



BEyogafit

# Grow in Practice

*“Yoga is not about touching your toes. It is what you learn on the way down.”– Jigar Gor*

- You have done it. You have set an intention to make self care
- A part of your wellness routine and you are arriving at your mat at
- A regular cadence. Discovering what your body can and can not do is an important part of practicing yoga
- At moments in your practice your mind, body and soul begin to wander
- Aspirations, intentions and opportunities appear
- You are ready to grow
- Ready to embrace more
- Whether it is incorporating different styles of yoga or challenging yourself to revolve postures you are ready for more
- Turn your attention to other parts of YOU that need more
- Turn your attention to other challenges you are now strong enough to face
- Growth is a part of Yoga
- Your regular practice has unlocked this important evolution
- Embrace it and set new goals

## Grow

