

Ok friends, now that January is in full swing it's time to take a look at your resolutions and your calendar.

Have you been non stop busy since the 1st of the year?

I bet you have. There's always so much to do and not enough time to do it all.

But here's what I want you to consider.

I want you to think about how much time you're spending on yourself. Remember selfcare? It is oh so important! Hopefully making more time for yourself is one of your New Year's Resolutions! There's always time for you.

Think about it. If we're stressed, strung out or simply overwhelmed with the day-to-day grind, we're missing out on so many amazing things like family, good health and mental balance.

Allow me to take the guesswork out of *how* you're going to make time for yourself.

Join me tomorrow night at ***Salt Cave of the Earth*** for my Sound Bowls + Yoga Nidra offering!

Sound bowls and Yoga have been proven to-

- Reduce blood pressure
- Ease stress and anxiety
- Reduce fatigue
- Refresh and rejuvenate the balance between your mind, body and soul

Don't miss out on this offering. It's only offered ***once a month*** and tomorrow is it. An hour reserved just for you and only \$45.

I can't wait to see you at ***The Cave*** from 5:45-6:45pm.

Now onto more of the "good stuff!" I recently teamed with ***Pieces of Mind***, an amazing Community Space focused on community and connection. ***Wednesday, January 17th*** from 6:00- 7:00 pm my hour will be dedicated to ***Yoga for Student Athletes***. This unique workshop is designed for-

- Any Middle School or High School Athlete
- Gives accessible resources to Lower Stress and Anxiety
- Learn Breathwork, Relaxation Techniques

Wow, January is turning out to be quite a month for GWY. I hope you join me for a few or all my offerings. You deserve it!

Use the link below to join me! See you soon!



Ali

<https://linktr.ee/gentlewavesyoga>