***Expanding into the New Year***

As we move into the new year, I invite you to expand more fully into your life.

In my morning yoga class that I taught locally this week, throughout all our stretches and poses, I interwove a theme on expanding into the New Year. Through all the lengthening, and expansive stretches, I gave the invitation to let go of what we no longer need and invite in what we wish to create in the new space inside that was emerging. The entire class was incredibly nourishing and impactful for all the students and the teacher, myself, too. I wish to bring this experience and message of upliftment to you all through these words, in lieu of being able to guide you through the process and poses in person.

**As we move into the new year, I invite you all to expand more fully into your life.**

What are you letting go of and what are you opening and expanding into for this new year?

***Increase your reach***. You can actually do this metaphorically and powerfully with your body reaching up towards the sky, lengthening the body as you reach up, arms spread wide.

***Inhale*** **As you reach up** with the inhale, breathing in all the goodness of everything that you want to create. As you exhale, release everything that you no longer need.

**Then set your intentions**, with hands on heart, visioning what qualities that you want to bring into the new year.

**Feel like it is so**, imagining that what you are wanting to create is real and happening now! In this way you, will begin to notice, as well as create, the opportunities that support your vision, and say ‘yes’ to everything that supports your heartfelt dreams.

**I wish you the clarity of 20/20 vision in this new decade that we are moving into, a full heart and a Happy New Year!**

I also invite you to learn more about my upcoming Mindful Eating MB-EAT Professional Online Training and new Well Nourished Training Online programs at www.mindfuleatingtraining.com

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