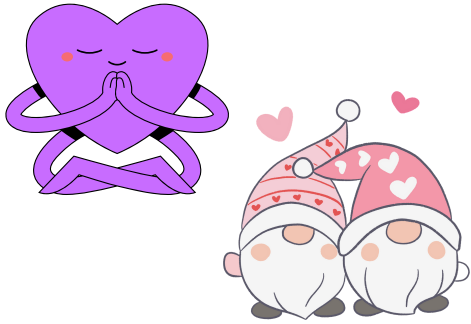




Studio 4:8 Yoga Newsletter

Monthly Happenings || February 2024



February Member Birthdays
Carmen Goeden

Happy Birthday!!

God is our
refuge and
strength,
an ever-
present help
in trouble.
NIV

Psalm
46:1

Wellness Tip

If you're wanting to create some routines and habits that will give you energy, an energy reset for your mind, body and spirit may be just what you need!

Mind: Using affirmations

Affirmations can be a simple but effective way to care for yourself. Which one of these gives you energy?

- "I am worthy of self-care and self-love."
- "I release what no longer serves me and embrace what uplifts me."
- "I am grateful for this moment and all that it offers."
- "I am worthy of self-care and nourishment."
- "With every breath, I inhale strength, and with every exhale, I release fatigue."

I love adding these affirmations on sticky notes around my house in places I will see throughout the day.

Body: Try adding nutrients

Focus on increasing foods packed with nutrients. Many "diet plans" focus on what you *shouldn't* be eating. Any time you approach something with the focus on what you're lacking, it can be draining. By approaching our nutrition on what to **add**, it feels better and the added nutrients give you energy.

Focus on nourishing yourself with plants and you'll get:

- more nutrients and less calories
- natural carbohydrates (our body's primary source of energy)
- antioxidants which help protect our cells and maintain energy
- fiber = better sustained energy

My goal is to fill half my plate first with colorful plants!



Faith Lauterbach
BSN, RN, NC-BC
Transformative Wellness Coach

Spirit/Soul: Yoga

This probably won't be a surprise to you - but yoga gives me energy in a lot of ways. Something that delighted me when I first started coming to Studio 4:8 was the way it connected me spiritually. Each different class, instructor, the members of the studio and the studio environment brings a level of connection. It's like nothing else I have experienced, and I am so grateful.

For 2024 my goal is coming to 2 yoga classes each week, and vary them up!

I would love to hear what you think of these energy reset ideas!





Celebrating the month of love with partner yoga.

Water. Wine. Fruit. Chocolate.
Feb. 18th, Sunday
2 – 3:30 pm

Beginning Partner Yoga -> a fun yoga class for beginners or seasoned yogis with wine, beer and charcuterie board.

scan to register



Join Laura Anderson and her husband Kristian as they lead a couples yoga class – perfect for beginners and seasoned yogis, concentrating on stretch and communication.

You'll stretch, breathe, and tackle certain asanas as a pair. No experience necessary! Just a willingness to learn, play, and have fun. All props are available at the studio, please bring your own mat.

Comfy, loose clothes recommended.
PLEASE include in the notes who your partner is and their email.

Registration ends Feb. 11
EARLY BIRD PRICING TILL FEB 7
Members couple \$50
Non-members couple \$55
Early bird until Feb. 7, price increases \$5 after.



Instructor Focus Megan Bell

200-RYT Studio 4:8
School of Yoga Graduate

Tuesdays
6:30 – 7:30 p.m.
Yin Yoga

I started my yoga practice 10 years ago as a way to control anxiety. I never imagined I would feel called to become an instructor. Now I find myself intentionally stepping out of my comfort zone and on to the mat at the head of the room at 4:8 weekly. I show up to help each person that enters our studio to feel the peace I have found in my practice.

Trying new things is scary, I still get nervous before each class- almost 6 years into teaching.

But - if you want to try something new; that might seem a little scary, or way outside of where you envisioned yourself- come say hi! We can meet at the mat and figure it out together.

See you soon!

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

@the.yoga.bug

@yogalift_with_lindsay

@shielasievert

@itsmmbell.yoga

@yogawithshaina

@reallifewellnesscoaching