



# Studio 4:8 Yoga Newsletter

## Monthly Happenings || May 2024

### May Member Birthdays

Lindsay Daniels  
Kathy Pahre  
Russell Pahre



Happy Birthday!!

### Welcome Back Members!

Brooke Beall  
Annie Strothkamp



## Hosea 6:3 NIV

Let us acknowledge the Lord;  
let us press on to  
acknowledge him.  
As surely as the sun rises,  
he will appear;  
he will come to us like the  
winter rains,  
like the spring rains that  
water the earth.

**Closed**  
**Memorial Day**  
**Weekend**  
**May 25 - 27**  
(no Saturday, Sunday or  
Monday classes)



### Instructor Focus

**Kelli Power**

200-RYT Studio 4:8  
School of Yoga Graduate

**MONDAYS**  
5:30 – 6:30 p.m.  
Vin-Yin Flow

Practicing yoga gives us a chance to understand the mind and body connection. Giving us a chance to understand our patterns, strengths, weaknesses. All are important to establish a work-life balance, which is very much needed in today's world.

Yoga helps me conquer my anxiety, live in the moment, continuing my journey of self-discovery.

When I am not on my yoga mat, I love being outdoors. My hobbies are kayaking, hiking, and camping. When stuck in doors I am an avid reader. I live in Lincoln with my husband Joe. We have six grown children (along with our fur baby named Abby), and eight grandkids.



Candlelight Restorative Yoga  
and Sound Healing  
Thursdays @ 6:00 – 7:00 p.m.  
Bonnie Jensen Meyer



Restorative is a passive practice using props (such as blankets and bolsters) to facilitate deep relaxation in each pose. The class is floor-based and may include poses such as gentle forward folds, twists, and backbends. Poses are generally held passively for about 5 - 7 minutes, allowing students to unwind and restore. This class is great for everyone seeking balance and relaxation from a busy lifestyle.

Discover a deep relaxation while being bathed in the vibrations of various instruments such as crystal singing bowls, symphonic gong, drums and more. The combination of sound and restorative poses can strengthen one's meditative experience.

*All levels. (prenatal, beginner and first timer friendly).*

## Understanding Adrenal Health

Our adrenal glands, located atop our kidneys, play a crucial role in managing stress and maintaining overall well-being. They produce hormones like cortisol, which regulates our body's response to stress, and adrenaline, which prepares us for the famous "fight or flight" response. When our adrenal glands are activated, and cortisol and adrenaline are produced, here is what happens:

- Perception of pain is reduced to allow you to fight or flee
- The liver releases sugar into the bloodstream, giving you energy to fight or run
- The pupils dilate to help you see better
- Blood vessels narrow and blood flow is redirected to the heart and lungs
- Heart rate speeds up
- Our air passages widen to provide muscles with the oxygen to fight or run away from the danger.

How cool that our bodies can do this! But it is meant for life threatening situations. For the majority of us this response is happening with things like checking email or social media, or having a conflict at work. Adrenal fatigue is when a system that's supposed to be activated rarely is being activated daily. The system is overworked, then fatigued.

The great news is you don't need a prescription or procedure to help support your adrenal health in most cases. The bad news (or one that most people don't want to hear) is that there's no quick fix. Our bodies are amazing and when we learn what they need, they can heal.

### How to support your adrenal glands holistically:

- **Nutrition:** A balanced diet rich in whole foods, especially fruits, vegetables, lean proteins, and healthy fats, provides essential nutrients to support adrenal function. Avoid excessive caffeine, sugar, and processed foods to help maintain stable energy levels.
- **Stress Management:** Our nervous systems have to have rest. Incorporating stress-reduction techniques such as meditation, yoga, deep breathing exercises, and mindfulness practices can help calm the nervous system and reduce the burden on the adrenal glands.
- **Quality Sleep:** Sleep is essential for our bodies to function. Prioritize quality sleep by establishing a consistent sleep schedule, creating a relaxing bedtime routine, and optimizing your sleep environment.
- **Lifestyle Adjustments:** Making lifestyle changes like setting boundaries, practicing time management, and fostering healthy relationships can reduce chronic stressors and support overall adrenal wellness.
- **Moving your body:** Our bodies are made to move but intensive exercise can be hard on overly stressed adrenal glands, so maintaining a balance here is important. Incorporating gentle yoga, walking, stretching, & Tai Chi are wonderful ways to support adrenal health.

## Wellness Tip

If you're experiencing any of these symptoms: tired, overwhelmed, not sleeping, cravings for sugar or salt, getting sick often, and/or feeling like you can't handle the stress in your life—you may be experiencing adrenal fatigue.



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

*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

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