

Questions to ask

Navigating an Empty Nest



Welcome!



This ebook has a companion video on YouTube. The video takes you through a practice that incorporates all of these poses. Want to watch?

[click here](#)

OR



An Empty Nest can be the start of an amazing new beginning or the feeling like your life is over.

What it is for you is up to you.

Enjoy this video and worksheet to help it become the new beginning you deserve!

Be sure to check out the other free resources I have for you for this stage in life. I'm determined to help you ROCK it out, to love where you are and where you are going.

Life is meant to be extraordinary, full of purpose and vibrantly joyful. Let yours!

*Peace & miracles,
Lara*

PS: I made the 2 pages with the journaling questions printer-friendly so you can easily print and complete.

Other Free Resources

Here are a few free resources for women in midlife you might enjoy.

FREE TOOL KIT:

Trimming the Midlife Waistline & Minimizing Belly Fat

AND Reduce Other Challenging Symptoms of Perimenopause/Menopause
WITHOUT extreme diets, exercise, you know what we mean!

[Click here](#)

(SimplyTWP.com/toolkit)

VIDEOS ON YOUTUBE



Menopause Survival
Guide: My Personal
Struggles + 3 Crucial
Insights

[watch here](#)



5 Mindset Shifts that
Will Change
Everything! 40s and
Beyond!

[watch here](#)



5 Wellness Secrets
for Women in
Midlife

[watch here](#)



Unlock Your Midlife
Mojo with these 5
Tips: My Monthly
Wellness Reset

[watch here](#)

HERE IS THE PLAYLIST for all the videos:

[click here](#)

OR



Come Follow!

CONTENT



YouTube: @LauraErdmanLuntz



Podcast: Ignite Your Life with Laura

SOCIAL MEDIA



Pinterest: @MuseLaura



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Facebook Community: Ignite Your Life with Laura



Instagram @MuseLaura

Navigating the Empty Nest

What am I grateful for about the child who has left home or is about to?

What can I do now that I am an empty nester that I couldn't do before?

I am so *grateful* I no longer have to...

What did I use to do that I gave up because of the responsibilities of kids? Hobbies?
Entertainment? Travel?

Navigating the Empty Nest

What do you really, really, really, *really* want for your life?

Take a little time to let yourself dream... maybe pour a glass of wine or a cup of tea, take a bath, go on a coffee date with yourself, let your mind wander.



Laura Erdman-Luntz, MA

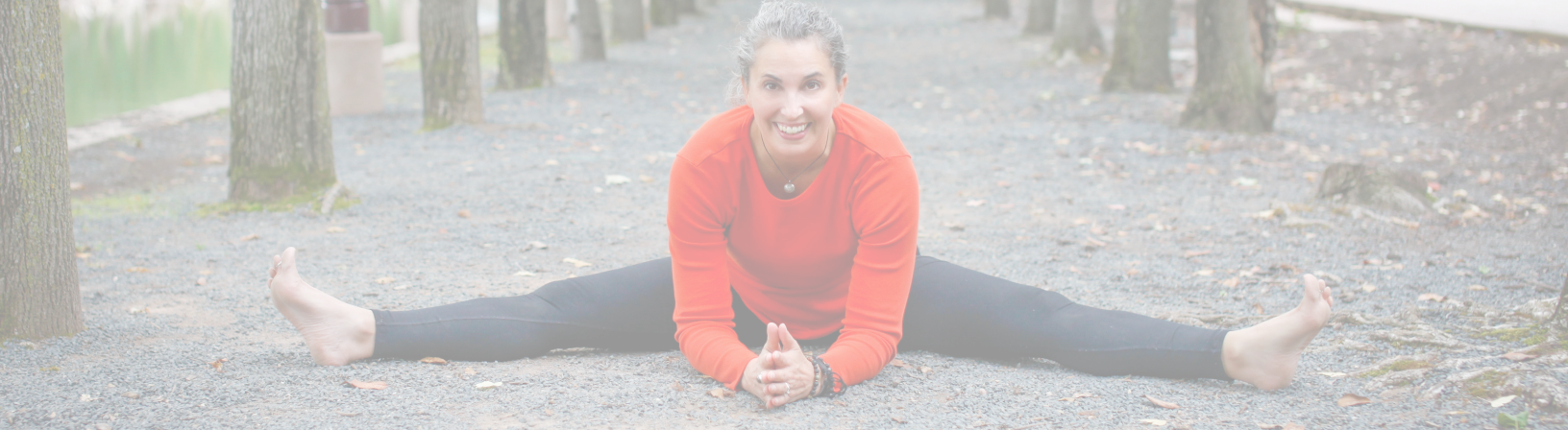
Experienced Yoga Educator, Author, inspiring Life Coach and Business Entrepreneur

Laura has over 30 years experience in the fitness and wellness industries.

She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most authentic life.

She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs.

Her Yoga training began in 1988 and began teaching in 1992. She has taught over 500 workshops, over 15,000 hours of yoga classes, coached hundreds of clients and has trained dozens of yoga teachers at the beginner and advanced level. She has studied with Judith Hansen Lasater, Jo Zucovitch, Ramanand Patel, Rodney Yee, Patricia Walden, Barbara Benaugh, Donna Farhi, John Friend and many others.



what's next?

Any of these seem intriguing?

- Lose weight?
- Experience less joint pain?
- Sleep more deeply?
- Have more energy?
- Better focus?
- Reduced bloating?
- Improved GI issues: constipation, diarrhea, reflux!



Join me for a monthly SIMPLY :: clean, a 14-day reset. Focus on shifting your wellness habits to reduce inflammation and improve so many challenges during this time of life!

[CLICK HERE FOR
MORE INFO!!](#)

SimplyTWP.com/clean

See you on the inside!

Peace & miracles,
Laura

