



Practice

*“Breath is a channel that connects the
Mind, body & soul” - unknown*

- They say we “practice” yoga which is to say every time you arrive at your mat you are open and discovering your body, again
- It starts with a mindset of gratitude
- Being thankful for what your body can do for you today and hopeful for what your body can do for your tomorrow
- Choose a frequency that is realistic- once a month, once a week, once a day
- Commit to the practice by scheduling this important self care for yourself
- Leverage community, family and friends to support your practice
- Make space for self care
- Arrive at your mat ready
- Go with the Flow & Check in with yourself throughout
- Take time to be where you are



Practice with
YOGAFIT
Find a Flow

