

Sparks



Downward Dog!
Dawg!

Yoga Wisdom

When I'm not at **peace**,
& wanting release...

I need some **calm** & **balance**
today, so I take three breaths
and say **namaste**...

I lift my arms and **stretch** my
toes and move into a **yoga** pose!

Now I'm feeling **strong** as a log,
great work today
Downward Dog!



Kaleidoscope me™
Awaken to your greatness!

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