

 "To me, yoga is everything and is present everywhere
. It is a lifestyle.

Moving our bodies and engaging in physical activities is
Hatha Yoga.

Learning and gaining knowledge from books and other
media is Jnana Yoga.

Working enthusiastically each day in everything we do is
Karma Yoga.

Offering prayers to God in every way is Bhakti Yoga.

 Yoga is a beautiful lifestyle that can be scaled and
channeled with proper guidance.

It goes beyond language, religion, and race, embracing all
who seek to practice a yogic lifestyle. 

Please share this message with your group so that they,
too, can be inspired to embrace the yogic way of life." 