

 heartstories

Sip & Stretch GNO

a yoga & wine guide to lift your spirits™

featuring *Drunk Yoga®*





HELLO & welcome

Hey Sister! We see you working your tail off to be the most amazing mother, wife, friend and contributor to this world that you possibly can. And sometimes you feel discouraged when you can't keep all of those plates spinning as fast as you'd like. Girl, it's stressful! On top of that, as much as you'd love to get time with your girlfriends and feel like you're investing in yourself, who has the time (or energy) to plan & coordinate a night out?

It's easy for women like us to chalk it up to being a season of life we just have to endure. But you know you're meant for more. HeartStories is on a mission to replace the worn out stories in your mind with love. By acknowledging we are all in this together, we're establishing new ways to support each other. Together, we're improving the way women think, love, and live. Are you ready for a new story? Let's dive in to more love...

Crystal & the HeartStories Team



Girls Night Made Easy!

Here's a brief overview of what you can expect throughout this joy-filled Girls Night Out experience!

1

Enjoy a warm welcome from Crystal, followed by a guided meditation to open your heart.

2

Get a front row seat to an exclusive interview & connect through storytelling.

3

Have fun sipping & stretching with Eli Walker of Drunk Yoga!



SOMETHING TO TALK ABOUT *how Storytelling works*

This is our favorite part of Girls Night - we call it "Gossip Time!" Don't worry, it's GOOD gossip - the kind where personal stories are shared, and the most authentic connections are made! During your storytelling session, you'll hit the "pause" button on the evening for a few minutes to connect on a deeper, more meaningful level with your girlfriends.

"A connection is the energy that exists between two people when they feel seen, heard and valued ..."

• UNKNOWN •





Frequently Asked Questions

What will I need to do to prepare for hosting an event?

Hosting a HeartStories GNO can be as simple or "to the nines" as you want it to be! We have women who go all out with decorations and themed meals, while others show up with pizza, messy buns and yoga pants. The level of prep is up to you. Just remember to invite your girlfriends!

What supplies do I need for this event?

Our goal is to make GNO as easy as possible, so we've provided a quick & easy Prep Guide with a list of everything you'll need for a fun, successful event!

How do I access my Girls Night event?

Your confirmation email includes instructions on how to access to your virtual GNO on Demand event. Please refer to the steps provided to view your video.

How long do I have access to an event after I purchase it?

Once you've purchased a GNO on Demand event, it's yours to use over and over again! This means you can host multiple Girls Night events with different groups. More gatherings = more connections!



Frequently Asked Questions

Can I stream the event on my TV?

If you have a smart TV, you can mirror your screen from your laptop or phone. If you don't have a smart TV, try connecting your TV to your computer with an HDMI cord. Please refer to your TV manual or [click here](#) to learn how.

Can I interact with other attendees in real-time?

Due to the pre-recorded nature of our On Demand events, our live chat feature will not be available. If you're gathering virtually for this event, we encourage you to use FaceTime, Marco Polo or a similar communication tool to interact with your girlfriends.

Will I be able to get technical help during the event?

While we do not currently have an IT Department, we *will* do our best to assist you with minor troubleshooting issues that may arise during your On Demand event. We encourage you to test your video and internet connection prior to gathering to ensure a seamless experience. Should you experience any technical difficulties, please message us on [Facebook](#) or [Instagram](#), and we will respond as soon as possible!





Prep Guide

a yoga girls night to lift your spirits™



Yoga Gear

- comfy clothes
- yoga mat or beach towel
- no-slip socks (optional)



Tech Check

- laptop or tablet
- login details emailed to you
- full battery & strong Wifi



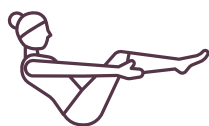
Food & Bevies

- charcuterie or healthy snacks to fuel your body
- water, wine or cocktails



Yoga Pose Guide

a yoga girls night to lift your spirits™



BOAT



CAT



CHAIR



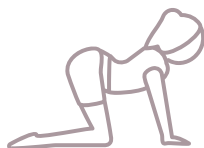
CHILD'S



COBRA



CORPSE



COW



**DOWNWARD
DOG**



EAGLE



**LORD
OF FISHES**



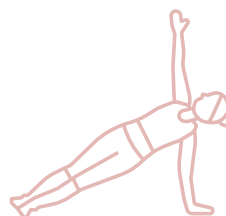
**LORD OF
THE DANCE**



LOTUS



MOUNTAIN



SIDE PLANK



**STANDING
FWD BEND**



TABLE



TREE



TRIANGLE



WARRIOR I



WARRIOR II



Wine Color Guide

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CHAMPAGNE



PINOT GRIGIO



SAUVIGNON BLANC



MOSCATO



RIESLING



CHARDONNAY



WHITE ZINFANDEL



SHERRY



ROSÉ



BLUSH



PINOT NOIR



CABERNET SAUVIGNON



MALBEC



ZINFANDEL



MERLOT



SANGIOVESE



SYRAH



CHIANTI



PORT



CHOCOLATE





Cheers to sips, stretches & sisterhood!

Special thanks to our Featured Guest, Eli Walker, for leading us! Eli owns Drunk Yoga™ – a fun, social and interactive yoga experience designed to foster joy through laughter & community-building. Through her classes, Eli helps newbies experience yoga without fear, while seasoned yogis reconnect with yoga sans pressure to be perfect. It's an opportunity to let your hair down, have some fun and enjoy the potent union of yoga and social ritual.

Thank you for joining us for this girls night of fun, flexibility and inspiration! We hope you are leaving tonight feeling refreshed, uplifted and intoxicated with JOY!



Follow us on social media to stay up to date on all things HeartStories!

To More Love,

Team HeartStories



WHAT'S NEXT ?!?

Sign up for our next Girls Night Made Easy at GNOatHome.com!

SIGN UP