

Yoga with Wendy

FINDING PEACE, CONFIDENCE & SELF LOVE



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As I watch the snow fall outside of my window, no longer enjoying the gift of its peacefulness, being really ungrateful for the beautiful white color of purity, I realize I am definitely a season person. I am also a person that lives by the sun and sleeps by the moon. All these elements have played into my psyche and my mood. I miss warmth upon my face. I miss all the colors of spring and early sunrises. In fact I just miss the Sun!

But instead of complaining about Nature and how bad it treats me, I am going to move forward with my own Spring, the season of new beginnings. This Spring I have exciting new beginnings. I am in the process of creating a Meditation workshop, adding more classes to my schedule and creating this fun quarterly newsletter and I recently got certified as a Reiki practitioner. Stay tuned!

~Wendy~

"Your mind is a garden. Your thoughts are the seeds, You can grow flowers or you can grow weeds."

What does "setting an intention" mean?



Have you ever wondered what the hell the yoga teacher is talking about when they ask if you want to set an intention for your practice? I know you have because some of you have asked. It's a great question. The meaning of intention is "what one intends to do or bring about". By setting an intention for your practice you are energetically aligning a purpose in your life. This allows you to take the first steps into making change in your life. Wayne Dyer said, "Our intention creates our reality." And how many times have you heard "What you think, you become," or "Thoughts become things".

Ironically the line "Don't let your thoughts define you" come up for me in most meditations. This is for negative thoughts of course. I set an intention as a yoga teacher and almost daily come back to it when I need to rebalance myself. My intention is to guide my students in connecting to themselves, finding confidence, inner wisdom, relaxation and self love while improving the physical body. An intention doesn't have to be that long it could simply be ... I am patient, I am love, I am beautiful, I am peace, I am compassionate. Pause here and take a moment to think about a change you'd like to make or your purpose in your on and off the mat yoga practice.





What is Reiki?

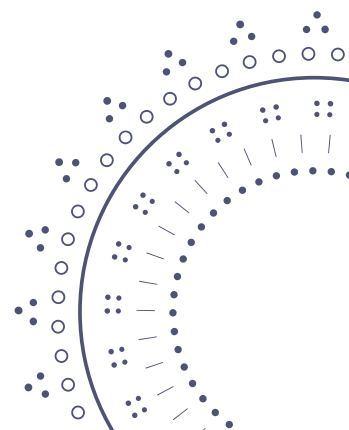
As I had mentioned I recently became a Reiki practitioner and very excited to share this part of my journey with you.

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. Rei~ means "God's Wisdom or Higher Power" and Ki is "life force energy". Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us know as "aura".

The Reiki practitioner administers Reiki by channeling life force energy through his or her hands unto another. It is believed that the spiritual guidance enables the Reiki to flow through the affected parts of the subject's energy field and charges them with positive energy. It raises awareness in and around the physical body where negative thoughts and feelings are contained. This causes the negative energy—such as stress, anxiety, physical pain, sadness, confusion, etc.—to relax allowing the touch of the Reiki healer to step in and clear the energy pathways.

[Click here for Reiki benefits...](#)

Reiki sessions last anywhere from 35 - 90 mins. For more information or to schedule a time email me at wendylloydyyoga@gmail.com.



WENDY'S WEEKLY SCHEDULE

Monday 4:15pm Gentle Yoga Stretch *BF PF

Tuesday 8:00am Meditation & Yoga Mix *BF PF
9:15am Good Morning Yoga *BF PF

Wednesday 4:15 pm Yoga for Beginners *BF PF

Thursday 9:15am Good Morning Yoga *BF PF
5:30pm Gentle Yoga *IH PF

Friday

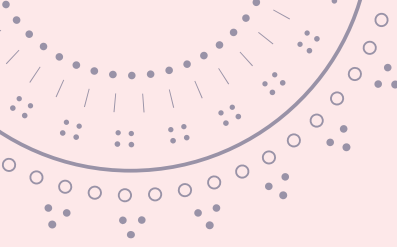
Saturday 8:30am Yoga *IH PF (every other Sat.)

Sunday

Location of classes:

*BF PF - Barefoot Wellness Prince Frederick

*IN PF - In Harmony Prince Frederick



UPCOMING WORKSHOPS

Beginners Meditation

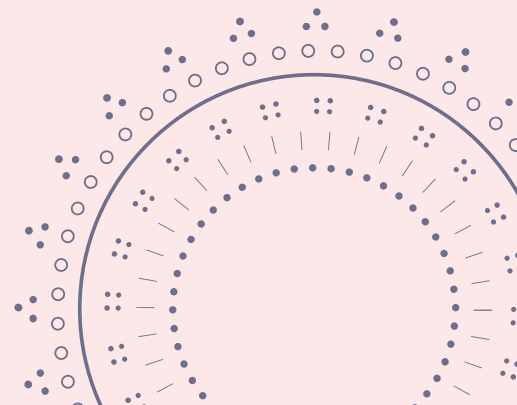
Monday, April 16 at 5:30pm - 6 week series
(Barefoot Wellness, Prince Frederick)

Meditation is an ancient practice with the goal of focusing and quieting the mind in order to reach a higher level of awareness and peacefulness in our lives.

In this 6-week beginner workshop you will learn meditation techniques that will help you build your own meditation practice. You will begin by learning different breathing techniques to support your practice. You will be introduced to chakras, how they intergrade with meditation and how to balance your chakras, using chants, mudras & mantras. Please wear comfortable clothes. Blankets for seating will be provided but feel free to bring a meditation bolster if you have one.

****Each week a new lesson will be added, skipping a class is not recommended and will not be refunded. The cost of this workshop is \$120 (this cost includes supplies provided). We require this cost to be paid upfront in order to reserve your space. Space is limited. ****

<http://www.secure-booker.com/barefoot/ClassSchedule/Workshops.aspx>





About Me

I live in Huntingtown with my hubs, Kevin, my two kids, Lily & Easton and one furry baby, Wilson. I love to love. I have lived a life where I felt so unloved and a lot of times not worthy to be here but God blessed me with the ability to turn that energy into loving others. Through my yoga journey I have learned to accept and love myself just as I am and not rely on others for that love and acceptance. I love the Universe and all it's gifts, nature is my favorite. I am truly grateful for each day, especially dinner time with my family and the opportunity to see my yoga students in a loving space during Savasana at the end of each class.

Follow me on Facebook:
YogawithWendyLloyd

Website:www.emeraldheartsandlavendarcrowns.com





Dear Sweet Friend,

If you have received this newsletter we have crossed paths and you have stamped my heart. Thank you for your love and friendship. You are a real important part of this journey. I have something really special to tell you....You, my friend, are so extraordinary, there is only one of you and there will only ever be one of you, so please Just be YOU!

With all my heart,

Wendy

