

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

YOGA



I practice yoga every day. It is a discipline that I enjoy, because of its multitude of benefits. I love that yoga is referred to as a “practice.” Just as excellence in any endeavor comes with repetition through practice, the jewels in yoga come to us the more we do it. Yes, the poses (asana in yoga speak), tone our muscles and increase our flexibility. But the benefits of yoga go far beyond this.

Yoga literally means “union”, a union of our bodies and minds. For the more spiritually minded, it represents a union of individual consciousness with Universal consciousness. Because of its deeply spiritual aspects, yoga is sometimes misleadingly associated with a particular religion. Yoga is in fact a very precise science.

“Yoga is not a religion. It is a science, a science of well-being, a science of youthfulness, a science of integrating body, mind and soul”

~AMIT RAY

There is a saying in yoga circles that “what works on the mat, is what works off the mat.” Yoga stresses the importance of the breath and in mastering the more challenging asana, we do learn to breathe more deeply – did you know that as westerners, we are more likely to breathe from our chests (compared to easterners who breathe more deeply from the diaphragm), reducing our oxygen flow and increasing anxiety? Just as we breathe into the challenging asana, we learn to breathe into challenges as they arise in our lives. This helps maintain a greater sense of calm and reduces the anxiety. Yoga also invites us to relax and allow as painful tensions arise in our muscles during asana. This encourages us to not wish we could control everything in our lives (which we can’t) but to maintain some objective detachment from difficult situations as they arise. This enables a more constructive approach to challenges in our lives.

Hopefully by now you are beginning to understand that yoga has a huge effect on our minds, perhaps even more so than on our bodies. As busy entrepreneurs, we need our minds to be performing at their best. Our minds are ineffective when they are crowded with noise. They perform best when they are quiet – and this is the greatest gift of yoga.

Business Spotlight

Soham Yoga

Soham Yoga is a Yoga Studio offering Traditional Yoga practice. Ashtanga Yoga, Vinyasa, Aerial, Yin Yan, Chair, Gentle Yoga, Candlelight Yoga, Yoga Basic for beginners, Balance & Stretching and Meditation. Owner, Yani Daes, RYT 500, E-RYT 500, YACEP was inspired by the teachings of Sri. K. Pattabhi Jois and culminates RYT 500 hours of teacher training ready to awaken the love for the Yoga that not only changed her life but is now part of her daily practice.



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Important Deadlines



FEBRUARY 12TH

Individual Tax Returns can be e-filed

MARCH 15TH

Business Tax Deadline for S-Corporations & Partnering/Extension Filing Due

APRIL 1ST

FL Corporate Deadline for C-Corporations

FL Tangible Personal Property Deadline

APRIL 15TH

Individual & C-Corporation deadline/ Extension Filing Due

MAY 1ST

FL Annual Report Deadline

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WHAT IS A MERCURY RETROGRADE?

A Mercury Retrograde is a time when fast moving Mercury (it orbits the Sun every 88 days) appears from earth to be moving backwards. Mercury rules communication. Historical empirical evidence reveals that during Mercury Retrogrades, events happen that cause us to re-evaluate communications - for example, computers break down and we have to improvise; misunderstandings abound and we need to mend fences. Mercury Retrogrades happen 3 to 4 times a year. Given that people tend to prefer consistency, Mercury Retrogrades that trigger the need for change have a bad reputation. In keeping with the Cosmic Mojo goal of supporting a positive belief in a user friendly universe I suggest you choose to adopt an uplifting perspective about these times. A suggested approach is described below.



ABOUT THIS PARTICULAR AQUARIUS MERCURY RETROGRADE

Before the start of this retrograde, Mercury had spent the month of January hanging out in Aquarius. It had almost arrived at the end of this sign that is ruled by Uranus, the planet of surprises. Then on January 30, 2021 it started to retrograde and, thus, moving back toward the beginning of Aquarius. Events in January foreshadowed frequencies that are likely to continue in February. Our news (communications) brought many surprises and triggered much re-evaluation regarding our way of life. The operative element of the word retrograde is “re.” The retrograde influence, to the planet that affects our thinking, calls us to re-evaluate. Because of this retrograde, Mercury will remain in Aquarius until mid-March. This is an unusually long time. It is natural for us to wish to feel in control. And, however, I recommend for mental and spiritual well being that you consciously choose to re-vamp your attitude towards change and surprises. Play with the idea of embracing a self-perception of being nimble. Open to the excitement and life-enhancing potential of expecting the unexpected. You are likely to feel better about life if you choose to commit to partnering with the user friendly universe to be navigating expecting the unexpected to be GOOD NEWS. Pay attention to how you are being guided to rethink, redo, recommit, rework and/or a myriad of other ways you can be adjusting to these dynamic times.