

At Bikram Yoga of White Bear Lake  
Woodbury

## May You...

find calmness in your breath

find peace in the midst of the storm

experience the thrill of your hard work

be renewed in body mind & spirit

experience the letting go of all fear, anxiety, doubt & criticism

feel your body & mind being strengthened

be challenged to reach new limits

find your spirits soaring as you reach new heights

be blessed beyond belief

silence your inner critic

find encouragement & confidence

feel the cleansing of body & mind

find peace with your body

be more and do less

be still & know

## May You Grow on Your Journey

~ Michael Mullin, Studio Director & Teacher

May You...