

TWO STUDIOS ~ ONE COMMUNITY

THANKSGIVING & CHRISTMAS 2025

Sweetwater/Parkside Newsletter

The yoga is going on!



To The Core with
Shannon Kidwell
Shannon Kidwell

Join Host
Shannon Kidwell,
& CoHost Heather
Kennedy as they
get into some
deeper topics,
conversations
near & dear to
your heart,
specifically for
our community...
now on Spotify.

PAWS & Reflect

Therapy Dog LunchHour Visit

Wednesday, November 19, 2025

12:15 - 1pm FREE to visit
Human/Hound Connection

An opportunity for the dogs to share the love;
to provide a valuable sense of reassurance, joy
and calmness for people in our community who
might be going through hard, stressful or
lonely times in life, especially around the
holidays. Come hang with us for a little bit...
This event is FREE for everyone!

www.ParksideYogaAndFitness.com

SISTER STUDIOS



Sweetwater Yoga

895 Fox Valley Dr #113
Longwood



Parkside Yoga

1079 W OBT Apopka

Yoga for a more grounded holiday!

Stress relief

Self - Care

Reflect & Restore

Gratitude.

Slow Down & Counter Chaos

Boost your mood.

Presence vs Presents

Be The Gift

2026 COSTA RICA RAINFOREST YOGA RETREAT

Nature, The Magnificent Teacher + Yoga, The Incredible Learner

= An Immersive & Transformative Life Experience

This year, in addition to all the delicious yoga and fun meals, we've added Fit Camp workouts and daily workshops... a week long fundamental study of the 8 *Limbs of Yoga* and how to apply this ancient wisdom to our modern day life.



**2026 COSTA RICA
YOGA RETREAT PRICE SHEET**
July 1-8, 2026
Posada Natura, Costa Rica

Single Beds
Room Share for 2 - \$1850 per person
Room Share for 3 - \$1650 per person
Room Alone - \$2050

Queen Bed Suite with Balcony
1 person only - \$2600
Room Share for 2 - \$2100 per person

Includes:

- Lodging/Accommodations
- Meditation sessions
- 8 Limbs of Yoga STUDY/Workshops
- a.m. & p.m. Yoga Flow & Yin Yoga Classes
- Morning FitCamp Workouts opportunities
- Farm-to-Table nutritious focused meals
- Exclusive use of entire space for our group

No prior yoga experience necessary.

Non-Refundable Deposit \$600
due now to hold your spot
Balance due in payments:
50% of balance due 2/01/26
Remainder of balance due 4/01/26

To make your reservation contact Shannon by private message, email or text. Contact below.

Air travel not included. Transportation from the San Jose Airport to/from Posada Natura Retreat Center are one separate fee of \$70, payable to host.

Host Contact Information: Shannon Kidwell, SlayTheDay.SK@gmail.com, 407-334-4618



**2026 COSTA RICA
YOGA RETREAT INFORMATION**

Treat yourself to an adventure amidst the lush jungles of Costa Rica, fueled by yoga, rest, reflection and the wisdom of nature; a week-long, all-inclusive, soul-shifting, sacred rainforest retreat.

Enjoy practicing amongst the wilderness, beautiful beaches, and all the abundance that Costa Rica has to offer. Soothe your soul with the healing sounds of the jungle... flowing rivers... you just might see some toucans and hummingbirds, lizards, sloths, and monkeys.

This all-inclusive package includes accommodation, meals, FitCamp workouts, morning and night yoga/meditation classes, 8 Limbs of Yoga workshops, a beach trip excursion, **airport transportation (**MUST BOOK COORDINATED FLIGHT WITH EVENT HOST), and more.

NOTE: we are staying in the rainforest, not at the beach.

July 1-8, 2026
Posada Natura, Costa Rica



**NOW TAKING RESERVATIONS
& ACCEPTING DEPOSITS**

UPCOMING EVENTS PARKSIDE YOGA

PAWS & Reflect
 Therapy Dog LunchHour Visit
 Wednesday, November 19, 2025
 12:15 - 1pm FREE to visit
 Human/Hound Connection

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www.ParksideYogaAndFitness.com

FREE EVENT

**GRATITUDE YOGA FLOW
 & CRYSTAL BOWLS**
 WITH PEGGY

**SUNDAY 11/23/25
 5:30PM, 70 MIN**

WWW.PARKSIDEYOGAANDFITNESS.COM

**ENERGY BALANCING
 SOUND HEALING
 GUIDED MEDITATION**
 with Heather

*also offering optional Reiki
 Saturday, December 13, 2025
 10:30am (45 minutes) \$15
 please preregister to participate
www.ParksideYogaAndFitness.com

UPCOMING EVENTS SWEETWATER YOGA

**Gratitude, Pride &
 LOVE IS LOVE
 Thanksgiving Eve
 Yoga Flow** with Kristin

All are welcome
 group class rates
 Wednesday
 11/26/25, 7pm, 75min

We are grateful to collect packaged/canned foods & personal hygiene items for the Pride Pantry Center of Orlando. Please bring them with you to class and Kristin will deliver them.

www.SweetwaterYogaAndFitness.com

6:30am Yoga Flow 1 & 2
 now being offered
 Monday/Wednesday/Friday


 Guided by Liz

**THANKSGIVING DAY YOGA
 & CRYSTAL BOWLS**
 WITH HEATHER

**THURSDAY 11/27/25
 9AM, 75MIN**

WWW.SWEETWATERYOGAANDFITNESS.COM

**Black Friday
 Live Guitar - Yin Yoga**

Join us Friday night, November 28th, 7pm, for 75 minutes of restful yin poses guided by her husband, Kyle, stringing soothing melodies on his guitar.

...VIBES...

Must preregister to participate, special event \$20
www.SweetwaterYogaAndFitness.com

FREE EVENT

PAWS & Reflect
 Therapy Dog LunchHour Visit
 Thursday, December 18, 2025
 12:15 - 1pm FREE to visit
 Human/Hound Connection

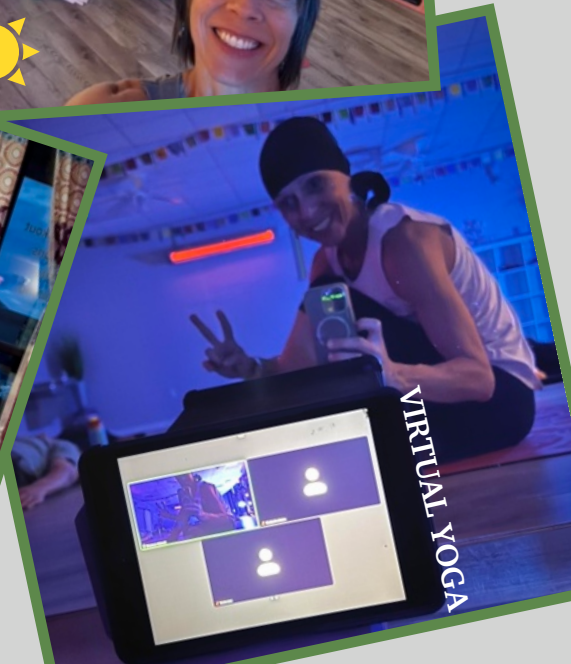
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COMMUNITY



Congratulations to our graduates!
Milo & Bodhi graduated the
AKC Therapy Dog Program last
month and we are so excited to
have them available in some
of our classes soon for pre/post
yoga love...





Dearest Yoga Community,

As we move into the holiday season, I want to take a moment to send each of you my heartfelt gratitude. Thank you for showing up—on your mats, in your breath, and in your lives—with courage, curiosity, and compassion. Our community continues to expand, and I'm not just talking about size, but in depth, presence, and connection, and that is because of *you*.

May this season bring you moments of stillness, joy, and reflection. May you feel supported, nourished, and reminded of the light you contribute to the world simply by *being* here.

As we look toward 2026, I'm filled with excitement for the transformation and growth that awaits us. Together, we will continue exploring new ways to move, breathe, heal, and grow. Whether it's discovering new strengths in class, deepening your personal practice in CIA Yoga Immersion & Teacher Training, or expanding into new layers of self-awareness with us in Costa Rica, I can't wait to witness the journey we will share.

Wishing you and your loved ones a peaceful, joyful, and heart-opening holiday season. Here's to another year of community, connection, and transformation.

With love and gratitude,

Shannon, Richie, and the GoodVibe Tribe

How Yoga Can Help Ease Chronic Body Discomfort

Ever experienced lingering tension, stubborn aches, or stiffness down your spine and hips? While there's no single solution that works for everyone, yoga offers a patient, empowering approach to managing long-term discomfort and reconnecting with a sense of ease.

* **Encourages Mindful Movement** - One of yoga's greatest gifts is the invitation to slow down and notice. Instead of forcing the body into shapes, the practice encourages you to follow sensations with curiosity. This awareness helps you move in ways that support rather than stress your muscles and joints. Over time, this can reduce patterns of overuse and encourage healthier movement patterns.

* **Improves Flexibility and Mobility** - Gentle stretching, joint rotations, and longer-held poses can gradually release tightness and increase mobility. Better flexibility doesn't just feel good—it often reduces compensations elsewhere in the body, easing strain in the lower back, hips, shoulders, and neck that commonly contribute to chronic discomfort.

* **Builds Supportive Strength** - Chronic discomfort is often connected to imbalances: some muscles doing too much, others not enough. Yoga creates strength through controlled, intentional movements/transitions that stabilize the core, support the spine, and even out muscular load. Strong, balanced support can ease normal daily activities and reduce flare-ups.

* **Regulates the Nervous System** - Pain and tension live not only in the muscles but in the nervous system. Yoga integrates slow transitions, grounding practices, and gentle holds that shift the body out of stress-mode and into rest-and-digest. A calmer nervous system perceives pain differently—it becomes less reactive, less amplified, and more manageable.

* **Proper Breathing Techniques Reduce Tension From the Inside Out** - Breathwork/Pranayama is one of yoga's most accessible and powerful tools for easing chronic discomfort. Proper breathing techniques help in several ways: a) Downregulating stress: Slow, diaphragmatic breathing signals safety to the brain, reducing the stress hormones that can intensify pain and emotions. b) Releasing muscle gripping; When we're in pain, we unconsciously brace or tighten the body. Deep, controlled breathing softens this pattern and increases oxygen flow to stiff or aching areas. c) Improving circulation: Full, intentional breaths encourage better blood flow, which supports healing and reduces inflammation. d) Increasing body awareness: Breath becomes a guide, helping you sense when to soften, when to hold, and when to move—making your practice safer and more supportive. With consistency, breathwork becomes a built-in tool you can use anywhere: during uncomfortable times, stressful moments, long days at a desk, or while winding down for sleep.

* **Reconnects You With Your Body** - Perhaps most importantly, yoga rebuilds a sense of trust and presence in your own body. Chronic discomfort can make you feel disconnected, disgruntled, and guarded. Through compassionate practice, yoga offers a way to reclaim your personal power: to learn what soothes you, what strengthens you, and what helps you feel at home again.

Chronic discomfort may not disappear overnight, but yoga can support an ongoing relationship of care, balance, and resilience. Even a few minutes a day can create meaningful shifts—one breath, one stretch, one moment of relief at a time.