

## 2019 Being a Yogi

- Day 1 *this year I will share daily yogic tips that will bring peace and love to your world - day 1*  
*practice Ahimsa non-harming towards yourself & others*
- Day 2 *practice the postures daily to keep the body healthy*
- Day 3 *breathe deeply throughout your day*
- Day 4 *find your teacher and follow their teachings*
- Day 5 *chant the sacred Om to bring peace to your mind & body*
- Day 6 *meditate daily*
- Day 7 *practice inversions daily*
- Day 8 *make every pose an offering*
- Day 9 *bring balance & concentration to your life by practicing balance poses*
- Day 10 *during class stay together as we develop a collective consciousness*
- Day 11 *don't whip your mat out to start class roll it out ever so quietly to not disturb anyone*
- Day 12 *more important than any pose is control of your mind*
- Day 13 *when yoga is practiced consistently you will reap the benefits*
- Day 14 *focusing on the breath helps to calm the mind*
- Day 15 *imagine yourself in others to create more compassion*
- Day 16 *twist the body daily to help with the health or your organs*
- Day 17 *heal your body with your breath & mind*
- Day 18 *yoga is for everyone*
- Day 19 *yoga goes beyond the mat through your thoughts actions & deeds*
- Day 20 *meditation is best early in the morning when the world is quiet*
- Day 21 *we are all one*
- Day 22 *an uncontrolled mind is not your friend*
- Day 23 *karma yoga the practice of selfless service never expecting anything in return*
- Day 24 *close your eyes during practice & go within*
- Day 25 *never skip out on savasana*
- Day 26 *bare feet during practice so you can connect to the earth*
- Day 27 *movement in yoga keeps the joints & muscles supple & happy*
- Day 28 *yoga is the best stress reliever*
- Day 29 *remember don't eat 2-3 hours before yoga to keep the belly healthy*
- Day 30 *no mirrors in yoga feel your poses from inside don't worry what you look like you're beautiful*
- Day 31 *slow & steady like a turtle always wins*
- Day 32 *you can practice yoga everywhere*
- Day 33 *yoga can be practiced daily but at least once a week to reap the benefits*
- Day 34 *the mind is not your friend learn to control it*
- Day 35 *in yoga we are not there to look alike it's not a competition*
- Day 36 *thoughts are very powerful and land exactly where intended so be mindful of this*
- Day 37 *help each other out in class by being positive*
- Day 38 *yoga goes beyond the mat with how you treat yourself and others*
- Day 39 *close your eyes during practice and go within*
- Day 40 *yoga should always come from a place of love*
- Day 41 *yoga teachers you can't advance your students if you don't continue your yogic studies*
- Day 42 *use the power of your mind to heal your body*
- Day 43 *the breath is so powerful use it wisely*
- Day 44 *study the holy scriptures as part of your daily practice*
- Day 45 *unconditional love should always be the foundation of all yogic teachings*
- Day 46 *a yoga teacher should set an example on and off the mat*
- Day 47 *you can breathe into every part of your body*
- Day 48 *always be kind in your thoughts actions & deeds towards yourself & others*
- Day 49 *yoga can change your world one class at a time*
- Day 50 *meditation is great practiced early morning when the world is quiet*
- Day 51 *chanting mantra will ease the mind*
- Day 52 *spend time in silence*
- Day 53 *see the love and light in everyone*
- Day 54 *always show up and do your best*
- Day 55 *be strong in your ethics & compassionate in your heart*
- Day 56 *even when you are sick practice to make you feel better*
- Day 57 *the best medicine is the holy science of yoga*
- Day 58 *every pose serves a purpose both physically & spiritually*
- Day 59 *yoga practiced early morning gets you ready for your day*
- Day 60 *yoga will bring you home inside the cave of your heart*
- Day 61 *your feet are your foundation take care of them*
- Day 62 *yoga offers a balance of strength & flexibility both in body & mind*
- Day 63 *yoga compliments any physical activity*
- Day 64 *standing postures like warrior develop steadiness*
- Day 65 *learn to see people not skin color or status just people that's how you share the yoga*
- Day 66 *practice the same postures daily to receive a different benefit everyday*
- Day 67 *yoga brings you back to your true self*
- Day 68 *the breath can heal everything*

Day 69 *always find ways to help others that's yoga*  
Day 70 *thoughts land exactly where intended so watch your thoughts*  
Day 71 *moisturize your body from the inside drink lots of water*  
Day 72 *a true yogi remains the same all year round not matter the season or situation*  
Day 73 *no eating a couple hours before practice for the health of the organs*  
Day 74 *don't hold grudges it shows up in your body*  
Day 75 *wake up & go to sleep at the same time everyday for better health*  
Day 76 *everything you need is deep in the cave of your heart*  
Day 77 *offer your practice to all the suffering in the world*  
Day 78 *bathe your entire body with your breath & good thoughts*  
Day 79 *wellness is cheaper than illness so be well by practicing yoga daily*  
Day 80 *just like your home you can remodel you body & mind with work through yoga*  
Day 81 *practice the headstand daily to stimulate your brain and calm your mind*  
Day 82 *restorative yoga is a very deep practice that everyone should practice*  
Day 83 *there is always a different variation in every pose to deepen your practice*  
Day 84 *yoga is medicine*  
Day 85 *when you teach the practice is for your students not you*  
Day 86 *as a teacher you are there to uplift your students so always be positive*  
Day 87 *yoga can practice yoga everywhere you go*  
Day 88 *yoga combines strength & flexibility for overall wellness*  
Day 89 *see yourself in others to develop compassion*  
Day 90 *consistent daily practice will help you reap the benefits of the holy science of yoga*  
Day 91 *yoga helps everyone to feel better inside their body no matter the injury or illness*  
Day 92 *yoga stabilizes emotions*  
Day 93 *humble yourself through humility it will change your yogic practice*  
Day 94 *always stand supreme as a yogi allowing nothing to disturb you*  
Day 95 *you must take care of yourself before taking care of others*  
Day 96 *yoga is for everyone no matter your age*  
Day 97 *teaching is like being a mother*  
Day 98 *be content exactly where you are to prevent suffering*  
Day 99 *use your imagination to concentrate then sit in stillness*  
Day 100 *create love and devotion through your practice*  
Day 101 *love is at the heart of yoga*  
Day 102 *always find ways to perform selfless service*  
Day 103 *asanas are done to keep the body healthy and to get you ready for meditation*  
Day 104 *when you learn you teach*  
Day 105 *yoga is a practice to bring you back to your real self*  
Day 106 *yoga should be practiced daily to reap the benefits*  
Day 107 *always be kind that's yoga*  
Day 108 *yoga stabilizes emotions which creates santosha (contentment)*  
Day 109 *show unconditional love towards everyone*  
Day 110 *practice the sun salutation every day*  
Day 111 *change the world through yoga*  
Day 112 *be present not in the past or future*  
Day 113 *develop patience while holding poses*  
Day 114 *remember yoga is a practice so don't get discouraged if you don't get the poses in 1 class*  
Day 115 *always meet your students where they are so they can evolve slowly*  
Day 116 *all the strength you need is in the cave of your heart*  
Day 117 *yoga brings your senses under control*  
Day 118 *remember non-hoarding don't go beyond your needs*  
Day 119 *you are never promised tomorrow so make the best of today come to yoga*  
Day 120 *if you can still the mind for 20 seconds that's true meditation*  
Day 121 *yoga leads you to your true self*  
Day 122 *repeating sacred mantras soothes the mind and sends positive vibrations into the world*  
Day 123 *imagine yourself as the other person to develop compassion & understanding*  
Day 124 *there is so much healing through yoga*  
Day 125 *yoga teaches you restraints of unnecessary desires*  
Day 126 *you must always quiet yourself before you teach don't bring your junk to class*  
Day 127 *be strong and loving as a teacher like a mother*  
Day 128 *you must have a sense of humor laughter is the best medicine*  
Day 129 *always be devoted to your students*  
Day 130 *early morning practice is the best to wake up the system*  
Day 131 *rise with the sun and breathe*  
Day 132 *the divine mother dwells in everyone*  
Day 133 *study the holy texts*  
Day 134 *heal your body through your thoughts*  
Day 135 *humble yourself through karma yoga selfless service*  
Day 136 *meditation the deepest form of healing*  
Day 137 *never let age hinder you from yoga*

Day 138 *be perfectly content exactly where you are*  
Day 139 *love unconditionally in everything you do that's yoga*  
Day 140 *see someone's soul not the drag people carry around*  
Day 141 *stop wasting time on things that don't serve a true purpose*  
Day 142 *teach from your heart not your head*  
Day 143 *find comfort in the body through yoga poses*  
Day 144 *yoga is the withdrawal of the senses focusing more inward*  
Day 145 *unconditional love means love with no conditions that's yoga*  
Day 146 *make each pose an offering*  
Day 147 *when someone is negative rise above with yogic love*  
Day 148 *celebrate your life by serving others*  
Day 149 *listen from within*  
Day 150 *practice daily to reap the benefits*  
Day 151 *we are all one there is no difference only the drag*  
Day 152 *yoga helps you to feel comfortable in your own body*  
Day 153 *you must stay together in class to create a collective consciousness*  
Day 154 *never disturb anyone*  
Day 155 *practice contentment with every situation*  
Day 156 *sitting in stillness that's yoga*  
Day 157 *practice balance poses daily to strengthen concentration*  
Day 158 *be mindful of your company*  
Day 159 *spread love like an infectious disease*  
Day 160 *yoga is a foundation of youth*  
Day 161 *yoga teaches you to slow down and be in the moment*  
Day 162 *yoga teaches you to detach from the thing that serve no purpose*  
Day 163 *yoga teaches us to not go beyond your needs*  
Day 164 *every minute of a yoga class is important so be on time & don't leave early*  
Day 165 *live simple*  
Day 166 *be patient emotions will pass*  
Day 167 *love all as we are all one*  
Day 168 *be truthful in your words and actions*  
Day 169 *inversions strengthen your organs*  
Day 170 *be consistent in yoga to reap the benefits*  
Day 171 *practice patience*  
Day 172 *practice fortitude*  
Day 173 *stay steady in the world allowing nothing to disturb you*  
Day 174 *serve your purpose by helping all in need*  
Day 175 *love all serve all*  
Day 176 *your feet are your foundation take care of them*  
Day 177 *yoga is the practice of self-realization*  
Day 178 *goal in yoga is stillness of the mind*  
Day 179 *yoga is a balance of strength & flexibility for your body & mind*  
Day 180 *pranayama practice (breathing) is so important*  
Day 181 *copy the teacher through reverence*  
Day 182 *never disturb anyone's peace*  
Day 183 *if you eat the junk your body will feel like junk*  
Day 184 *practicing yoga improves everything in your life*  
Day 185 *yoga brings the senses under control*  
Day 186 *yoga is for everyone doesn't matter your age weight or health*  
Day 187 *always show up*  
Day 188 *yoga is a tonic to heal your entire body*  
Day 189 *never say never always believe in your true self*  
Day 190 *love always wins*  
Day 191 *be confident in who you are*  
Day 192 *always have compassion for others*  
Day 193 *always continue your studies to advance your students*  
Day 194 *your home is in the cave of your heart*  
Day 195 *teaching is an offering*  
Day 196 *honor the guru*  
Day 197 *attachment brings suffering*  
Day 198 *early morning is the best time to meditate when the world is quiet*  
Day 199 *be receptive to the grace of God*  
Day 200 *be consistent in your yoga practice to reap the benefits*  
Day 201 *everyday is a new beginning to start a yoga practice*  
Day 202 *love is the root of all yoga teachings*  
Day 203 *see yourself in everyone to develop compassion*  
Day 204 *be in the moment not the past or future*  
Day 205 *yoga goes beyond the mat*  
Day 206 *remain calm in every situation*

Day 207 *never give up*  
Day 208 *be true to your self*  
Day 209 *study the holy texts to receive a different understanding for every stage of your life*  
Day 210 *strength is just as important as flexibility yoga helps you find the balance*  
Day 211 *your feet are your foundation take care of them*  
Day 212 *surrender every pose to the divine*  
Day 213 *close your eyes during practice to loose the distractions*  
Day 214 *use the power of your mind to heal your body*  
Day 215 *be mindful who you spend time with you are who you hang out with*  
Day 216 *set an example on and off the mat as a supreme yogi*  
Day 217 *be happy and cheerful it's your choice*  
Day 218 *send love to the suffering through your practice*  
Day 219 *be still and enjoy silence*  
Day 220 *yoga is a fountain of youth*  
Day 221 *you are what you eat & it affects your practice*  
Day 222 *it is a priviledge to serve others*  
Day 223 *yoga is withdrawal of the senses*  
Day 224 *be like a beautiful lotus and blossom through the muddiest of waters*  
Day 225 *peace is found inside not in the world*  
Day 226 *be present*  
Day 227 *we are our worst enemy so be kind to yourself*  
Day 228 *try to never distrub anyone*  
Day 229 *you have control of your mind*  
Day 230 *yoga always lifts your spirits*  
Day 231 *always do what's right*  
Day 232 *find surrender in every pose*  
Day 233 *find your strength from within*  
Day 234 *respect the animals*  
Day 235 *believe in your inner strength*  
Day 236 *it's all an illusion*  
Day 237 *yoga calms the rages of the mind*  
Day 238 *the breath can heal so much*  
Day 239 *everyone is equal*  
Day 240 *bring peace to every situation*  
Day 241 *yoga creates a community of love*  
Day 242 *always be kind to yourself*  
Day 243 *teaching is a gift to your students*  
Day 244 *your purpose is to serve all*  
Day 245 *the goal of yoga is controlling the fluctuations of the mind*  
Day 246 *never push yourself into poses you're not ready for listen to your teacher*  
Day 247 *strength and peace is found deep within the cave of your heart*  
Day 248 *you have control over your mind*  
Day 249 *reap the benefits of the holy science of yoga by being consistent*  
Day 250 *never give up the oppportunity to help someone*  
Day 251 *yoga treats every health condition*  
Day 252 *you have control over your mind not anyone else*  
Day 253 *watch your thoughts they land exactly where intended*  
Day 254 *believe in your true self*  
Day 255 *never worry it takes up too much energy*  
Day 256 *raise your consciousness through consistent practice*  
Day 257 *the body should be empty when you practice*  
Day 258 *it is a priviledge to serve others through karma yoga*  
Day 259 *to find real peace you must quiet the mind*  
Day 260 *every pose in a class serves a purpose so always be on time to not miss anything*  
Day 261 *remain steady in every situation*  
Day 262 *where you feel the pain is not the problem you need to work around it*  
Day 263 *never leave a job unfinished*  
Day 264 *a yogi always shows up*  
Day 265 *never break a promise*  
Day 266 *never judge anyone we all have our own struggles*  
Day 267 *inversions strenghten your organs & stimulate your brain*  
Day 268 *you can be free with peace in your heart*  
Day 269 *healing begins with the mind*  
Day 270 *everything happens for a reason*  
Day 271 *serve your purpose*  
Day 272 *yoga goes beyond the mat it's how you live breathe & think*  
Day 273 *practice forgiveness to find peace*  
Day 274 *see God in everyone*  
Day 275 *may we hold no ill feelings towards anyone*

Day 276 *all trials make you stronger*  
Day 277 *be patient with your body*  
Day 278 *compassion for others that's yoga*  
Day 279 *never cause anyone suffering*  
Day 280 *you must be quiet to hear God's purpose for you*  
Day 281 *yoga is for all ages*  
Day 282 *progress is made with consistent practice*  
Day 283 *always leave things better than you found them*  
Day 284 *always continue yogic studies remaining a student to broaden your teachings*  
Day 285 *the first act of charity is a smile~Mother Theresa*  
Day 286 *see yourself in everyone without judgement*  
Day 287 *be truthful*  
Day 288 *your diet is very important to how you feel in your practice*  
Day 289 *treat everyone with respect & kindness*  
Day 290 *be receptive to the grace of God*  
Day 291 *remain steady through every situation*  
Day 292 *everyone has a light in their heart let it shine*  
Day 293 *develop a home practice*  
Day 294 *you have control over your mind*  
Day 295 *when the world is changing you may remain steady in the cave of your heart*  
Day 296 *be in control of your happiness*  
Day 297 *rise above and treat everyone better than they treat you*  
Day 298 *be mindful of who you spend time with be around positivity & happiness*  
Day 299 *movement in yoga can make anyone feel better*  
Day 300 *anger is an emotion that can be redirected with love*  
Day 301 *be patient with your body & mind*  
Day 302 *karma yoga selfless service is the best way to get junk out of your head*  
Day 303 *never let your emotions get to you they will pass*  
Day 304 *rise & shine early through your yoga practice*  
Day 305 *keep your senses under control through a consistent yoga practice*  
Day 306 *concentration can make poses even harder, control your mind*  
Day 307 *you must find a happy balance of flexibility & strength with your yoga practice*  
Day 308 *attachment creates suffering*  
Day 309 *practice humility to become supremely humble*  
Day 310 *spend time being still*  
Day 311 *never ever quit*  
Day 312 *a peaceful calm mind can bring others to this state*  
Day 313 *remain slow & steady just like the turtle which always wins*  
Day 314 *keep your faith strong to remove fear worry & doubt*  
Day 315 *offer your practice to the suffering through your thoughts*  
Day 316 *practice in a warm room to keep your joints healthy*  
Day 317 *practice the yoga find peace & contentment*  
Day 318 *be grateful for every pose you can do & not worry about what you can't do*  
Day 319 *yoga sees everyone as being equal full of light & love*  
Day 320 *in every pose find contentment in the mind even the hard ones*  
Day 321 *use your breath like medicine to heal & restore*  
Day 322 *you control your mind no one else does*  
Day 323 *your purpose is to serve and help others*  
Day 324 *sharing of your precious time is a gift*  
Day 325 *wake up and go to sleep at the same time each day for superb health*  
Day 326 *you always have a choice just be happy*  
Day 327 *we may all look different on the outside but we are all the same on the inside*  
Day 328 *find the Guru, love the Guru, serve the Guru, leave the Guru*  
Day 329 *forgiveness is the key to peace*  
Day 330 *love all serve all*  
Day 331 *there is always something to be grateful for*  
Day 332 *always have the attitude of gratitude*  
Day 333 *the greatest gift is peace of mind*  
Day 334 *you must find happiness beyond the material world*  
Day 335 *you must move the body daily*  
Day 336 *always keep hope in your mind & heart*  
Day 337 *see yourself in others to develop compassion*  
Day 338 *you have control over your mind no one else does*  
Day 339 *doing service work is a privilege*  
Day 340 *all is within*  
Day 341 *change your consciousness by thinking positive good and sweet thoughts*  
Day 342 *patience is key with the body & mind*  
Day 343 *serve your purpose*  
Day 344 *see everyone the same no different than yourself just wearing a different drag*

*Day 345 yoga is withdrawal of the senses going inside resting with the true self*  
*Day 346 practice daily to reap the benefits of the holy science of yoga*  
*Day 347 the breath is like medicine to heal & restore*  
*Day 348 always be content with where you are & what you have*  
*Day 349 yoga is the fountain of youth*  
*Day 350 don't go beyond your needs*  
*Day 351 stay away from all negativity*  
*Day 352 your purpose is to serve & help others*  
*Day 353 be mindful of your actions they affect everyone*  
*Day 354 renounce the fruits of your actions*  
*Day 355 practice contentment*  
*Day 356 embrace stillness*  
*Day 357 find love in everything*  
*Day 358 the best gift is unconditional love*  
*Day 359 offer your practice to the suffering*  
*Day 360 breathe and let go*  
*Day 361 stop complaining think positive no matter the situation*  
*Day 362 love all serve all*  
*Day 363 see God in everyone*  
*Day 364 Be receptive to the grace of God*  
*Day 365*