



Studio 4:8 Yoga Newsletter

Monthly Happenings || March 2024



March Member Birthdays

Shiela Sievert
Jessica Vogel
Diane Schneider
Kelli Power
Julie Messman
Travis Hanson

Happy Birthday!!



Welcome New Members!

Amber Rhoades
Madelyn Bennett
McKenzie Hirdler
Susan Meyerle

New CLASS
Morning Bliss
Thursdays
9:30 - 10:30 a.m.
with Faith

A gentle, flowing practice infused with some grounding yin postures to get you "blissfully" started with your day! Although this isn't a rigorous practice, you'll stretch and increase your range of motion with adaptations available for various levels of practice.

No class the last Thursday in March.



Instructor Focus

Shiela Sievert

200-RYT Studio 4:8
School of Yoga Graduate

Thursdays
6:00 – 7:00 p.m.
Candlelight Restorative and
Sound Healing

Yoga is now part of my identity. I began to practice regularly about 8 years ago and it changed all aspects of my life: physically, mentally, and emotionally. I love the community and acceptance of Studio 4:8. Every class I have taken at Studio 4:8 has been phenomenal with acceptance and love for each person during each step of their journey. Ever since the first year of teacher training was offered, I knew I wanted to be not just a yoga teacher but a Christian Yoga Teacher! Finally, in God's perfect timing, I found the right year to go through YTT and it was and is everything I hoped it would be.

My rambunctious family includes 7 children and 11 (and counting) grandchildren. My husband and I are coming up on 40 years of marriage. I am a high school teacher during the day, yoga teacher at night and a world traveler teacher during the summer. I love to have fun both on and off the mat so join me for a class and we can share the adventure of yoga together!

Coming Soon:

Seasonal pop-up classes beginning in April.

Please note Thursday class and time changes on schedule.

**"Christ Jesus who died—more than that,
who was raised to life—is at the right hand
of God and is also interceding for us."**

Romans
8:34
NIV



Wellness Tip



Faith Lauterbach
BSN, RN, NC-BC

Transformative Wellness Coach

I hope these ideas give you some different ideas on ways to help you get a good night's sleep! I would love to hear what you are trying out!
~Faith

There's one thing that impacts every single aspect of your life...your sleep! If you're like me (and many people), sleep may be an issue. Recommendations encourage that we get seven to nine hours of sleep. If you fall short of that, or struggle with feeling rested or having energy, you'll want to read this wellness tip!

Sleep is a complex and essential process that contributes to holistic health by influencing physical, mental, and emotional well-being.

It impacts all of our body's systems. Many processes, from how our brain functions, our cardiovascular system, hormone regulation, immune function, respiratory system, our musculoskeletal system, digestion, mood and stress, skin, energy conservation, and our circadian rhythm are ALL impacted by sleep.

If you're struggling with sleep and fatigue, it's likely other areas of your health and wellness being impacted. (cont. next page)



Here are some ways you can improve your sleep hygiene:

1. Have a consistent sleep schedule – our bodies love routine.
2. Create a relaxing bedtime routine – some ideas include: put on pjs, drink a cup of tea that supports sleep, read a book not on a screen, journal your worries, write tomorrow's to-do list, and take a hot bath (not necessarily in that order).
3. Make your bedroom a sanctuary – assess the comfort of your mattress and pillows, diffuse calming essential oils, try a weighted blanket, use a sleep machine or fan for white noise, keep your room cool and dark, and make your room a screen free zone.
4. Limit exposure to screens – especially 2 hours leading up to bedtime. The light interferes with melatonin production and sends signals to our brain that it's time to be awake.
5. Be mindful about what you do during the day – watch caffeine intake, move your body, lower sugar intake, get natural sunlight, have stress coping practices, and do yoga regularly.



CLOSED
Sunday, March
31 for Easter



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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

@kellipower

@heatherheffernan

@yogibiker

