











**Make a  
Donation**







I HONOR  
THE  
DIVINE  
WITHIN  
ME.



Prana

Joy

Third Eye

Yoga

Chakra

Crown

Meditation

giving

nature

Love

Root

Chanting

creative

Sacral

Metta  
Meditation

health

Solar Plexus

Pranayama

stability

Heart

Asana

exercise

Throat

Friends

retreats

Travel

energy

workshops

reading

mind

home

writing

self love

family

gratitude

Bliss

caring

daily mantra

Devotion

wealth

Balance

Yamas

abundance

wisdom

Niyamas

compassion

nourish

Breathing

focus

Pose

tapas

Patanjali

ahimsa

svadyaya

Pratyahara

satya

ishvarapranidhana

Dharana

asteya

I am

Dhyana

brahmacharya

surrender

Samadhi

aparigraha

I feel

Oneness

soucha

I love

senses

santosha

Breathe