



Blessing for Yoga

by Danielle Bryant

Place your left hand on your heart:

I Bless my Body – that it is Healthy, Strong and free from suffering

I Bless my Mind – that it is Peaceful, Balanced and free from fear

I Bless my Soul – that I see and feel the Love within me and in all living things

I Bless my Present – that I notice the Beauty around me in every moment

I Bless my Future – let it never be my past

I Bless my Past – that it turns into Wisdom

I Bless the Divine in me – let it flow around me, and through me, and guide me on my path... and let it show me signs so that I know it is real

Now, I give gratitude –
for my life, and for ME.....

And for all the times I have shown myself anger, frustration or fear....

I am Sorry, Please forgive me,
Thank you, I love you.....

Namaste

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