

# 10 Ways To Beat The Winter Blues



## #1. Get Out Of the House

No, matter how cold or unappealing it looks outside, bundle up and breathe in the fresh air of Mother Earth. Believe me, the healing effects of nature will revive your energy and outlook.



## #2. Yoga

(This just might be our favourite on the list ;P) Through yoga, you can gain increased clarity, energy, flexibility, toning and awareness. You may also meet many new friends and have lots of fun! *It just so happens that we just opened registration for our March-April classes.* There is something for everyone so take a look and don't delay, do yoga today!



## #3. Laugh

For many of us, winter can be a time of hibernation and solitude. Make it a priority to make plans with friends and family to share a good laugh! Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being.



## #4. Drink Lots of Water

Staying hydrated is essential, especially when furnaces are blasting to keep us warm. Symptoms of fatigue, difficulty concentrating, irritation and excessive hunger are usually dehydration in disguise! Drink up to help flush toxins and hard energies!



## #5. Dance

Did you know it's scientifically proven that dance makes you happier? People who dance are less likely to be depressed and report higher levels of emotional well-being. *And guess what?! We are super excited to announce our new workshop "Let's Doga!" which is a mix of dance and yoga! For more information, click here!*



## #6. Soak In A Bath

It has been said that soaking in a warm bath may actually make us feel less lonely (and therefore increase our happiness!) A bath may help substitute physical warmth for emotional warmth. Doing so seems to ease loneliness and feelings of isolation. Warm baths may also cue oxytocin, the hormone responsible for making us feel relaxed and bonded with others.



## #7. Let It Go

Holding on to struggle, anger and unforgiveness is an unnecessary weight on your mind, body and soul. As the saying goes, "The first to apologize is the bravest, the first to forgive is the strongest, and the first to forget is the happiest"



## #8. Meditate

You don't need any formal training to mediate. It's simply a matter of sitting quietly, closing your eyes, breathing and listening. Amongst the many benefits, mediation can lessen stress, anxiety, and depression as well as increase/improve positivity, relaxation and self-acceptance. So, give it a try - your mind, body and soul will thank you!



## #9. Detox

Detoxification can lead to all kinds of benefits including better health, better moods and more energy as well as beautiful skin and hair. A healthy diet and lifestyle that includes pure water and plenty of sleep goes a long way toward natural detoxification along with exercise, which is a major key to helping your body detox. Actually, yoga has many postures, poses and flows that can help you sweat out toxins to encourage detoxification! *Click here to check out our upcoming classes and workshops!*



## #10. Music

As the great Bob Marley said, "One good thing about music, is when it hits you, you feel no pain." Music not only helps us cope with pain - it can also benefit our physical and mental health in numerous other ways. Take a lesson from our wise Ancestors that used sounds, rhythms and vibrations to heal their mind, body and souls - and pump up the beats!