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Yoga Silhouettes 2017 Mini Calendar Brush Dance

Take a break from the busyness of today's world with the ancient and mindful practice of yoga. Inhale deeply, gently stretch, clear your mind, focus on this moment. Yoga silhouettes and serene settings are merged with sometimes serious, sometimes playful words from around the world and throughout time to help us feel more connected to ourselves and our environment.

Monthly Quotes:

January: Life is a journey, not a destination - we determine our destiny by the direction we take. - Anonymous
February: Quiet the mind and the soul will speak. - Ma Jaya Sati Bhagavati
March: Smile, breathe and go slowly. - Thich Nhat Hanh
April: Do not dwell in the past. Do not dream of the future. Concentrate the mind on the present moment. - Buddha
May: Yoga in the morning is a blessing that lasts the entire day. - Christine Darling
June: We don't see things as they are, we see them as we are. - Anaïs Nin
July: Meditation brings wisdom. - Buddha
August: Sometimes the most important thing in a whole day is the rest we take between two deep breaths. - Etty Hillesum
September: You exist in time, but you belong to eternity. - Osho
October: Change is the essence of life. Be willing to surrender what you are for what you could become. - Reinhold Niebuhr
November: Gracefulness has been defined as the outward expression of the inward harmony of the soul - William Hazlitt
December: A strong body makes the mind strong. - Thomas Jefferson

Details and Dimensions:

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Quotes on each page
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