



FOR THE LOVE OF GUT

## October Newsletter

# Soul Unbound: We Did It Again

## And Somehow, It Was Even More Beautiful



I am still trying to put into words what happened at our second Soul Unbound retreat. Our first gathering showed me that this idea could become something special. But this second one showed me that Soul Unbound is becoming something of its own—a community, an experience, and a space where people seem to arrive ready to simply be.

The day felt peaceful, connected, and incredibly loving. We opened with heart-centered movement, moved into yoga, and created space for people to arrive exactly as they were.



One of the most talked-about experiences of the day was our guided lymphatic release with **Eliane Oramas**. We learned simple techniques for the face and neck, partnered up, and experienced the power of both giving and receiving nurturing touch.

Lunch brought everyone together around a colorful, nourishing Tex-Mex meal, and I was so grateful once again for **Hannah and Caleb** helping with the catering and serving.

In the afternoon, **Vicky Lewis of Mesa Shift** guided us through intuitive art. It was beautiful to watch everyone create without judgment—simply following color, feeling, and expression.

We also took time to reflect, connect, and receive during our cacao ceremony before ending the day with a beautiful sound bath led by **Jamie Lynn of Saguaro Songs**. After a full day of movement, connection, creativity, and learning, the sound bath gave everyone permission to simply rest.

When I look back on this second Soul Unbound, what stays with me most is the feeling of community. I am so grateful to every person who attended, facilitated, helped, served, and supported this beautiful day.

The next Soul Unbound will be held on **December 6, 2026**. If you've been thinking about coming, I would love to welcome you.

*Soul Unbound is becoming a community!*



### A DAY OF HIGHLIGHTS



Yoga



Lymphatic Release



Intuitive Art



Cacao Ceremony



Sound Bath



Nourishing Meal



With love and gratitude,

*Laura Poche*

For the Love of Gut • Loving yourself from the inside out



# A Change Is in The Air

## RECOVERING FROM A LONG, HOT SUMMER

I don't know about you, but I can finally feel a little change beginning in the air. Here in South Florida, that doesn't necessarily mean sweaters and fireplaces just yet—but the mornings are beginning to feel a little different. The intensity of summer is starting to soften. And after this long, hot, rainy season, I think a lot of us are ready for it. I know I am.

This summer has been difficult for me physically, I am very sensitive to mold, and between the heat, humidity, and almost constant moisture we experience during the Florida rainy season, I have felt the effects. My motivation has been lower. My energy has been lower. There have been days when I have gone out for my walk expecting to feel energized afterward and instead come home feeling more depleted than when I started.

And that can be frustrating when movement is normally one of the things that makes you feel the best. But it has also reminded me of something I teach over and over again:

*We have to respond to the season we are actually in—not the season we wish we were in.*

## SUPPORT YOUR BODY—DON'T PUNISH IT

I think we sometimes appreciate wellness as though every uncomfortable feeling means we need to work harder. Exercise harder. Detox harder. Fast longer. Take more supplements. Do more.

But sometimes support looks like **doing less**.

- Maybe your normal three-mile walk becomes a gentler mile.
- Maybe you choose yoga instead of an intense workout.
- Maybe you go to bed earlier.
- Maybe you spend more time indoors on an especially humid day.
- Maybe you drink your water, eat a nourishing meal, and decide that today your body needs recovery more than another thing checked off your list.

That is not giving up. That is listening. And listening is one of the most important skills we can develop when it comes to our health.



## MOVING INTO A NEW SEASON

As we move into the cooler and generally drier months, I am looking forward to giving my body a little breathing room.

Cooler temperatures and lower humidity can make the environment less favorable for some of the mold growth that thrives during the hot, wet summer. And personally, I am ready for that change.

So we continue supporting ourselves, We keep moving. We nourish ourselves, We hydrate. We rest. And we allow ourselves to change with the season.

Ayurveda has always taught me that nature is constantly shifting—and that our bodies are shifting right along with it. We are not meant to eat exactly the same foods, move along the same way, or maintain exactly the same rhythm 24 months out of the year. Fall invites us to notice. To adjust. To begin turning inward just a little. And after this summer, I am more than ready for that invitation.

## LIVING IN THE FLORIDA SWAMP

Let's face it. South Florida gives mold exactly what it loves:

**HEAT. HUMIDITY. MOISTURE. RAIN.**

Mold spores exist in usually outdoors and warm, dry, and conditionally out of the most plenty of opportunity to flourish. For those of us who are sensitive to mold, the long rainy season can sometimes feel exhausting.

So during these months, I try to support myself in simple ways. After spending extensive time outside, especially on damp or rainy days:



I change out of sweaty clothes.



I shower and wash my hair when I have been outside for long periods.



I stay intentional about hydration.



I nourish myself well.



I give myself permission to rest when my body is clearly asking for it.

Hydration is especially important for me. Between walking, yoga, gardening, the heat, humidity, and sweating, there is already plenty for the body to manage. So I continue drinking my water, replenishing what I lose, eating nourishing foods, and giving my body what it needs to do the work it already knows how to do.



## Harvest Blessings

As October moves forward, I want to leave you with a simple wish: **Harvest blessings**. If you have a garden, I wish abundance over your garden. I hope the seeds you planted grow. I hope your herbs flourish. I hope your vegetables feed your family and maybe even leave enough to share with others.

And whether you grow food or not, I hope you recognize other things you are harvesting in your life. The relationships you have nurtured. The work you have done. The lessons you have learned. The ways you have changed. The moments when you chose yourself. There is so much nourishment available to us when we stop long enough to notice it.

# LOOKING TOWARD NOVEMBER

And before we know it, November will be here.  
The holiday season will begin. The kitchens will start smelling like cinnamon, cloves, and pumpkin spice.  
We'll begin gathering around tables again.  
There will be opportunities to nourish our bodies—and just as importantly, to nourish our souls.  
This year, I want to move into that season with one intention:  
  
Not forced gratitude. Not pretending everything is wonderful when it isn't. Just finding something, every day, that deserves our attention.

A cool morning. A good meal. A friend. A garden.  
A body that carried you through another day.  
  
A quiet cup of coffee. Someone you love sitting across the table.  
  
There is always somewhere we can begin.



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## THANK YOU FOR BEING HERE

I am incredibly grateful for this community.  
I don't take your trust lightly.  
  
When you read these newsletters, attend a retreat, take one of my classes, try one of my recipes, share something I have written, or simply send me a message saying something helped you, it matters to me.

Supporting this community is something I take very seriously.

I want for the Love of Gut and Soul Unbound to continue becoming places where we can talk honestly about our bodies, our minds, our health, our struggles, our growth, and everything in between.

More Soul Unbound.  
More food.  
More Ayurveda.  
More conversations.  
More opportunities to gather.  
More opportunities to learn.  
And hopefully, plenty of opportunities to simply slow down and enjoy being alive.

So as we move through October, I wish you health, nourishment, abundant harvests, and a heart full of gratitude.

Thank you for being here.  
Thank you for growing with me.  
And thank you for continuing this journey with me.

Peace and  
Love,

*Laura Poche*

For the Love of Gut  
*Loving yourself from the inside out*



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NEXT SOUL UNBOUND  
*December 6, 2026*