

PRACTICAL
YOGA
for Everyday People

No longer needed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Bring it on!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Insert your “positive picks” into one long affirming phrase, and memorize it.
Add some heart, and recite it to yourself often!

I (your name) _____ am a (1) _____
(2) _____ (3) _____
(4) _____ (5) _____
(6) _____ (7) _____
(8) _____ (9) _____
(10) _____ (11) _____