



"Gratitude makes sense of our past,
brings peace for today,
and creates a vision for tomorrow."

- John O'Donohue



YOGA
OUTLET




"Trust your own immortal soul.

Trust what you know, and what you don't.

Trust that you can do what is yours to do.

Trust life to bring you face-to-face with truth."

- Danna Faulds



*"In the midst of movement and chaos,
keep stillness inside of you.."*

-Deepak Chopra

YOGA
OUTLET



"Let yourself be silently drawn by the
strange pull of what you really love.
It will not lead you astray."

- Rumi

