

Perspective &  
Self-Discovery

IS WHY I YOGA



SOUL  
emotional

MIND  
intellectual

BODY  
physical

SPIRIT  
relational

"Namaste;  
My Soul honors  
your soul"

"Be Still;  
The quieter you  
become, the more  
you can hear"

"Listen to  
your body;  
It can feel the  
light"

"Be filled  
with wonder;  
Be touched  
by peace"

"What you allow will continue: What you think, you become;  
What you feel you attract; What you imagine, you create."

-Buddha