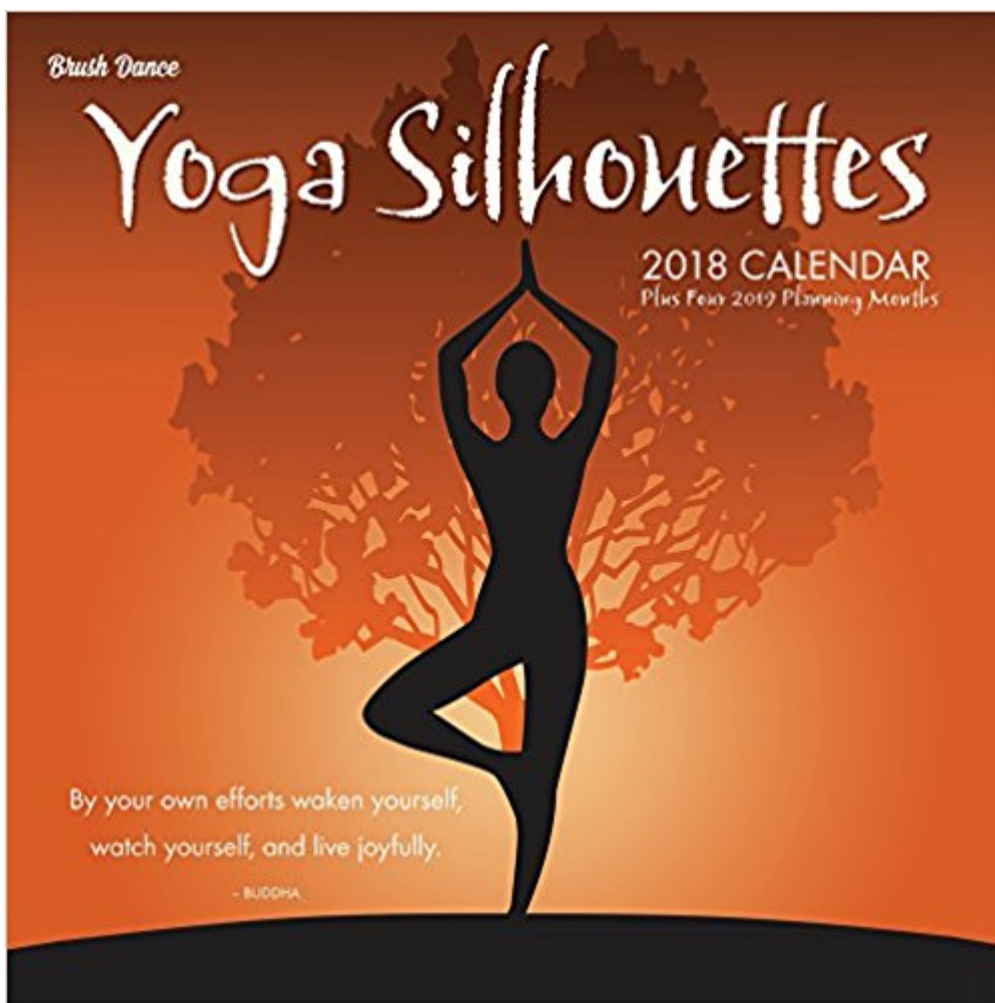


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# Yoga Silhouettes 2018 Wall Calendar



## Synopsis

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." - Ety 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

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