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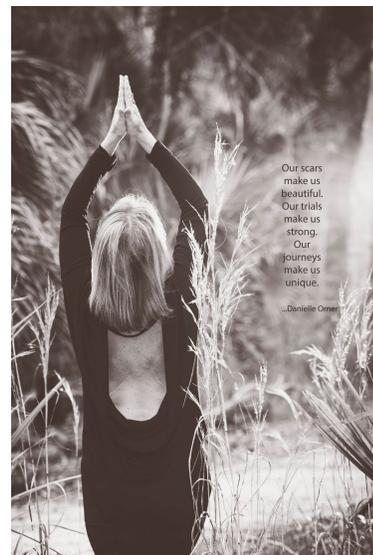


## Hello Friends!

For many of us, the seasons have already begun to change. My children's activities and work priorities are just a couple of the ways life is telling me it is fall. In just a few short weeks, the sun will cross the celestial equator for that brief moment of equanimity between day and night. The days gradually get shorter. In our evening yoga classes, we have been savoring the shifting glow of the evening sunlight. And like the Earth, our bodies have natural cycles and rhythms. Fall is the perfect time to turn your attention to your inner world. Be curious, explore, and remember, "What's within you is stronger than what's in your way." (No Barriers)

With deepest gratitude,  
Erin

[Where in the World Yoga & Wellness](#)



## Support: Yoga & Wellness Insights and Information

### Meditation and Journaling: Combining Practices to Reflect Your Inner World

"Who knows what will arise when we watch ourselves?" asks Kripalu Yoga teacher, Kripalu Schools faculty, and life coach

Michelle Dalbec. By opening up to the richness of our interior life through meditation and journaling, says Michelle, we can invite deeper self-reflection and self-expression into our daily existence.

"Everyone has a surface life," Michelle explains, "in which we're constantly reacting to the moments as they come. We don't have to do much to stay connected to the surface, as it is in constant motion. But a relationship to our inner world requires us to stop and listen." Meditation, then, hones our attention and expands our awareness by allowing us to pause from the busy-ness

of our lives in order to delve deeply into the roots of our experiences.

Journaling provides a complementary practice: When we put thoughts to paper—or type them—we are able to clear our mind and gain perspective on any given situation. “Journaling gives our internal landscape a voice. It’s a chance to document our process, to reflect upon and release our longings and questions.” And this release doesn’t have to be exclusively through writing: Michelle points out that doodling can also count as journaling—however emotion decides to express itself.

“By combining meditation and journaling,” Michelle notes, “you can access the wisdom from the deeper layers of your being and develop a greater understanding of the messages they have to offer.” And though profound, incorporating these practices into your life doesn’t have to be time-consuming or elaborate. In fact, setting aside 20 minutes each day could be all you need to reap the benefits. Below is an effective exercise Michelle suggests that seamlessly integrates meditation and journaling—plus a bit of movement to start things off:

**Move (five minutes).** Stir up some energy: Do yoga poses, stretch, jump around, shake, make some noise—anything that lets you get in touch with your body to create a physical and emotional space conducive to meditation and journaling.

**Meditate (five minutes).** Once the energy is stirred, sit in a comfortable position, spine tall, eyes closed or gaze soft. Focus on the breath as you allow the energy gathered to settle and ground. Open up to your senses and welcome in all sensations.

**Journal (five minutes).** Express yourself from a place of spaciousness, allowing your journaling to be organic and intuitive. It could be freestyle—writing down with no direction or filter—or using a word or phrase that resonates with you (such as “without limits”) as a launching pad. “Write until you feel complete enough in the moment,” Michelle advises.

**Meditate (five minutes).** After you’ve completed journaling, pause, and then return to meditation. Observe the thoughts and feelings that arise from the journaling. Allow them to wash over you without judgment or attachment.

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**Share: Our Latest News & Activities To Expand Your Experience Beyond the Mat**

## **Exploring Your Inner & Outer World with Creative Art Journaling**

Creative Art Journaling (CAJ) is a process of play exploration and experimentation with words, color and images collected into a journal or notebook. It allows you to explore your creative side, even if you think you don't have one, and to visualize and

manifest your best life. CAJ has been shown to lower stress levels as effectively as meditation. We enjoy CAJ workshops led by retreat co-leader Trish Petty at our Explore & Restore retreats but you can begin the exploration on you own too! If you choose a journal with a blank cover, start by decorating your cover. Remember this is just for you! Here are a few creative was to explore with your CAJ:

[Instant Photography](#)

Blackout Poetry  
Vision Boarding on Journal Pages  
Coloring (anything but we especially love mandalas!)  
Watercolor pensile abstracts  
Mindfulness Journal Writing Prompts

## What's Coming Up & Going On!

### Community Classes in the Gainesville Area

Free Yoga at the Cancer Center, Mondays at 6:00 PM  
Introduction to Lymphatic Yoga@ 6-Week Series  
Lymphatic Yoga@ 4-Week September Series (sold out)  
Restorative Yoga 6-Week September Series

### Retreats

#### Autumn Equinox Yoga & More Retreat

In September we are returning to the lovely [Banana River Resort](#) in south Cocoa Beach, FL. This retreat is currently sold out but you can bet we will be back again in 2019!

#### Fall Women's Explore & Restore Yoga & CAJ Retreats

Registration is open for our two October [Fall Women's Explore & Restore Yoga & Creative Art Journaling](#) retreats in the mountains of north Georgia. We are looking forward to returning to our cozy cabin on the creek. We are following Leaf Watch as we are scheduled for peak fall colors!

#### 2019 Let Go & Flow Yoga Camping Retreat

Next spring we return to the beautiful beaches of St. Augustine, FL for our 2019 Let Go & Flow Yoga Camping Retreat. This event is currently sold out but a wait-list is open!

#### 2019 Find Your Fun Women's Beach Yoga Retreat

Registration opens later this fall for our May girls weekend in Amelia Island, FL. It's like summer camp, but with wine!

Information and registration for all of our retreats can be found [here](#).

### Special Events

#### Pink Pumpkin Pedal-Off

We are excited to be sponsoring a team for this charity bike ride dedicated to local breast cancer research. The event will be held on Sunday, October 28th at the University of Florida. To join our team for FREE email [Erin@whereintheworldyoga.com](mailto:Erin@whereintheworldyoga.com).

Where in the World Yoga & Wellness will also be leading a pre-event stretch!



### Strengthen: Building Connections

#### Get to Know Trish!

Trish has been a member of the Where in the World Yoga & Wellness family since our creation. She is a retreat co-leader who generously shares her artistic and culinary talents with our retreat guests and guides our Creative Art Journaling workshops. Trish is a creative soul with a science mind who loves

being outdoors, practicing yoga and admiring the beauty all around. She received her bachelors degree in biology and studio art from the University of Virginia, where she met her amazing husband of twenty-five years. She started her career illustrating medical textbooks and surgical manuals while doing dermatology research at the University of Florida. She stepped back from her career to have and raise two wonderful kids. When they entered school she taught elementary and middle school art at Millhopper Montessori School for almost 10 years. She designed and led a team of women to paint a 150 foot mural depicting the story of Noah's Ark at Trinity United Methodist Church in her free time. And now that she is a new empty nester she is starting another chapter in her life. She is restoring her love of creating art daily and exploring how that nourishes the body and the spirit. She hopes to share this journey with others.

**How did you came to practice yoga?** I have had a stretching routine since early high school for my soccer and it evolved into a yoga routine.

**Favorite type?** I used to love Ashtanga yoga and that would be my go to. But after cancer treatment and just generally aging (gracefully) I prefer restorative yoga, lymphatic yoga (I had a lot of nodes removed and it makes a HUGE difference). I also like me some sun salutations when I don't want to think.

**Favorite pose?** That depends on the day and how I am feeling. When I was a little bendier I liked king dancer. I felt so strong and opening the hip flexors was very satisfying. Now I like tree, and down dog variations (3 legged dog, dog twist and flip dog)

**Studio or home practice?** Mostly home practice.

**Favorite local class?** Definitely Lymphatic Yoga® with Erin! I just have to be home to go!

**Coffee or tea?** COFFEE!!!! But I do like my herbal tea at night.

**Mountains or beaches?** This hard for me because I love both but I can't live without the beach. Why not tropical mountainous islands? Can I choose that?

**Sunrises or sunsets?** Sunsets but I make an effort to see a sunrises at least twice a year.

**Favorite place you have traveled?** That's hard. I love to travel and all the places I have been I love for different reasons. I love the US Virgin Islands for the water and boat life. I love Colorado for all of the amazing hikes, skiing and snow shoeing. I love Alaska for the amazing scenery and wildlife. I love Utah for the variety of scenery. I Love the south of France for the light and joie de vivre. Spain for the food and old cities. I could go on and on.

**What was your most memorable moment on retreat?** When we were doing black out page poetry and how almost everyone made an amazing life message poem from a random page out of a book. I still get goose bumps. My other memorable one is the in scheduled time of cut and paste painting in the evening around the kitchen table. Some of the best belly laughing ever.



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