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Podcasting in winter + retreating in spring == ALL THE FEELS! 🍌❤️

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CREATE + REST + YOGA
(ahhhhhh)

Creatives! I'm SO EXCITED to retreat with you in March! I'm co-hosting a yoga + creative retreat on the shores of South Carolina (*literally steps*

from the Atlantic!). We'll do yummy pajama restorative yoga, eat delicious food, and have plenty of time for whatever creative project you're noodling over right now. Find out more: www.liznorell.com/harbor.

Save my spot now!

What I've read (and enjoyed) lately

When the world feels like a bit too much, I tend to seek refuge in reading that's a little fluffier than normal. The last couple of months have demanded such reading. May I then recommend Christina Tetreault's [Love on the North Shore series](#)? Five books, connected stories, delightfully breezy reading.

I asked my American Government (honors) students to read Reyna Grande's memoir, [The Distance Between Us](#) -- it was poignant, moving, and humanizing, especially in these turbulent times. I highly recommend it!

I also recommend Virgie Tovar's short-but-fierce essay, [You Have the Right to Remain Fat](#). I dog-eared and highlighted the hell out of this book, and here's just one example of what was so moving:

My life wouldn't be easier if I were thin. My life would be easier if this culture wasn't obsessed with oppressing me because I'm fat. The solution to a problem like bigotry is not to do everything in our power to accommodate the bigotry. It is to get rid of the bigotry. (p. 103)



I can't believe it, but after YEARS of dreaming of this ... my podcast is finally out in the wild! Check out the first episode now -- and then please let me know what you think! Find it on [iTunes](#) or [Spotify](#) (or wherever you get your podcasts).

In the weeks ahead, you'll hear conversations about all sorts of fears ... and the amazing (and not-so-amazing) things that can happen when you find the courage to face the things that scare the hell out of you.

What I've learned

At a recent workshop on Restorative Yoga (hat tip: [Asheville Yoga Center!](#)), I learned such great tools for broadening my restorative yoga offerings... including the most incredible (and unexpected!) assists in restorative poses. Here's what I learned:

- **Restorative yoga is one of the hardest practices I've ever done.** And I know what you're thinking: "Laying on blankets is HARD?!" But it is. Because when you engage in a regular restorative practice, ALL your shit comes up. After two or three restorative practices -- yes, of 'laying on blankets,' you'd be surprised what emotions start bubbling up. I found myself **really angry** in my third 90-minute practice. I texted my partner, "Turns out, there IS such a thing as too much restorative yoga!"
- Restorative poses are some of the most vulnerable positions we can assume, on or off the mat. We're settling in, often for 15-20 minutes, and closing our eyes. One of the best things you can do to help yourself feel secure? **Add weight.** Extra blankets, bolsters, weighted blankets or sandbags ... they all contribute to sense of security and calm. **Apply liberally.**
- When you get really quiet, and when a class is engaging in restorative yoga, **the energy each person is feeling becomes palpable.** As a yoga teacher, maintaining the space for the practice is exhausting. As a student, the sensory awareness you develop over multiple restorative classes is indescribable.



Starting January 2019: A year-long (online) guided, intentional project to help you **identify what brings you the most joy** (so you can do more of THAT) ... and what just feels like endless hustling that gets you nowhere (we want less of that, right?).

Think book club + girlfriends + guided exercises + accountability. You'll want to join us if: you've always wanted to read some Brené Brown; you need accountability to make progress on your goals; you want to meet some SUPER COOL new BFFs; you just think a 'year of you' project sounds like fun. Or you're just curious to see what it's all about!

Details will be announced in December.

Did you find this enewsletter interesting? Valuable? Want more content like this? Share with a friend (using the links below) or drop me a line at liznorell@gmail.com.



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