

movement

connection

creating

SUBURBAN

MAGAZINE

hippie



BUILD A BEAUTIFUL LIFE

HOLIDAY + NEW YEAR 2025



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coffee + recap



us at gauci golf

coffee + recap

happy new year friend!

of all the winter festivities, celebrating a new year is my favorite. I love that there's no wrong way to bring in the new year, there's no pressure of gifts or stress of traveling and the hustle and bustle energy tends to be faded.

but what I really love is the seemingly universal review of the year and fresh intentions that feel like a cozy quilt connecting so many people.

this first issue of SHMAG embodies that new year energy with both a look back and future intentions. the 'blend of both' brings such beauty - being able to pause enough to look back while also choosing effective action to move forward.

there are a few topics that consistently show up in my brain and influence the life I live. these are things that bring me such meaning, purpose and joy and these are the inspiration for the different sections you'll see.

I hope you enjoy scrolling thru as much as I've enjoyed creating the suburban hippie magazine.

♡ Brooke



Life lately

us in front of our barn.
we spent a lot of 2024 here





01.

before + after of our barn build

all the pieces that came together in just the right way to make this before and after our reality; it's so much better than we imagined...



[read more here](#)

us, nick + kara at the new local restaurant, atlas.





02.

closing in, adding doors

installing a doorwall to get to the patio was a non-negotiable while black overhead doors and black barn doors brought such a huge impact...



[read more here](#)



03.

all black everything

there was no surprise at how beautiful all black everything truly was when the siding went up. it was as gorgeous as I had been envisioning...



[read more here](#)



04.

windows + the beauty of not knowing

the time constraints to get the windows ordered so there wasn't a hold on our build plus finding the best size without spending too much...



[read more here](#)

movement



a little movement at the local studio I teach at, yogastudio 225

back to my roots

a big intention for this new year is getting back to occupational therapy. I stopped working as an occupational therapist in 2020 and hadn't missed it until recently. yoga has been filling my love of movement but honestly over the years the draw to go back to OT has been building. this past summer/fall I took action and am now a licensed OT in Michigan.

I plan to get back to my roots of functional movement that also takes into account our emotions, our surroundings and our experiences of those surroundings. it's a little of a lot of things and that's exactly what I love about occupational therapy.

oh how I've missed this and the more I talk about it the more excited I get.

to share my love of movement + OT I offer functional yoga classes, a signature workshop on movement and private mobility sessions.

click here to stay updated on my signature workshop as I build it with so much love and intention.

[move with ease](#)



mobility moves checklist



using the same perspective I share in my signature workshop, I created this mobility moves checklist as a quick reference guide. the checklist helps us to see the different ways our bodies are asking for more love and attention.

check your moves

MOBILITY MOVES checklist

HOLIDAY + NEW YEAR EDITION.

BAKING COOKIES - COOKING

- leaning on sink to wash dishes
- tweaking back-neck to get ingredients out of lower cabinets

DECORATING - CLEANING

- holding breath when lifting-reaching
- need help to get up off the floor
- fatigue after standing for a while

handmade with love



me + forrest, the best
helper ever.

handmade with love



one of our favorite things about the holiday and new year is all the time we get to spend in the kitchen. this year we went to thanksgiving and then cooked our own a few days later. same thing with christmas. then for new year we had our traditional 'fancy feast'. lots of kitchen time.

to stay on that theme I want to share a few hand crafted things to keep those kitchen vibes stirring. if you find them as necessary as I do [we do], you can purchase with a few simple clicks.

bread maker

butter lover

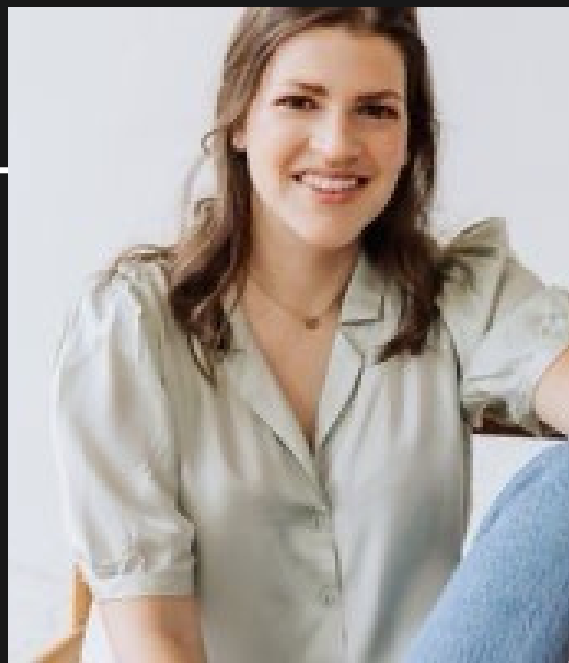
gotta have tacos



01.



sweatshirt

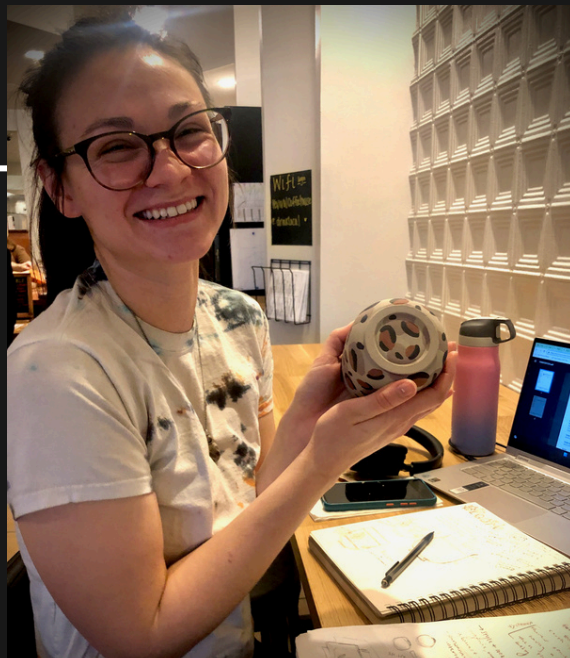


hand designed with
love by Michelle

02.



butter jar



hand made with love
by Morgan

03.



taco seasoning



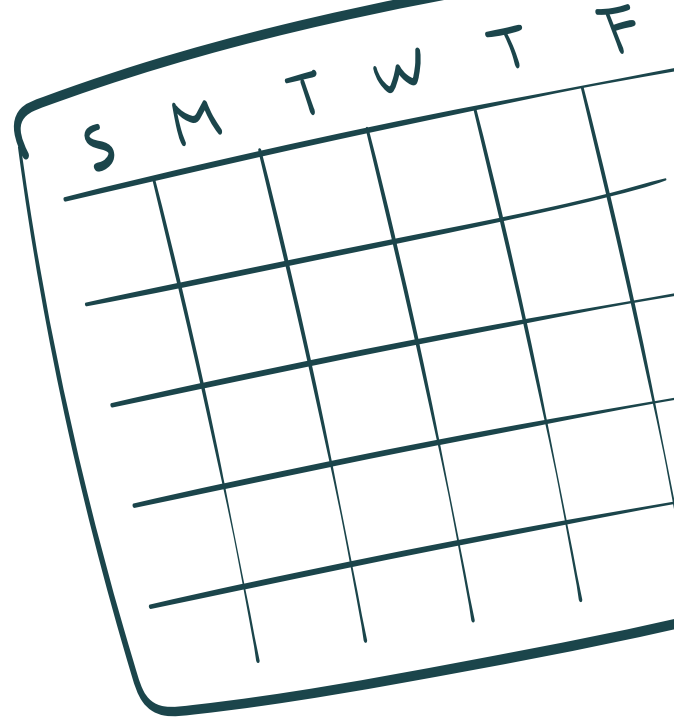
hand crafted with
love by your's truly

flavors of the week

bob + forrest, my flavors of every week.



flavors of the week



when we were in the early years of our relationship I was slightly offended when Bob said “I can’t keep up with your current flavor of the week” in reference to what I was into, learning about or project I was working on. I just love so many things.

fast forward several years and not a whole lot has changed. except now I’m able to embrace this beautifully messy trait and I find this statement endearing. no chance of being stale when the flavors of the week are in constant rotation.



home made bagels



I'm definitely a wanna be when it comes to bread making but I have been dialing in on the bagel recipe. I took some to thanksgiving + they were well received.

[make them here](#)

restore your core



after taking a pelvic floor course this past fall I found the 'restore your core' workouts. they're just what I needed to get back into more consistent strength training.

[start moving here](#)

oh she glows cookbooks



my friend miranda gifted me the Oh She Glows cookbook years ago and it's still my go-to for healthy, flavor packed goodness.

[recipes here](#)

big wild music station



music to fit the mood is very, very important to me. if it's off I just can't. this has been a good mix of chill + upbeat for those days that got dark way too quick.

[listen here](#)



our goof ball, sweetie boy

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