

You're The One Newsletter

REST & BE RENEWED! Issue 16 Vol 3 March 2021

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2021 - Mojo Classes
2021 - Best Year Workshops
2021 - Webinars
2021 - New Products
2021 - 1 on 1 Life Coaching
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What's New With Karen

Welcome to March. With summer ending, I have decided to be spontaneous & spend my last afternoon enjoying Melbourne's warm weather & write this Newsletter outdoors. Oh my goodness - it is beautiful here! I feel like I have discovered my own slice of paradise right in my backyard of Moonee Ponds at our local Queens Park (*a hidden world of life!*) Why haven't I done this before? As I sit here, it both awakens & soothes the senses at the same time. It is the most magnificent place to do people watching as others stroll by; mothers with prams and babies, elderly ladies with their little dogs as their companions, romantic couples, families, and people on their own. All seem to be at peace. There is a cacophony of sounds of nature, children happily playing, the sounds of joy from the outdoor swimming pool next door, all to the backdrop of nature's humming orchestra of a myriad of birdlife. I am inspired, I am uplifted, I am refreshed, I am awoken to what a difference it makes for us to rest (no agendas, no schedules, no work) simply the freedom to just be. I now know why Sunday is considered to be an important day of rest, leisure & family time. So my invitation this month is to inspire you too, to dedicating one day per week as your 'rest day' (& experience just 'being present' with yourself, your loved ones, and your environment). May you be rested, revived and renewed! Love Karen XXX (This newsletter is dedicated to my parents. It's my Beautiful dearly departed Mother's Birthday on 1 March (I will let go of a Red Balloon for Mum tomorrow in Queens Park - as this was Mum's favorite local spot)- and Dad is turning 80 on 2 March (Happy Birthday Dad! Dad is a constant source of encouragement & inspiration, and is living the good life on the Gold Coast, fit and happily now!)

RESPITE. REFRESH. RESET. REST.

"Take rest - a field that is rested gives a bountiful crop."

- Ovid -

Yours sincerely,

karen vella

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A REMINDER TO BE SILENT AND LISTEN TO THE SOUL
Love Karen at YTO Life Coaching



Inspiration From Mother Teresa
karen@yto.com.au

Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 31 March 2021

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