

From: Cheryl Olson at Transform & Radiate cheryl@transformandradiate.com
Subject: Transformation Tuesday: I can hardly believe I'm saying this...
Date: December 18, 2018 at 7:29 AM
To: cheryl@transformandradiate.com



[View this email in your browser](#)

Transform & Radiate with Cheryl



Live Radiantly

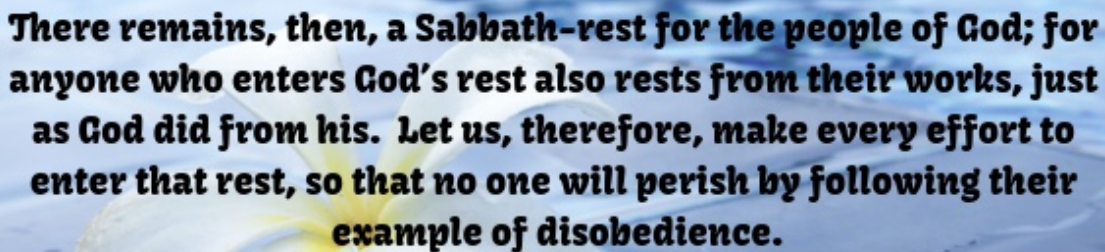
Am I really doing this?

I have been wrestling with something for the last couple of months. I have felt strongly that God has been calling me to "come away with Him". To put my work commitments on hold for a time and devote it to... well, giving space for God to work, to direct my steps. At first, I thought "a sabbatical?". And in my mind, I began to argue all the reasons that makes no sense. I have a new business, a ministry. There has been much fruit and lives are being impacted and things are just beginning to get momentum. "Lord, you led me back to school, filled me with knowledge and passion, gave me an audience, a platform -- surely this cannot be time to STOP!"

But that is exactly where I feel I am being led. I will be honest, I am extremely uncomfortable with this. I am a planner, an executor... I produce, accomplish,

serve, earn. I'm a worker. THAT, oddly enough, is my comfort zone. Rest in Him? Have no plan? Trust I will be led? Trust all of my hard work will not fall away? YIKES!

What this might mean to you



There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Hebrews 4: 9-11 NIV

I will be officially breaking from instructing for the remainder of December and January (after today's 9:00 class). **HOWEVER, the Tuesday at 9:00am class will continue to be held!** The practice will be led by a Holy Yoga instructor over video, and I will be serving as your demonstrator, as always. I will be practicing *with* you, and I believe you will find it to be as nourishing (on every level) as ever. Let's keep our community alive during my work break! It is possible we may even get a guest instructor or two.

Monday night regulars, if you are interested in continuing the Monday evening classes, we can do the same, if we can get enough interest.

Be sure to check the website for updates and class listings at www.transformandradiate.com/classes/holyyoga. Also, please register (!), as this will be much the same as you are accustomed to, and we will still need to be mindful of space. All classes to be held in my home during this period.

Finally, members of our local Revelation Wellness/Holy Yoga sisterhood will be

posting inspiration regularly on my Facebook Fan Page. Follow us at /Transform and Radiate (link at bottom of newsletter) for inspiration, devotionals, recipes, and even de-stress yoga pose breakdowns.

Live Radiantly

Our Scholarship Winner

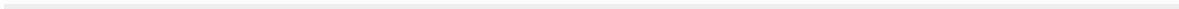
Speaking of obedience, congratulations to our scholarship winner, Melissa Hedman of Jacksonville Beach. Melissa will begin her Holy Yoga immersion in January and will complete her certification in May. She will be joined by roommate Melissa Kerce, an existing instructor, who will receive the benefits of the ministry training. I can hardly wait to see the impact this dynamic duo will have as we expand Holy Yoga in our greater community.



Copyright © *2017* *Transform & Radiate*, All rights reserved.

201 South Roscoe
Ponte Vedra Beach, FL, USA

[unsubscribe from this list](#)



This email was sent to cheryl@transformandradiate.com
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Transform & Radiate · 224 North Roscoe Blvd · Ponte Vedra Beach, FL 32082 · USA

