



Yoga Gift Mug

£15.00

OUT OF STOCK

Quick Overview

A stylish, wordy mug featuring a message about yoga in a vintage typewriter font with one word highlighted in bright red.



Yoga is not about touching your toes, it is what you learn on the way down. Yoga is like life - it's a balance of holding on and letting go. Yoga does not change the way we see things, it transforms the person who sees. Yoga is not for the flexible, it's for the willing. Yoga takes you into the precise moment, the only place where life exists. It's not your history but your presence on the mat that matters. Yoga is not about self-improvement, it's about self-acceptance. Warning: yoga has been known to cause health and happiness. The most important pieces of equipment you need for doing yoga are your body and your mind. Yoga teaches you how to listen to your body. Bend, so that you don't break. Obstacles do not block the path, they are the path. Don't practice yoga to get better at yoga; practice yoga to get better at life. Life is all about balance.



Details

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Additional Information

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