



Inspirations from My Yoga Mat - Dot Grid Journal (Paperback)

By Divine Journaling

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is a writing Dot Grid journal with 130 blank numbered pages with 10 carefully curated quotes from Rumi and Hafiz for extra inspirations. Each time we begin a yoga practice, the union of the asanas with pranayama allows us to connect with our inner world. If we listen to this connection and act upon it, it brings personal-development, self-improvement, personal growth, self-confidence and most importantly self worth. Whether you are an experienced Yogi or a beginner, may this journal be your diary, your confident and your best friend to share away the inspirations and the meditations that arise each time you step into your yoga mat. - 249 Dot Grid Blank Pages allow your creative mind to design them as you pleased. -Perfect for your inspirations, notes list, nurture yourself, create poetry, etc -Perfect size to carry it with you - Would make a great gift.



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