



LOVE • SERVE • MEDITATE • REALIZE

This week's 'Food for Thought' August 23, 2011

Put the Law of Dharma (your purpose) into effect in your yoga practice and in your life by committing to the following three steps:

1. Pay attention to the quiet stillness within you that animates your body and mind. During your yoga practice and during the day, bring your attention to the silent witness that observes your thoughts and actions.
2. Become aware of your unique talents and those things you love to do. In your practice of yoga, notice the postures that you enter into easily and use this information to become more intimate with your nature. Some people are naturally flexible; some have inherently good muscle strength, while others have innately good balance. Celebrate your natural talents even as you strive to develop others in yoga and in your life.
3. Cultivate an inner conversation of helping and serving. When your intentions behind every action are to align with dharma, your actions will be effortless and successful. By asking yourself: How can I help and how can I serve, you will fulfill your deeper purpose in life.

—Deepak Chopra, MD, *The Seven Spiritual Laws of Yoga*

Special Workshop this Saturday *with Marydale*
August 27, 2011 1:00 - 4:30pm Abundance and You \$27

NOTE: The Studio will be closed
September 3rd - 6th in observance of Labor Day

For further information about every day services and special events please visit our website at www.Param-Yoga.com or inquire at the Front Desk. Thank-you

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