



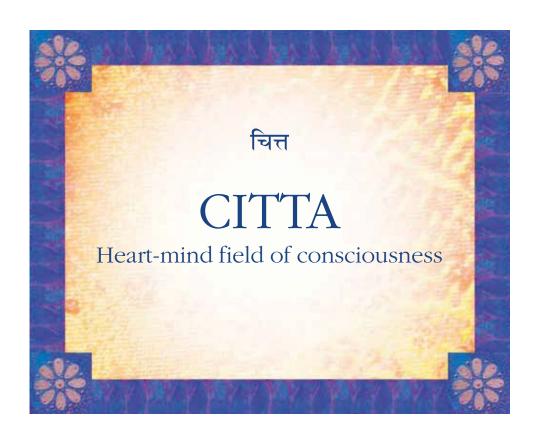
The study of yoga requires commitment, dedication, and a teacher.

With an open heart-mind I can direct my attention inward and see what unfolds.

I will set aside time for learning and practicing all aspects of yoga.

I am ready to begin.







The heart-mind is the center of consciousness.

I understand the citta as a link between external objects and the inner light of awareness.

I will recondition my heart-mind field toward clarity and kindness.

