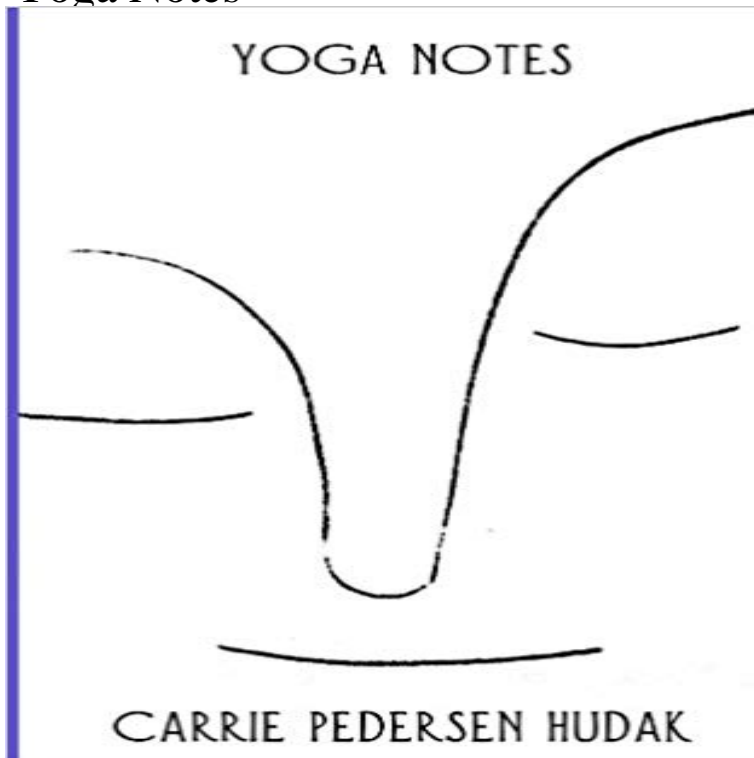


Yoga Notes



From the first essay: Just Practice When I tell people I am a yoga teacher, they often say, I could never do yoga. I cant even touch my toes. Great, I say, you are already practicing awareness, thats part of the practice. Can you breathe? If you can breathe, then you can do yoga.

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