



# *wellness*

ISSUE NO. 04 • JANUARY 2020 • FREE

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An abstract, colorful splatter painting on a light cream background. The painting features large, bold strokes of blue, purple, pink, and green, with smaller splatters of yellow and teal scattered throughout. The overall effect is vibrant and expressive.

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# BATTLE OF THE HOLIDAY BLUES

Written by Jude Levy

***It's the beginning of January and you may find your not feeling your sparkly holiday self.***

After weeks of decorating, shopping, visiting, holiday parties and seeing family and friends, you wake up and it's abruptly come to an end. You may experience a feeling of emptiness as the quiet creeps in and the decorations disappear. Thoughts may focus on the disappointments of your holiday being less than what you expected. Just know that **you are not alone**, studies have shown that over 25% percent of Americans suffer mild to severe depression in the beginning of January. **So how do you get back on track?**

**Call it Out.** You can't pretend or wish it away. Ignoring our feelings creates a blockage of physical and emotional energy. Identify the emotion itself and where you feel it in your body. Sometimes just verbalizing what is going through our mind is all we need to feel better.


**Let go of the "I AM".** Many of us are of the mindset that we are the emotions we are feeling. How many of us say "I AM sad, I AM depressed"? Reality is that we are not actually the I AM of these emotions. These emotions are sensations simply moving through us. Separating the "I" from your feelings is the first step in creating space and levity. Become the witness...

**Set fun plans for the future.** It's okay to start planning for your next trip or maybe just a full day of self care. Plan a day alone catering to your needs such as a massage, facial, acupuncture or reiki. Getting excited for fun things to come, you can quickly change your mood around. Stay tuned for an in studio retreat this winter.

**Start becoming more active.** It's not easy to go out when the weather is cold and it gets dark so early, but commit to your well being and create new habits. Use yoga as a way to clear out negative energy stuck in your body. I have never heard of someone feeling worst after a class then they did when they walked in.

**Meditate and Relax.** When you ground into the present moment, let go of the past, and release the need to focus on what's coming next, you will experience the here and now. Everything is perfect exactly as it is. We have a ton of offerings at the studio that can help you learn how to do this. There is no better time to take your yoga practice off the mat than now. Whether you are new to to practice or a seasoned yogi, you can dig into that beautiful breath and create the warmth and lightness that you need to battle the end of holiday blues.





**Find a way to volunteer.** The holidays are over and feelings of charity and good will may dissipate at local charities. I know someone who goes to NICU and gives hugs to little babies, talk about a mood elevator. Maybe a local pet shelter giving hugs to dogs who are missing love is the perfect answer.

**Spend time with your real friends.** Now that the family obligations are over, this is the perfect time to reconnect with those who you enjoy spending time with. Being around friends and laughter is perfect for the soul.

**Shut down.** Your devices can throw off your circadian cycle and contribute to your depression. Find a new book or an activity to replace the time you are used to spending your free time with.

**Get out of your comfort zone.** Make a commitment to yourself to challenge yourself to embrace a situation or experience that you deem as "scary". Each time you conquer a fear reward yourself to something big or small to for a job well done.

**Battle SAD.** If you think that the darkness and cold weather that many of us experience during the festive season might be contributing to your blues, you may be one of many people suffering from seasonal affective disorder (SAD). If you find that you feel more depressed or lethargic over the autumn and winter months, it may be worth investing in a SAD light box which can help reduce the negative effects caused by the lack of natural light during this season.

**Clean out your home. Learn Feng Shui.**

Purge all of the belongings that don't bring you pure happiness. Get rid of those clothes you have been holding on to because you are afraid to let them go. Find double joy when you donate these items to someone who needs it more than you. A course in Feng Shui at Just Breathe can help you create the balance your home is looking for. As you know feeling comfortable and happy at home can elevate your overall peace and happiness.

**Add B Vitamins to your daily intake.**

Spinach, avocados and bananas are rich in folate sources. Vitamin B is a boost for your mood regulation hormones. Maybe find a cooking class and learn how to incorporate these foods into your diet in a new way.

**Make a gratitude jar.**

Fill up an empty jar with notes of gratitude to start your day. Take a look back at the end of the holidays next year and you will be able to jump start the feelings of love and abundance, guaranteed to boost your mood.



# Bringing in Love

Written by **JUDE LEVY**

The love of your life, your soul mate, your life partner. Whether you want to admit it or not, many of us are seeking that bond with another human. It's a beautiful thing when you experience a relationship full of mutual love, respect and attraction. Maybe you have found that your past has somewhat jaded you and the fear of being hurt again is holding you back. It could be that your walls have been built so high that you don't know where to begin.

Let's say you have made the choice that you are ready, willing and able to bring in that kind of love. That path can start now...it all starts with the intention and a little bit of your yogic practice to begin the journey.

Learning who you are is the first step in finding the greatest love there is ...the relationship you have with yourself.

The yoga practice teaches how to find your deepest self. It teaches you how to embrace self care, self appreciation and of course self love. It may sound cliché, but the truth is you can't love someone else or be loved if you don't start with yourself.

Authenticity is one key to finding new love. Knowing your true self prepares you for knowing what your needs and faults are. If you don't know who you are, it can be impossible to be ready for someone who does. Yoga awakens a part of us to our divine power and once we capture that true love is already yours.

When you learn to love yourself at the core it will awaken you to your divine light. This type of awakening brings faith that there is something more powerful than yourself in the universe. Just know that there is already a beautiful love story that exists in the relationship of divine to self.

Once we have self acceptance our thoughts and actions will reflect a place of appreciation of our body and it will change how you speak about yourself. Your body truly is your temple and you should treat it with respect. Treat your temple with gratitude and love all of it, even what you perceive as a shortcoming. When you love your body, your thoughts, actions and words will reflect that. This type of strength and confidence will also attract those who match your vibrational level and isn't that what you deserve?

Intention is a POWERFUL thing. The energy you put out there is what will surely return. Yoga gives use invitation to create an intention every time we show up to our mat. It's okay to ask for what it is you want. The more energy you put towards your intention the more powerful that energy force becomes.

Yoga teaches us about the power of life force (prana). Our breath is the ultimate lesson in this life force, it's literally what keeps us alive. Our breath is the only autonomous function of the body that we also have the ability to consciously control. The power of our controlled breath can drastically change our energy body. Start falling in love with your breath and watch how your vibration elevates and the world around you matches that energy.

Take all that you learn off the mat to prepare for the steps in dating and finding that person you want to be with. Today is the perfect day to put your intention to work. It's all up to you.

## mindful dating

**Have Clarity.** Don't just date for the sake of dating. Don't let the "status" of being a couple keep you from making the space in your life to find someone that may better match your energetic vibrations.

**Find Like Minded People.** Create a clear picture of the type of person you want to be around and what emotional qualities that person has. Participate in functions that bring you to meeting new people with similar interests.

**Ask Questions.** Invest the time necessary to find out about the person that has peaked your interest. Don't be afraid to find out about things that mean the most to you. By asking the right questions you can find out about a person's morals, values and interests. If they don't match what you are looking for you can part ways in a kind way of course.

**Practice Mindful Dating.** Staying present on a date is just as important as staying present on your mat. Use your breath to help drop you into your body when going out with someone for the first time. Body language is a strong indicator to a partner, you don't want to give out false reads to the person you are with. Plus, if you are relaxed so will the person that is with you.

**Date with Kindness.** Act as if...and behave in a way that you would like to be treated. If you realize there is not a connection or chemistry to be found simply be authentic in your feelings and be honest. It's much kinder to share the truth than it is to "ghost" someone.





## LOVE AMPLIFIERS

### Opal

Opal attracts love, passion, and desire. It intensifies openness and romance, encouraging you to let go of your inhibitions and try new things with your partner. It also aids the wearer in communication and encourages fidelity in love.

### Red Agate

Red agate promotes stability, security, and confidence within relationships. This stone helps to increase satisfaction with what you already have, and soothes anxiety. Red agate balances the root chakra and helps one stay grounded, even in stressful times.

### Rhodochrosite

Rhodochrosite is known as the "stone of the compassionate heart". This gemstone encourages selfless love, emotional healing, and calling new love into one's life. It enhances romantic love through encouraging feelings of self-love and compassion, which ultimately overflow from the happily full heart and pour outward.

### Rose Tourmaline

Rose tourmaline enhances compassion, attracts new energy, and encourages smooth transitions. This gem links the heart and crown chakras, mixing love and spirituality in a magical brew.

### Rose Quartz

A stone that relates strongly and directly to the heart chakra, rose quartz is the stone of unconditional love. It has a very soft feminine energy of compassion, tenderness, and sensuality. It opens the heart chakra and encourages a peaceful flow of self-love, romantic love, and platonic love. If you want to increase the energy of loving and being loved in your life, rose quartz is the ultimate stone to attract and support it.

### Amber

Considered a good luck charm for love and marriage, this stone is both energizing and calming at the same time. It is said to help in attracting and manifesting positive desires, and brings energies of patience, protection, sensuality, healing, and balance to those who wear or carry it.

### Garnet

Garnet balances energy, inspires love, passion, and balances the sex drive. Considered a lucky stone for love, it helps you let go of past patterns of behavior and enhances self-confidence.

### Lapis Lazuli

Lapis promotes and protects interpersonal harmony in relationships, and helps to keep the head and heart in balance. Known as a protector of interpersonal relationships, this stone can help to heal broken or injured bonds. Ancient folklore says that if you give lapis lazuli as a gift, you are forging an eternal bond of friendship, loyalty, and trust between the two of you.

### Moonstone

Moonstone is known to bring luck in love, and has been a common wedding gift throughout history for that reason. It is considered useful in reconciling estranged lovers, and Indian and European folklore both purported that two people wearing moonstone on a full moon would fall passionately in love!

SHOP THE STONES AT THE

*moonstone boutique*

299 RAFT AVENUE • SAYVILLE • INSIDE OF JUST BREATHE

## 10 APHRODISIAC ESSENTIAL OILS

# FOR LOVE AND ROMANCE

**Aromatherapy can play a powerful role in relationships – in fact, some essential oils are so good at sparking passion that they're believed to be aphrodisiacs. Spice things up with one of these essential oils for love and romance.**

### Ylang ylang

The sweet floral aroma of ylang ylang has a relaxing effect that makes it popular for romance. The exotic scent calms anxiety and releases inhibitions. In fact, petals of the ylang ylang flower have traditionally been scattered on the beds of newlyweds. Ylang ylang has a strong scent, which can become overwhelming, but it pairs well with bright citrus oils. Put some love in the air with this blend of sweet ylang ylang and uplifting orange and clary sage.

### Honeymoon night diffusion

3 drops ylang ylang

3 drops sweet orange

2 drops clary sage

Just drop these essential oils into an electric diffuser, adjusting the ratio as needed for your machine, and set it up in your bedroom.

### Rose

The blooming floral fragrance of pure rose oil brings about feelings of love, care, and comfort. Not only does rose oil support women's reproductive health, the calming aroma also creates an environment of relaxation that fosters intimacy.

### Pucker Up Scrub

1 teaspoon honey

2 teaspoons brown sugar

2 drops rose

Stir all ingredients together until you have a smooth paste.

Apply a small amount to your lips using your fingertips, then rinse with warm water.



### Ginger

When it comes to essential oils for love, the musky, earthy aroma of ginger is said to be very arousing. A warming oil that gets the blood flowing, ginger can help with building physical courage and confidence.

### Warming sugar scrub

5 drops fresh ginger

3 drops black pepper

4 drops cardamom

1 drop cedarwood atlas

In a mixing bowl, combine essential oils with

2 tablespoons carrier oil and 4 tablespoons granulated sugar.

To use, apply to skin using gentle, circular buffing motions, rinse with warm water and pat dry.



### **Nutmeg**

Nutmeg is a spicy oil that can stimulate a low sex drive and create connection. For a relaxing bath that you can enjoy together, combine warming nutmeg and the comforting yet romantic fragrances of rose and vanilla.



### **Sandalwood**

Sandalwood might not be your first pick for essential oils for love, but its warm, woody aroma soothes nerves and promotes sexuality, especially in men. Spritz your linens to set the scene with this exotic aroma.



### **Black pepper**

Stimulating black pepper combines well with sandalwood and peppermint to create a sensual blend that will warm you up and get your blood flowing. Turn down the lights and take turns massaging each other's shoulders, neck and back.



### **Clary Sage**

Clary sage is known for its affinity with women's menstruation issues, but the unique musky, herbal scent is also an aphrodisiac that boosts libido.



### **Sensual milk bath**

3 drops rose  
2 drops nutmeg  
2 drops vanilla

Combine essential oils with one ounce of carrier oil and 1 can of full fat coconut milk. Stir together to blend. Pour into a tub of warm water and use your hands to disperse the mixture.

### **'I love you' linen spray**

35 drops sandalwood  
35 drops spruce  
30 drops lavender  
Fill a 4-ounce spray bottle with 1/8 cup grain alcohol and add the essential oils.  
Let sit for 5 minutes and fill the bottle with distilled water then mist linens.

### **Love potion massage oil**

6 drops sandalwood  
4 drops black pepper  
3 drops peppermint  
1 drop cinnamon  
Add the essential oils to two ounces of carrier oil, like grapeseed or sweet almond oil.

### **Love-at-first-scent sachets**

3 drops geranium  
4 drops clary sage  
6 drops orange

You can scent dried rosebuds with this pretty blend to create a passion-inspiring potpourri mix. Just pour it into small cotton bags, then store them in your lingerie drawer. Or transfer the potpourri to a decorative bowl on your nightstand or dresser.

# Love Potion

meditation  
essential oil make & take  
dark chocolate  
{byob}



**Thursday, February 13**

7:30pm \$33 exchange

# Strengthen the LOVE

## into your Home by Jude Levy

Relationships are work and that especially includes the one you have with your family. When you spend a lot of time with someone it's easy to forget to stop and show how much they mean to you. When living quarters become hectic, your patience level may dwindle and your fuse may be shortened.

Keeping peace in the household starts with gratitude and respect for one another. Losing that causes anger and resentment.

Here are some little things you can do for your loved ones to remind them how much you care. When everyone in the house takes part in this, your home will feel even more full of love, light, and safety.

### **Eat a Meal Together**

Sounds simple right? But between work, after school activities and weekend obligations it sometimes can seem impossible for everyone to be home for a meal at the same time. You may not be able to do this everyday, but it's important that you find at least one day a week that you can share a mindful meal catching up on whatever is important.

### **Make Love Notes**

With all of technology ruling our communication world a nice handwritten note can brighten up someone's day.

### **Give and Accept Apologies**

Don't let the ego get in the way of resolving a conflict. Grudges or negative feelings will quickly destroy you. It is not worth the consequences to hold a grudge. Be quick to move on and encourage your family to do the same so that happy feelings can always exist in your home.



### **Give a Compliment**

Feeling noticed is something that all individuals need. With compliments, everyone will feel even more loved and appreciated.

### **Just Listen**

Sometimes all we need to feel better is letting someone listen to our feelings. When your child or partner wants to talk, stop what you're doing and listen with full attention. Give people time to express their points of view or feelings. You might have to refrain from offering your opinion unless your advice is being asked for.

### **Don't take anything for granted**

The family unit will shift and change as years go by. Time has a funny way of flying. Make sure that you show the love and compassion now. We are only here on this earth for a short period of time. Make that time with your family count!





## *Love & feng shui*

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January 26th | 12-3pm | \$50 Investment

Attract the energy of Love in all its forms, beginning with Self Love. We'll learn how to apply intuitive Feng Shui to radiate love from the inside out, add some simple love-energy boosting fixes at home, attract all of the love that is already yours and waiting for you, and finish with a Reclaiming Your Power guided meditation.

# snow storm survival

*There is a major storm and your favorite hot yoga studio is closed. You already have cabin fever 10 minutes into the day and the kids are driving you bonkers. For those days, find a few ways to create your own warming zen den.*



## Mindful CBD Tea Meditation

Mindfully drinking hot tea is both a warming and centering practice. In Japan, there's a tea ceremony meditation, sometimes called Chanoyu or the Way of Tea. After tea arrived from China around the 12th century, Zen Buddhists developed this ceremony to carefully prepare and savor hot tea.

You can carry out your own simple version of a tea meditation by bringing mindfulness to each movement and stage of the tea making and drinking process. Choose a time and space, arrange the materials carefully, and brew the tea. Add your favorite sweetener and some EuphoRX CBD to prepare. Once your tea has brewed, pause to hold the warm cup and experience the heat seeping into your hands. Smell the tea, sip it slowly, and feel the warm liquid enter your body. Vietnamese Buddhist monk Thich Nhat says, ***"You have to be mindful of the tea, you have to be concentrated on it, so the tea can reveal its fragrance and wonder to you."***



## Breath Temperature Meditation

Becoming aware of the warmth your own body generates can be both comforting and grounding in the winter. A very direct and simple way to do this is to focus on the temperature of the air that enters and leaves your body. While seated, lying down, or in any position that allows you to focus on the sensations of your breath, take a few deep breaths and bring your awareness into the area of your nose, mouth, and throat.

As your lungs breathe in air from your environment, feel the cool air pass into your nostrils or over your tongue and into your throat. As you exhale, feel the air that your body warmed pass back out. Use a quiet mental note of "cool" and "warm" to mark the breath sensations. After a few minutes, return to your normal activities or use this as an introduction to other mindfulness practices.

# SNOW STORM SURVIVAL

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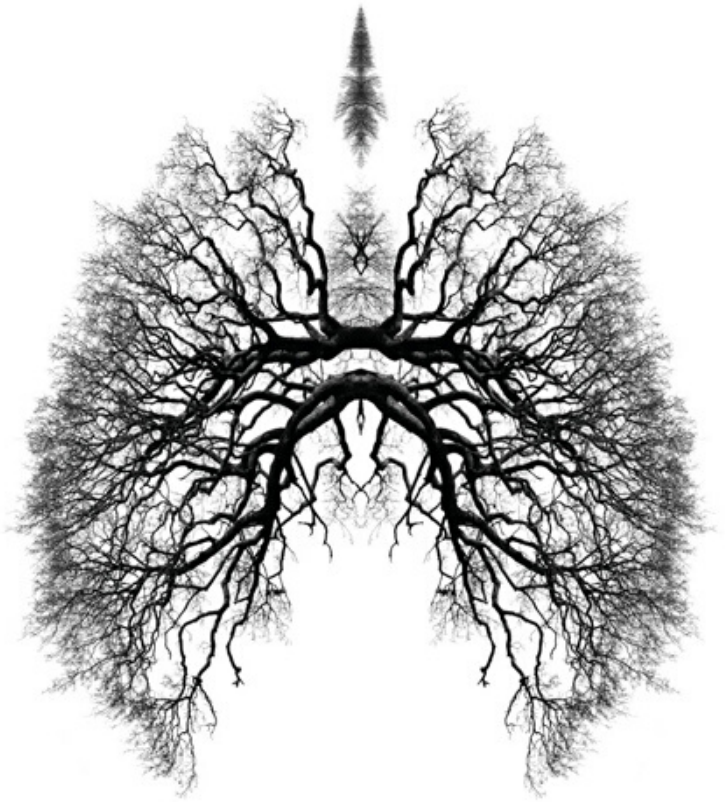
**Heat up the body with just the breathe...This is perfect to do with your children and who knows maybe mindfulness practice will become part of your routine.**

## **Skull Shining (Kapalabhati)**

### **How to:**

- Find a comfortable seat.
- Rest your palms on your thighs.
- Take a few deep breaths to get centered and prepared.
- Inhale fully through your nose and exhale fully through your mouth. Then inhale three quarters of the way through your nose and begin a quick, sharp exhale. Your inhale breaths will happen naturally.
- With each exhale forcefully push the air out of your lungs using the strength of your diaphragm and abdominal muscles.

Continue for 10 to 20 cycles. Inhale fully through your nose and exhale fully through your mouth. Observe how you feel.



# B R E A T H E

## **Ocean Breath (Ujjayi)**

### **How to:**

- Find a comfortable position—sitting, standing, or reclining.
- Rest your hands by your sides or somewhere on your torso. Take a few deep breaths to get centered and prepared.
- Seal your lips lightly and separate your teeth. Rest your tongue lightly behind your front teeth.
- As you inhale through your nose, create a slight constriction at the back of your throat to generate a soft wheezing sound.
- As you exhale through your nose, keep the constriction at the back of your throat to maintain the wheezing sound as you push the air out.
- At the end of your exhale, draw your navel into your abdomen to push out any remnants of air. Engage your abdomen gently.

Continue for 10 to 20 cycles. Observe how you feel.



# SNOW STORM SURVIVAL

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*The perfect way to warm up the body is through some morning salutations. Next time the gloomy skies and cold weather has you down, try this sequence to start your day.*

**1. Standing Mountain Pose** Stand with your feet hip-width apart. Press your palms together in prayer position. Rest your thumbs on your sternum and take several breaths.

**2. Upward Salute** Sweep your arms out to the side and overhead. Gently arch your back and gaze toward the sky.

**3. Standing Forward Fold** Exhale as you fold forward from the hips. Bend your knees if necessary. Rest your hands beside your feet and bring your nose to your knees.

**4. Half Standing Forward Fold** Lift your torso halfway, lengthening your spine forward so your back is flat. Your torso should be parallel to the floor. Keep your fingertips on the floor, or bring them to your shins.

**5. Four-Limbed Staff Pose** Exhale as you step into plank pose. Continue exhaling as you lower your body to the floor. Keep your elbows tucked in toward your sides. If needed, come to your knees for Half Chaturanga.

**6. Upward-Facing Dog Pose** Inhale as you draw your chest forward and straighten your arms. Draw your shoulders back and lift your heart to the sky. Press through the tops of your feet, lifting your thighs off the floor and fully engaging your leg muscles. Keep your elbows tucked in toward your sides.

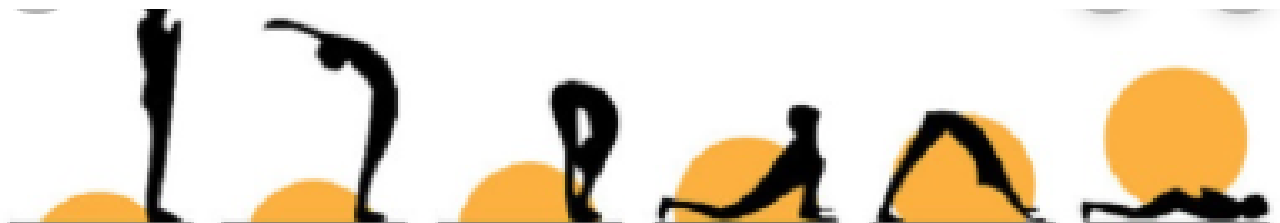
**7. Downward-Facing Dog Pose** Stay here for five breaths. On your last exhalation, bend your knees and look between your hands.

**8. Half Standing Forward Fold** Step or jump both feet between your hands. Lift your torso halfway, lengthen your spine forward so your back is flat. Your torso should be parallel to the floor. Keep your fingertips on the floor, or bring them to your shins.

**9. Standing Forward Fold** Exhale and fold your torso over your thighs. Bend your knees if necessary. Rest your hands beside your feet and bring your nose to your knees.

**10. Upward Salute** Inhale and sweep your arms out to the side and extend up once again. Gently arch your back and gaze toward the sky.

**11. Mountain Pose** Exhale as you come back into Mountain Pose. Bring your hands into prayer position. Rest your thumbs on your sternum.



# fan favorite friday series

## **1.10 FLIGHT CLUB W. NICK**

Dedicate some time to embrace the fearlessness. This flow is geared towards your ability to find new boundaries and embrace inversions. *NON HEATED*

## **1.17 BUTI YOGA W. SHERYL**

Buti Yoga brings a variety of different movements together, including vinyasa-style yoga, tribal-inspired dancing and plyometric exercises (otherwise known as 'jump training').

## **1.24 ASHTANGA W. NICOLE**

This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Prepare to sweat as you briskly move through a set sequence.

## **1.31 KUNDALINI W. RADIANT ROB**

The meteoric rise of Kundalini yoga has sparked one of the most potent viral wellness trends. It is a system of yoga and meditation that promotes health, happiness, and spiritual awareness. *NON HEATED*

## **2.7 LAUGHING LOTUS W. CHRISTINE**

Lotus Flow™ is an uplifting, innovative and soulful journey — a practice steeped in the timeless traditions of yoga, infused with music and spiced with divine inspiration.

## **2.14 HEART FULL FLOW W. ROBIN**

This flow is dedicated to opening the heart chakra and creating the energy to feeling the strength of your own love vibrations

## **2.21** *surprise*

Just show up ready and know that you are guaranteed to feel better when you leave.

## **2.28 ART IN MOTION FLOW W. CHRISTIANNE**

Our body is the most amazing piece of art we know. Inspiring flow to move your body in the fashion that awakens your own beauty.

## ENNEAGRAM WORKSHOP

**led by Robin and Nick • January 3 (f) 6p-9p, January 4/5 (ss) 12p-6p**

The enneagram is a tool for empathy and a guide to self-remembering. A path to deeper understanding that teaches why it is we do what we do and where our brokenness comes from, while also teaching us about our best selves. **\$250**

## TODDLER & ME

**led by Lisa King • January 4 (sa) 9:30-10:15a**

Bring your lil one in for a fun morning of yoga. All caregivers are welcome. **\$21**

## KIDS MINDFULNESS SERIES

**led by Lisa King • starts January 8 (w) 4:30-5:30p**

Mindfulness has emerged as a way of treating children and adolescents with conditions ranging from ADHD to anxiety, autism spectrum disorders, depression and stress. Come find out for yourself. Ages 7-12 **\$75** (for every Wed. in January)

## FAN FAVORITES SERIES BEGINS

**led by your favorite teachers • starts January 10 (f) 6p-7:15p,**

We have rounded up some amazing teachers for our annual fan favorite series.

Expose yourself to a new way of moving. **Included with all packages**

## VISION BOARD AND MEDITATION

**led by Audrey Rose • January 10 (f) 6-7:15p**

With a vision board in hand and a new powerful mantra, you will be moving toward growth in the most important areas of your life! **\$27**

## SINGING BOWLS ON THE LOW HAMMOCK

**led by Chris Schmoger • January 20 (m) 7:30-8:30p**

Combine sound therapy and a low hanging restorative hammock and you have found the ingredients for bliss. **\$25**

## INTRO TO TAROT

**led by Regina • January 24 (f) 6:30--8:30p**

The tarot is an incredible tool for self-discovery, By committing to learning the symbolism and significance of the tarot, you are also committing to your intuitive development. **\$33** (we will be selling decks for this workshop)

## LOVE SHUI

**January 26 (s) 12-3p**

Attract the energy of Love in all its forms, beginning with Self Love. We'll learn how to apply intuitive Feng Shui to radiate love from the inside out, add some simple love-energy boosting fixes at home, attract all of the love that is already yours and waiting for you, and finish with a Reclaiming Your Power guided meditation. **\$50**