



Yoga Silhouettes 2017 Wall Calendar

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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:

12" x 12"

Durable cover and punch hole

Quotes on each page

Full color art

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From reader reviews:

Daisy Richardson:

Have you spare time to get a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a walk, shopping, or went to the Mall. How about open as well as read a book entitled Yoga Silhouettes 2017 Wall Calendar? Maybe it is being best activity for you. You already know beside you can spend your time with your favorite's book, you can better than before. Do you agree with it has the opinion or you have additional opinion?

Katrina Scofield:

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