



Wellfinitiy 2.0 - Transition, Transformation, and a Time to Up-level

Hello again Wellfinitiy subscribers! I know it's been a long time since I last wrote. I've had quite the journey the past 2 ½ years and finally feel like I'm coming out of a period of transition into a profound period of empowerment and expansion. I want to share my story with you along with some changes in Wellfinitiy that I'm really excited about. Stay tuned to the end of this newsletter to find out about the new and improved Wellfinitiy!

As some of you may already know, I went through a divorce a couple of years ago. All that I thought was secure and sacred was no longer. Interestingly, I have now come to believe that was exactly as it was supposed to be.

I struggled emotionally, financially, and was forced to address my own identity. Who was I? Who did I want to be? What example did I want to provide for my kids on how to handle setback, heartache, and uncertainty? I confess to making decisions out of fear. Every time I did so, I later regretted them. Those decisions took time and energy away from Wellfinitiy and what I truly desired in life. I've had to eat some crow, and I'm not too proud to admit it.

What I've discovered is that while challenging situations are never something we wish for, they are ripe with life lessons that we can either heed the call and learn from, or ignore and potentially continue in misery. That learning process can be extremely painful, humbling, and effortful. I don't want to skirt over how difficult this process can be. However, I see it like childbirth. This type of pain and labor produces "fruit" and new life.

My divorce provided fertile ground for spiritual growth and defining the "true me" completely independent of who I am to other people (mother, spouse, daughter, etc.). Perhaps for you it will be another situation, whether it be the loss of a loved one, a job, illness, etc. The specific situation doesn't matter as much as how you transition through it and allow yourself to be transformed because of it. Here's what I've learned so far – the lessons continue!

- I can attempt to control my life but nothing is ever certain. I have to learn to live with uncertainty.

- The only relationship that is completely safe and secure is my relationship with God. I intend to turn to Him first.
- I don't get what I want in life by trying to change other people or situations. I need to do the hard work required within myself.
- The first step in transformation is to surrender. Instead of trying to do everything myself I need to open to the flow of divine grace.
- Be patient. Trying to rush the process of transformation doesn't work and only creates frustration.
- Periods of being broken down are followed by opportunities for something even better, or as I like to say, "up-leveling".
- Value myself.
- Find my voice! Admit what I want in life. Be very clear and specific and don't be afraid to ask for what I want.
- Boundaries are important and are a by-product of self-respect.
- Be courageous! Try new things. Have faith. Really go for what I want in life and business.

And what is the fruit of all of these lessons? Joy! Freedom! Living a life I've always wanted to live! I've moved on (literally and figuratively). I'm now in a loving relationship with an amazing man and am doing Wellfinity full time. I'm expanding in new directions and offering more ways for you to get well. Check out what's new!

Expanded Wellfinity group yoga class schedule

I decided to stop teaching at Downward Dog and have added a few more Wellfinity group classes. You can find the schedule on my website: www.wellfinity.com

New hybrid – yoga & therapy sessions

I'm partnering with Meadowlark Psychiatric Clinic to offer an incredibly powerful experience of healing. We combine yoga and therapy with a licensed psychiatrist in the same session. The mind-body connection is real and we have witnessed positive change in people's moods, anxiety levels, and physical symptoms.

25% of proceeds from these hybrid sessions will go into a fund for retreats for cancer patients. (keep reading to find out more about the retreats).

Reiki Healing

I recently completed my Level 1 and 2 Reiki Healing certification and will be offering this as a service. For those of you unfamiliar with reiki, it is a very gentle form of healing therapy that

works to move energy in the body. Individuals remain clothed while hands are either hovered above or lightly placed on the body. Research is beginning to suggest that reiki is helpful in: pain reduction, depression, anxiety, mental focus, healing of the physical body, and improved immune system functioning. Most people find reiki incredibly relaxing.

I will be offering reiki alone, or combine with a private yoga session for an extra powerful healing experience!

Establishing a non-profit for wellness retreats for those with cancer

I'm in the process of establishing a non-profit that will fund retreats for cancer patients. The intent of these retreats is to heal, enrich the quality of lives, and foster aspects of their wellness that have nothing to do with cancer. In other words, help cancer patients feel empowered and human again!

I am in talks with a group of talented people to create and plan these retreats, which will include not just yoga and reiki but multiple modalities, with a special emphasis on the healing power of doing them in nature. This project is in it's infancy, but is one I am incredibly excited about, as I've had a desire to serve the cancer community for a long time. Stay tuned!

I am so excited to offer these opportunities because I have experienced first-hand the power they have to heal and transform. Are you ready to up-level your life? If so, contact me to find out more information about any of the above services. You can reach me at shelly@wellfinitly.com or 319-330-8382.

A handwritten signature in cursive script that reads "Shelly".

Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!