

Thank you for
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Community of Latinas
y Amig@s. Please
share with Others.

INSIDE
THIS
ISSUE

Page 2

- Start your Meditation Journey / 10 daily habits to develop in 2022
- We want to hear from you. Email us at Info@Latinas365.com with topics of interest & to schedule a free 30-minute appointment to discuss your goals/desired outcomes for 2022

February 2022!
Love is in the air



**Stop shrinking to fit
places you've outgrown**

~Furaha Joyce

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” ~Harriet Tubman



START YOUR MEDITATION JOURNEY

Want to start Meditating and need a little guidance? We got you! The goal here is to give you some tools to start this journey. The benefits of mindfulness are genuinely endless. Do you want to stop dwelling on the past, be more present at work or with your loved ones, manage stress better, or worry less and increase your focus? The good news is you can! Beginning this journey of mindfulness will help you create awareness. It is a journey, and it starts with one single practice. Are you ready? **Take a deep breath - Let's go!** [Full blog](#)

Ten daily habits to develop in 2022!

We have 11 months left to tackle our goals and get results! We're here to support the journey!

New year, new you? Get out of here with that. Let's take one day at a time, you don't have to reinvent yourself, just pick one and *start!*

1. Wake up early.
2. Write down ten things you want to accomplish.
3. Be kind to yourself, Amiga.
4. Make your bed every morning.
5. Move your body.
6. Sunscreen is your best friend.
7. Self-Care.

[Full blog here.](#)

[Recipes and fashion tips!](#)



THANK YOU FOR READING. WE'RE HERE TO SHARE, DISCOVER AND CONNECT TOGETHER. EMAIL: INFO@LATINAS365.COM WEBSITE: LATINAS365.COM - CALL @ 303-653-6007
