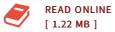




## Inspirations from My Yoga Mat - Dot Grid Journal (Paperback)

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 personaldevelopment, 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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