

YOGA KALA



@YOGA.KALA

WHAT DOES MY INTUITION TELL ME ABOUT
MY DHARMA (PURPOSE)?

YOGA KALA



@YOGA.KALA

WHAT SMALL CHANGES CAN I MAKE TO MY LIFESTYLE
THAT COULD POSITIVELY IMPACT MY COMMUNITY
AND THE WORLD?

YOGA KALA



@YOGA.KALA

HOW CAN I BE A BETTER FRIEND/ PARTNER/ MOTHER/
FATHER/SON/DAUGHTER/SISTER/BROTHER?

YOGA KALA



@YOGA.KALA

HAVE I DRUNK ENOUGH WATER TODAY? HOW CAN
I FIND MORE CREATIVE WAYS TO STAY HYDRATED?