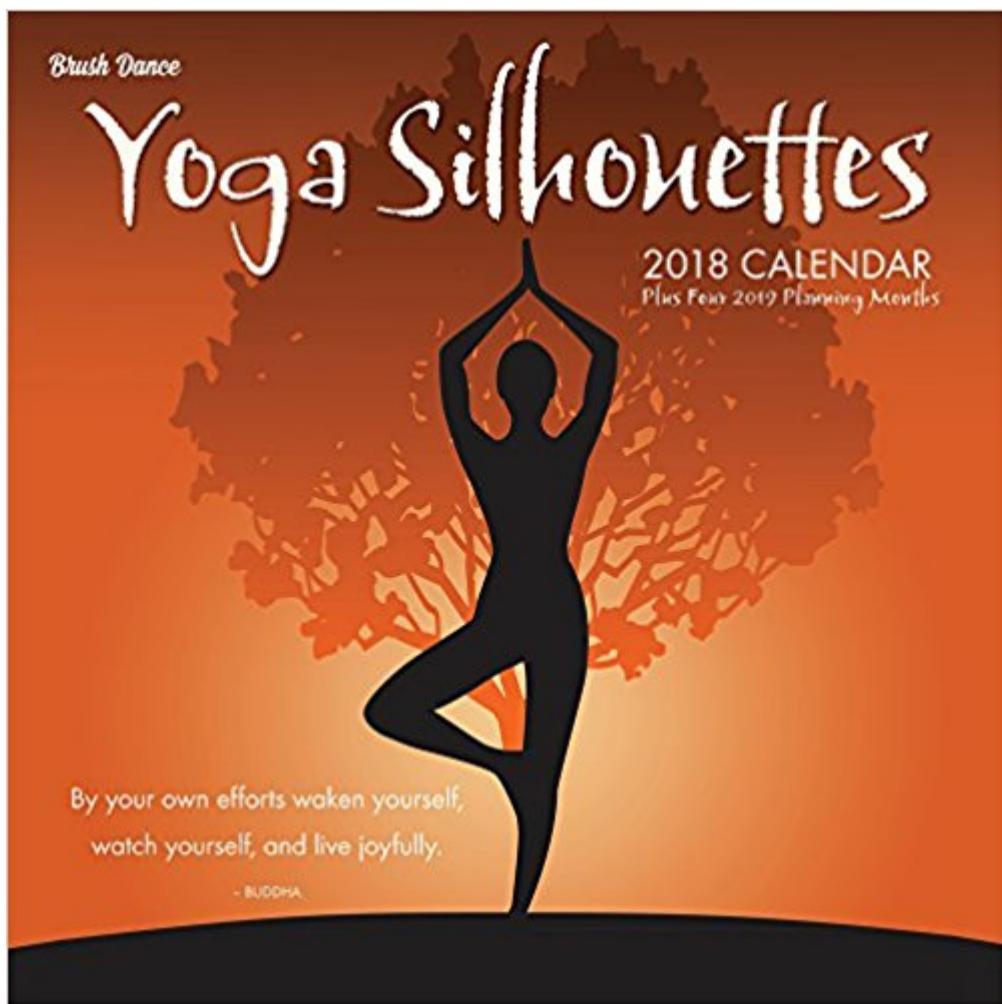


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# **Yoga Silhouettes 2018 Wall Calendar**



## 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:Â Life is a journey, not a destination - we determine our destiny by the direction we take. - AnonymousÂ February:Â Quiet the mind and the soul will speak. - Ma Jaya Sati BhagavatiMarch:Â Smile, breathe and go slowly. - Thich Nhat HanhApril:Â Do not dwell in the past. Do not dream of the future. Concentrate the mind on the present moment. - BuddhaMay:Â Yoga in the morning is a blessing that lasts the entire day. - Christine DarlingJune:Â We don't see things as they are, we see them as we are. - AnaÃ s NinJuly:Â Meditation brings wisdom. - BuddhaAugust:Â Sometimes the most important thing in a whole day is the rest we take between two deep breaths. - Etty HillesumÂ September:Â You exist in time, but you belong to eternity. - OshoOctober:Â Change is the essence of life. Be willing to surrender what you are for what you could become. - Reinhold NiebuhrÂ November:Â Gracefulness has been defined as the outward expression of the inward harmony of the soul - William HazlittDecember:Â A strong body makes the mind strong. - Thomas Jefferson Details and Dimensions: 12"" x 12""Durable cover and punch holeQuotes on each pageFull color artPrinted on high-quality FSC-certified paper. The FSC Mix label ensures that the timber used to produce the paper is from a mixture of reclaimed timber or fiber, FSC-certified forests and/or controlled wood.

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