	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 10 Day 11	don't whip your mat out to start class roll it out ever so quietly to not disturb anyone
Day 11 Day 12	more important than any pose is control of your mind
Day 12 Day 13	when yoga is practiced consistenly you will reap the benefits
Day 15 Day 14	focusing on the breath helps to calm the mind
Day 15	imagine yourself in others to create more compassion
Day 15 Day 16	twist the body daily to help with the health or your organs
Day 10 Day 17	heal your body with your breath & mind
Day 17 Day 18	yoga is for everyone
Day 18 Day 19	yoga is for everyone yoga goes beyond the mat through your thoughts actions & deeds
Day 19 Day 20	meditation is best early in the morning when the world is quiet
Day 20 Day 21	we are all one
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Day 22	an uncontrolled mind is not your friend karma upga the practice of selflors carvice power expecting anything in raturn
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 hara faat during practice se you can connect to the carth
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	yoag 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 posutres daily to receive a different benefit everyday
Day 67	yoga brings you back to your true self
-	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 orgrans
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 Day 83	restorative yoga is a very deep practice that everyone should practice there is always a different variation in every pose to deepen your practice
Day 83 Day 84	voga is medicine
Day 85	when you teach the practice is for your students not you
Day 85 Day 86	as a teacher you are there to uplift your students not you
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 pracitice 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 Day 110	show unconditional love towards everyone practice the sun salutation every day
Day 110 Day 111	change the world through yoga
Day 111 Day 112	be present not in the past or future
Day 112 Day 113	develop patience while holding poses
Day 113 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 115 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 142 Day 143	find comfort in the body through yoga poses
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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
-	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 162	yoga teaches us to not go beyond your needs
Day 165	every minute of a yoga class is important so be on time & don't leave early
Day 165	live simple
Day 165	be patient emotions will pass
	love all as we are all one
Day 167	
Day 168	be truthful in your words and actions
Day 169	inversions strenghen 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 200	everyday is a new beginning to start a yoga practice
Day 202	love is the root of all yoga teachings
Day 202	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 205	remain calm in every situation

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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 Day 286	the first act of charity is a smile~Mother Theresa see yourself in everyone without judgement
Day 280 Day 287	be truthful
Day 287 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 spend time being still
Day 310 Day 311	never ever quit
Day 312	a peaceful calm mind can bring others to this state
Day 312 Day 313	remain slow & steady just like the turtle which always wins
Day 313 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 always keep hone in your mind & heart
Day 336	always keep hope in your mind & heart see yourself in others to develop compassion
Day 337 Day 338	see yourself in others to develop compassion you have control over your mind no one else does
Day 338 Day 339	you have control over your mina no one else ades doing service work is a privilege
5uy 339	all is within
Day 340	
Day 340 Day 341	chanae your consciousness by thinking positive good and sweet thoughts
Day 341	change your consciousness by thinking positive good and sweet thoughts patience is key with the body & mind
-	change your consciousness by thinking positive good and sweet thoughts patience is key with the body & mind serve your purpose

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	