

Where To Download A Year Of  
Yoga Page A Day Calendar  
2018

## A Year Of Yoga Page A Day Calendar 2018

*It's a new year and time to make those new year's resolutions for keeps ! Do you want to keep track of eating healthy this new year? Do you want to learn how to better track your diet for weight loss management or plan to make this year's job search or job opportunities more successful than the previous year? This Yoga Journal Planner is designed with several weekly pages. Space is provided for you to start your weekly planning anytime and stop*

## Where To Download A Year Of Yoga Page A Day Calendar 2018.

*anytime. At the beginning of each week, set your personal and professional goal using The SMARTER Method(tm). Use this checklist to define SMARTER Goals: Specificity Measurable Achievable Realistic Timed Enthusiasm Reason At the end of each week, there is a series of reflection questions to help you learn and unlearned from your experiences using The SMARTER method(tm). You can use the "Vision Page " to draw your image of balance, tape images that bring you peace, and doodle for creativity. In addition to the planner, the journal entry is uniquely*

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*crafted to guide your yoga practice through systematic reflections. By writing about your yoga journey, you will become intuitive of the mind-body connection that can lead you to a balanced, peaceful, and healthy lifestyle. This journal also includes a quick reference guide of the descriptions of asana, mantra, mudras, chakras and meditation. Check out our uniquely crafted books and journals to help you explore the different dimensions of wellness, health, and life 'interesting' situations. With our reflective journals, you can become intuitive of the mind-*

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*body connection. May this experience lead you to a life filled with zen, energy, and purpose. If you have any questions or suggestions on reflective journals you'd like to be created to be your guide, please email to [info@zenomixinstitute.com](mailto:info@zenomixinstitute.com). Find more information about Zenergy Press work at ZenOmix Institute. [www.zenomixinstitute.com](http://www.zenomixinstitute.com) Inner stillness. Perfect awareness. True beauty. Yoga is much more than just a physical activity. It is a conscious lifestyle that brings about a profound spiritual and personal transformation. This*

## Where To Download A Year Of Yoga Page A Day Calendar 2018

*book on yoga invites you to experience yoga as the ancient masters intended it—a holistic way of life that unites the body, mind, and spirit for complete health and well-being. With clear instruction, Dr. Robert Butera guides you through ten steps on the path of yoga that are based on traditional yogic principles and practices, yet designed to fit seamlessly into your life. Yoga enthusiasts of all kinds will discover effective tools for creating a life of healthful beauty and inner peace. Understand the role of physical poses within the larger, holistic system of yoga Practice*

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*breathing techniques (pranayama), work with your energy centers (chakras), and develop your concentration. Overcome psychological blocks, balance your emotions, and grow emotionally and spiritually. Visit*

*www.pureheartofyoga.com for free video clips of demonstrated yoga postures.*

*"The Pure Heart of Yoga will bring increased depth to your yoga practice . . . It is an excellent book: thoughtful, reflective, deep, and accessible." —Eleanor Criswell, Ed.D., author of How Yoga Works "That he's able to instruct and inspire with a*

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*warm heart and skillful direction, without judgment or prejudice about the "style" or your yoga of choice, is good reason to believe this book will bring life to your practice.";*

*—Yoga Journal*

*Yoga Cow 2022-2023 Two Year Planner Two Years Starting January 2022 To December 2023, 8.5x 11 To-Do List With Contact Pages, Yoga Calendar, Yoga Tracker, Planner Organizer, Diary Agenda, Notes, Holidays, Relaxing Book, Yearly Schedule, Ideal Gift! Independently Published The Smarter Method for Life on and Off the Mat The Smarter Method Weekly*

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*Planner for Life, Work, and  
Yoga.*

*A Year of Living Your Yoga  
The Definitive Step-by-step  
Guide*

*Align your yoga practice  
to the natural world  
with a holistic approach  
to movement, breath, and  
meditation for winter,  
spring, summer, and  
fall. Incorporate the  
mindful practice of yoga  
into your daily life  
with ten-minute morning  
sequences, affirmations,  
and evening meditations.  
Learn how to awaken your  
body and how to give it*



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*the rest it needs with  
yoga sequences,  
meditations, and  
breathing exercises  
designed specifically  
for the different  
cadences of the year.  
Year of Yoga includes  
holistic practices for  
relieving daily stresses  
and tensions. For  
difficulty sleeping,  
find relief with a  
restorative yin yoga  
sequence. If mornings  
are hard for you, wake  
your body and focus your  
mind with grounding  
Hatha sequences. To lift*

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*your spirit, read one of the 80 affirmations that illuminate the beauty and possibility each of the four seasons presents. For anyone looking to quiet their busy mind, Year of Yoga is the book for you. 22 YOGA SEQUENCES: Each sequence includes step-by-step poses and descriptions, complete with photos 80 AFFIRMATIONS AND BREATHING EXERCISES: Calm your mind and restore your body with 20 affirmations and a*

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*breathing exercise for each season of the year*  
*VIDEO-GUIDED PRACTICES AND MEDITATIONS: All twenty-two yoga sequences and each of the evening meditations is accompanied by a QR code linking you to a video recording of author Kassandra Reinhardt guiding you through your practice or meditation*  
*CONNECT WITH NATURE: Fully immerse yourself to the rhythms of nature with daily, lunar, and seasonal rituals*  
*CREATE RITUALS:*

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*Add consistency and routine rituals to your daily life to help boost your mood, improve productivity, and increase happiness*

*A daily planner to help readers have a different yoga routine every day of the year according the change of seasons.*

*Illustrations.*

*This book is the essential guide for every librarian wishing to bring the health and wellness benefits of yoga and meditation to all ages and abilities.*

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*Includes everything from  
mom and baby yoga,  
chair, yoga and online  
meditation meet-ups, to  
a mindfulness book club  
and a Wabi Sabi wall.*

*Yoga Cow 2022-2023 Two  
Year Planner*

*Rituals for Every Day  
and Every Season (Yoga  
with Kassandra, Yin  
Yoga, Vinyasa Yoga,  
Lunar Yoga)*

*Year of Yoga*

*Flexible Lesson Planning  
for Any Year - Class  
Planner Lesson Sequence  
Notebook, Gag Gift for  
Women, Men, Adults:*

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*Journal Gift for Yoga  
Teachers, Personal  
Trainers, Fitness  
Instructors, Coaches and  
Home Practice Students*  
This Yoga Teacher class  
Planner: Flexible Lesson  
Planning for Any Year -  
Class Planner Lesson  
Sequence Notebook,  
Notebook and Journal for  
Teachers in Training and  
Experienced Yoga  
Instructors for yoga  
teachers, personal  
trainers, fitness  
instructors, coaches,  
has been designed for  
you to plan your yoga

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classes in advance

.Complete with sections for important dates, a student roster, parent contact information, and weekly and monthly lesson plans, . . . . . this planner has all the brilliantly designed organization you need. This would make a great gift for the favorite yoga teacher in your life to extend your gratitude as a student. Or treat yourself to it as a special and useful gift, also it's fantastic gag gift for

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women, men, kids, adults  
for the christmas's  
gift! You'll be able to  
record class dates,  
times and venues for  
each upcoming yoga class  
and plan out your entire  
sequence of posturesour  
journal includes: The  
teacher's pet, Hit the  
books, Take notes .  
Features of this journal  
are: -8.5x11 inches, 120  
white lined pages -lined  
(standard, B&W) on both  
sides -front title and  
owner's contact details  
page -cover soft, glossy  
-Perfect travel size for



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your travel journey (put it in your bag or purse) This planner was designed with every level of yoga instructor in mind, whether in training or out, to plan out their yoga lessons and sequence of postures. our journal planer will totally help you to keep track of classes, themes and sequences, every page of the Yoga Journal is numbered

For more than 30 years, Yoga Journal has been helping readers achieve

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the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty. Discover the benefits of yoga for the mind, body, and spirit with this

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definitive e-guide from  
world-renowned yoga  
authority B.K.S.

Iyengar. Learn how you  
can use yoga to improve  
every aspect of your  
life with B.K.S.

Iyengar, globally  
respected for his  
holistic approach and  
technical accuracy. In  
B.K.S. Iyengar Yoga: The  
Path to Holistic Health,  
the guru himself guides  
you through more than 50  
yoga poses, each with  
step-by-step  
instructions illustrated  
in full color. Iyengar

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even explains his philosophy throughout the ebook - it's like having yoga classes with him as your own personal instructor. A special, 20-week beginners' yoga course makes yoga accessible for those of all ages and abilities. Twenty classic Iyengar yoga poses have a unique, 360-degree presentation so that you can see the correct position from all angles. Specially developed yoga sequences help you to alleviate

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more than 80 ailments, ranging from asthma and arthritis to varicose veins. Whether you are new to yoga and looking for somewhere to start, or more experienced and want to perfect your technique, this comprehensive guide will help you improve your abilities and work towards a happy and healthy life.

For Balance in Year  
2017-2018

The Smarter Method for  
Work, Life, Yoga

The Pure Heart of Yoga

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Yoga and Meditation at  
the Library

*This Yoga Teacher class  
Planner: Flexible Lesson  
Planning for Any Year - Class  
Planner Lesson Sequence  
Notebook, gag gift for women,  
men, adults, has been designed  
for you to plan your yoga classes  
in advance. You'll be able to  
record class dates, times and  
venues for each upcoming yoga  
class and plan out your entire  
sequence of postures This would  
make a great gift for the favorite  
yoga teacher in your life to  
extend your gratitude as a  
student. Or treat yourself to it as  
a special and useful gift, also it's*

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*a fantastic gag gift for women, men, kids, adults for the Christmas gift! Complete with sections for important dates, a student roster, parent contact information, and weekly and monthly lesson plans, ..... this planner has all the brilliantly designed organization you need. our journal includes: The teacher's pet, Hit the books, Take notes . Features of this journal are: -8.5x11 inches, 120 white lined pages -lined (standard, B&W) on both sides -front title and owner's contact details page -cover soft, glossy -Perfect travel size for your travel journey (put it in your bag or*

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*purse) This planner was designed with every level of yoga instructor in mind, whether in training or out, to plan out their yoga lessons and sequence of postures. our journal planer will totally help you to keep track of classes, themes, and sequences, every page of the Yoga Journal is numbered*

*A large eBook containing all AYP Support Forum posts by Yogani over a six year period. About 2,000 posts are included, providing extensive commentary on spiritual practices and experiences in Q&A mode, supplementing the AYP instruction books. Links to all*



## Where To Download A Year Of Yoga Page A Day Calendar

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*posts, forum topics and referenced sources are included. As A Yogi, I often asked the question: what is the best way to track my Yoga progress? This Awesome And Simple Yoga Notebook Journal helped me a lot to track my daily practice of yoga and then could to measure my progress and know exactly what are the poses and Asanas I need to practice more and become as a good yogis as I'm now "Whenever I've needed direction, strength, or centering, I've so often turned to my own journals. Why? Because many of the answers we seek are found within ourselves." There is no*

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*need to compare yourself to any other yogi and building up daily yoga practices, for whatever reason, takes time. So the best way to really make progress is to compare your today's level with your yesterday's level, and this is just with taking notes in a journal You can use this Yoga journal as: Yoga Planner To-do-list Asanas Diary Notebook to keep track of your daily tasks and schedule Specifications: Size: 6" x 9" (15.24 x 22.86 cm) wide lined pages Made in USA Soft cover with matte lamination for durability and classy look 120 page wide ruled college pages High-quality white paper This*

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*Yoga Lined Notebook Journal is ideal for Birthday Gifts for kids and adults, Christmas Gifts for all ages, Student's gifts, Stationery gift pack, Use as a journals or notepad And for capturing ideas and much more.*

*: One Is Called Yesterday and the Other Is Called Tomorrow. So Today Is the Right Day to Love, Believe, Do and Mostly Live.)*

*For Balance in the Year  
2017-2018*

*B.K.S. Iyengar Yoga*

*Flexible Lesson Planning for Any  
Year - Class Planner Lesson  
Sequence Notebook, Notebook  
and Journal for Teachers in*

## Where To Download A Year Of Yoga Page A Day Calendar 2018

*Training and Experienced Yoga  
Instructors for Yoga Teachers,  
Personal Trainers, Fitness  
Instructors, Coaches*

It's a new year and time to make those new year's resolutions for keeps ! Do you want to keep track of eating healthy this new year? Do you want to learn how to better track your diet for weight loss management or plan to make this year's job search or job opportunities more successful than the previous year? This Yoga Journal Planner is designed with several weekly pages. Space is provided for you to start your weekly planning anytime and stop anytime. At the beginning of each week, set your personal and professional goal

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using The SMARTER Method(TM). The SMARTER Method(TM) Planner Organization includes the following: Definition of The SMARTER Method(TM), Guidelines on Systematic Reflections, Definition of Yoga asana, mantra, mudras, Guidelines to Meditation 101, Yoga Journal Reflective Pages, Monthly Calendar Planner (year 2017), Weekly SMARTER Goal Planner, Vision Pages, and A 12-month calendar for next year 2018 At the end of each week, there is a series of reflection questions to help you learn and unlearned from your experiences using The SMARTER method(TM). You can use the "Vision Page " to draw your image of balance, tape images that bring you

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experience lead you to a life filled with zen, energy, and purpose. If you have any questions or suggestions on reflective journals you'd like to be created to be your guide, please email to [info@zenomixinstitute.com](mailto:info@zenomixinstitute.com). Find more information about Zenergy Press work at ZenOmix Institute. [www.zenomixinstitute.com](http://www.zenomixinstitute.com) Now you can record all of your amazing yoga and meditation experiences in one beautifully bound journal. Keeping a yoga journal will help you to track and review your progress easily, note helpful poses and their results and remember any unique or enlightening experiences. There is also a monthly calendar for quick dates, notes, events, yoga classes, etc.. Plus, twelve

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Inspirational quotes; one for each month to help you in your spiritual growth. Journal includes a blank page for each day of the year plus space for additional notes. Journal is undated so it may be used any time. A must-have for any yoga practitioner. You will love this yoga journal. Pages include a background watermark of the cover graphic to keep you motivated and immersed in yoga beauty year-round! From Yoga with Cheryl Bruedigam, Cheryl Bruedigam, CYI-250.

Examines how Black women elders have managed stress, emphasizing how self-care practices have been present since at least the mid-nineteenth century, with roots in African traditions. How have Black



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women elders managed stress? In *Black Women's Yoga History*, Stephanie Y. Evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements have been in existence all along. Life writings by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner are only a few examples of personal case studies that are included here, illustrating how these women managed traumatic stress, anxiety, and depression. In more than fifty yoga memoirs, Black women discuss practices of reflection,

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exercise, movement, stretching, visualization, and chanting for self-care. By unveiling the depth of a struggle for wellness, memoirs offer lessons for those who also struggle to heal from personal, cultural, and structural violence. This intellectual history expands conceptions of yoga and defines inner peace as mental health, healing, and wellness that is both compassionate and political.

Stephanie Y. Evans is a Professor of Black Women's Studies, Director of the Institute for Women's, Gender, and Sexuality Studies, and Affiliate Faculty in the Department of African American Studies and in the Center for the Study of Stress, Trauma, and Resilience at Georgia State University. Her books include Black

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Women and Social Justice

Education: Legacies and Lessons

(coedited with Andrea D. Domingue  
and Tania D. Mitchell); Black

Women's Mental Health: Balancing  
Strength and Vulnerability (coedited  
with Kanika Bell and Nsenga K.

Burton); and African Americans and

Community Engagement in Higher

Education: Community Service,

Service-Learning, and Community-

Based Research (coedited with

Colette M. Taylor, Michelle R.

Dunlap, and DeMond S. Miller), all

published by SUNY Press.

The Yoga Year

Yoga (THERE ARE ONLY TWO

DAYS IN THE YEAR THAT

NOTHING CAN BE DONE

Daily Yoga Journal

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Two Years Starting January 2022  
To December 2023, 8.5x 11 To-Do  
List With Contact Pages, Yoga  
Calendar, Yoga Tracker, Planner  
Organizer, Diary Agenda, Notes,  
Holidays, Relaxing Book, Yearly  
Schedule, Ideal Gift!

It's a new year and time to make  
those new year's resolutions for  
keeps ! Do you want to keep track  
of eating healthy this new year? Do  
you want to learn how to better  
track your diet for weight loss  
management or plan to make this  
year's job search or job  
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reflective journals you'd like to be created to be your guide, please email to

info@zenomixinstitute.com. Find more information about Zenergy Press work at ZenOmix Institute. [www.zenomixinstitute.com](http://www.zenomixinstitute.com)

Judith Hanson Lasater has been teaching an annual yoga retreat at Feathered Pipe Ranch, in Helena, Montana, for twenty-eight years. When Lasater learned that one of her students was collecting her thoughts—which she called "Judith's aphorisms"—Lasater decided to collect them in this book. Featuring one thought for each day of the year, along with a suggested practice, these brief, powerful insights reflect the author's

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knowledge of classic yoga philosophy and years of experience. Humorous, inspiring, and surprisingly down-to-earth, they guide seekers both on and off the yoga mat. These aphorisms address love, asana, fear, trust, expectations, pranayama, suffering, laughter, presence, the Yoga Sutra, and much more. They emphasize the experience of being present to one's self and to life's ups and downs—day by day, breath by breath, moment by moment. A Year of Living Your Yoga is a gentle invitation to readers to know themselves on a deeper level. The Yoga Journal Log is an activity book of 52 weeks can help you stay committed to your Yoga routine for



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2018

a full year. Each page has space to check off your daily activities for 7 Days. Ten common poses are listed such as: Seated Meditation, Down Dog, Plank, Leg High, Bend Knee, Knee Circles, Knee to Nose, Cobra, Forward Fold and Halfway Lift. An additional 20 blank lines are available to write in other poses you prefer. All you have to do is check the box next to each activity when complete for that day. Pages are undated so write in the date and start recording your Yoga Journal Log any time of year.

Yoga Journal Planner (Green-Yellow)

The Smarter Method for Life, Work, and Yoga

Ten Essential Steps for Personal

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Transformation

Yoga Journal Planner (Black-  
Purple)

Updated to celebrate the Yogi's 90th birthday, this perennial bestseller is the only illustrated practical Iyengar yoga guide written by the master himself.

B.K.S. Iyengar Yoga: The Path to Holistic Health is the complete, authoritative teachings of B.K.S. Iyengar for mind, body, and health, and is suitable for every level of ability, age, and physical conditions. The book includes all the classic asanas, which are illustrated with 3601?4 views of step-by-step sequences. There are also yoga

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sequences devoted to help ease the symptoms of more than 80 ailments, from asthma and arthritis to IBS and varicose veins. This edition's new material includes a chapter of reportage-style photography focusing on the life and works of B.K.S Iyengar, chronicling his path from a sickly childhood to a worldwide yoga authority.

Deep Breathe. Calm, and Relax!  
Yoga offers physical and mental health benefits for people of all ages, this yoga is individualized calm healing, and it is the way that you can support the healing process and help the persons experience more centeredness

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and less distress, also it improves your strength, flexibility, back pain relief, to relax, lastly, its good to your heart it will help for high blood pressure, include also the excess weight. You will enjoy and relax with calmness, stress relief with this planner journal!

About this item: ? Two Year Planner 2022-2023: Featuring yearly plan and weekly pages with contacts that you can see on the last page ? Best Service: We will give our best to make you happy, the weekly and monthly planner is a perfect choice for leading a clear life throughout the year. ? Covers:

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Gorgeous design makes the cover 2022-2023 planner more personal use. ? Weekly Organization: Each weekly page offers write-on spaces for planning your schedules, writing priorities to track appointments and plans. ? Printed on high-quality white paper for clean take down notes and reducing ink through. We have other 2022-2023 Two Year Planner design collections! Just click the author name "Bianca Marrow" and enjoy buying! Scroll up and click BUY NOW!

Create a Powerful Connection Between Yoga and the Wheel of the Year Find balance in your

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yoga practice and your life by connecting with nature and the cycle of the seasons. Yoga Through the Year reimagines yoga as a way to unite complimentary opposites—heaven and earth, sun and moon, male and female. Providing inspiration, guidance, and more than 100 illustrations, this book shows you how to work with the prevalent energy of each season and develop an authentic practice that makes you happier and healthier. Learn how to best work with the challenges and opportunities present throughout the wheel of the year. Explore mindfulness exercises,

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visualizations, meditations, and yoga poses and sequences that are specially designed for each season. This remarkable book's approach can be personalized to fit your needs all year long. With it, you can develop your own rhythm in response to each seasonal change.

Yoga Journal Log

Weekly Planner

Black Women's Yoga History

***It's a new year and time to make those new year's resolutions for keeps ! Do you want to keep track of eating healthy this new year? Do you want to learn how to better track your***

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***Guidelines to Meditation  
101, Yoga Journal Reflective  
Pages, Monthly Calendar  
Planner (year 2017), Weekly  
SMARTER Goal Planner, Vision  
Pages, and A 12-month  
calendar for next year  
2018***At the end of each week,  
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*life filled with zen,  
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suggestions on reflective  
journals you'd like to be  
created to be your guide,  
please email to  
info@zenomixinstitute.com.*

*Find more information about  
Zenergy Press work at  
ZenOmix Institute.*

*www.zenomixinstitute.com*

*The events of 1994: Shri  
Mataji's travels, talks,  
pujas and advice. From  
Bangalore to Bucharest,  
Brisbane to Buenos Aires,  
this year can be described  
as a vision of beauty. "Many  
people who really have  
achieved a very great height  
in their spiritual life did*

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*not need a birthday, but every day they felt it is a birthday to start, to go ahead, to understand, to learn. Every day is a new year for them."*

*Yoga Teacher Class Planner  
A Seasonal Approach to Your  
Practice*

*One Year in Sahaja Yoga:  
1994*

*Yoga Journal*