

Laura lives in Lincoln with her husband Kristian, their five children, two cats, and pug puppy named Joy. She loves all kinds of music, reading, and travel.

*follow us on social media  
to stay up to date on all  
studio events*



Studio 4:8 Yoga



@studio48yoga



**follow all our  
instructors, too!**

@bonniemeyeryoga

@yogalaura

@yogalift\_with\_lindsay

@shielasievert

@itsmmbell.yoga

@yogawithshaina

@reallifewellnesscoaching