



MY YOGA AGREEMENT FOR 2014

Some of us in classes described what we'd like to move forward on this year; if you'd like to join us:

What would you like to adjust?

Is it "doable" for you? What is most important about it?

What do you think can be changed through this movement? How do you feel about approaching this change/this approaching change?

Why do you want to adjust to this/change this/become this?

How will you go about it? What is your game plan? Mistakes are a good way to learn: how will you re-organize after a slip?

How will you know if your plan is working? What do you see as the long-term effects of this adjustment?

You've got the WHAT, the power of WHY and its side-kick HOW.

In your imagination, see yourself answering: What did I do? How did I do it? What did I learn?