



Beet
Whipped
Feta



March 2024



Check out this recipe from Jenny!

*Spring Equinox is Thursday,
March 20th at 5:01 AM!*

Events & Workshops

- 3/7-8 EmpowHER Women's Event @ Radisson Hotel
- 3/13 A Be Well Collective sound & wellness event w/Kara @ The Hive in Mattawan from 6-7:30 PM
- 3/17 Join Intentional Yoga for an all-day St. Patty's Day Party for cold plunges, Irish music & yoga classes with prizes at each class!
- 3/28 Chakradance at The Heart Center w/Angie at 6 PM

Spring Renewal Practices: Mind, Body, & Spirit

Mind: Declutter your mental space with a journaling practice:

What thoughts, worries, or distractions have been occupying my mind lately?

What mental clutter no longer serves me or aligns with my current goals and desires?

What would it feel like to let go of these thoughts or worries? How can I release them with love and compassion?

Body: Gentle Movement

Walking, bike ride, yoga, strength training, adapt the practice to what your body needs right now.

Spirit: Reconnection to our Highest Self

Grounding practices, gratitude, spending time in nature, reading, reflection, creating a vision board, cleansing, creating a sacred space, or perhaps practicing self-compassion.

Loving our Bodies

- Somatic practices; sit or lie in stillness:
 - ✓ What sensations are here right now?
 - ✓ What does my body need?
 - ✓ What would it feel like to soften 5%?
- Intuitive Movement Playlist:
 - ✓ Grounding beats
 - ✓ Instrumental tunes
 - ✓ Gentle vocals
 - ✓ Mantra songs
- Herbal Bath or Foot Soak:
 - ✓ 1 cup Epsom Salt
 - ✓ 1/2 cup dried lavender
 - ✓ Grab your favorite book
 - ✓ State affirmations
 - ✓ Write YOURSELF a love letter
 - ✓ Take your time, this is for you!

FREE Community Events

3/1 Relax and Meditate with Tai Chi at Kalamazoo Public Library Oshtemo from 2 PM- 3 PM

3/15 Reading Together 2025: Meet the Author of Solito at Chenery Auditorium from 3-5 PM



Is there a topic that you're interested in that has not been talked about? Please email info@swmihealthmatters.com with your ideas or questions! We love hearing from you!!