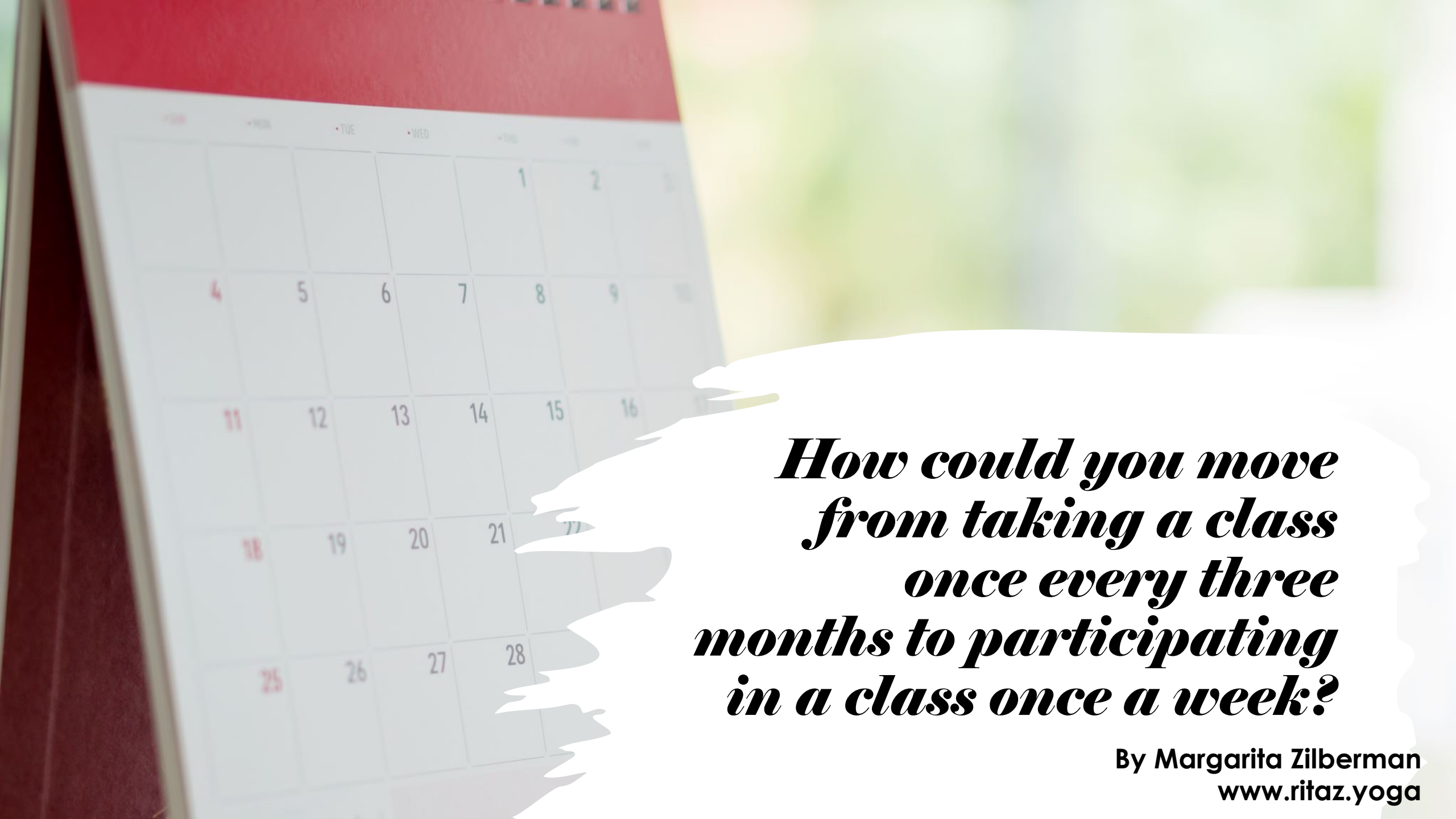


**We don't always know where to
start...**

**"MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT
KEEPS YOU GOING" BY JIM RYUN**

**By Margarita Zilberman
www.ritaz.yoga**



***How could you move
from taking a class
once every three
months to participating
in a class once a week?***

**By Margarita Zilberman
www.ritaz.yoga**

Commit

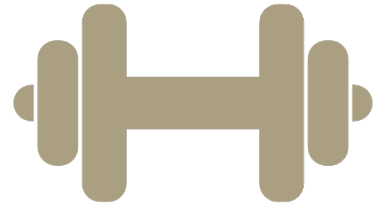
Commit - define and understand the purpose

Start

Start simple - take a couple of minutes a day to just sit in silence for 5 minutes; sign up to the nearest class available

Go

Just go with it - once you are there you can't really postpone it any further



***Yoga is a workout as well as a work-
in.***

**By Margarita Zilberman
www.ritaz.yoga**



Yoga is about freedom and self-acceptance.

By Margarita Zilberman
www.ritaz.yoga

By accepting

what our bodies can and cannot do we are freeing ourselves and by freeing ourselves we are showing the highest level of self-care.



By Margarita Zilberman
www.ritaz.yoga

*Whether you are
entirely new to yoga
and don't know
where to start or a
seasoned practitioner*



By Margarita Zilberman
www.ritaz.yoga



***There is no
better advice***

than just to follow your inner voice, let your body and breath guide you, discover what fits you, it is all about uncovering your own pose.

By Margarita Zilberman
www.ritaz.yoga

A hand is held palm up, reaching towards a bright, hazy sunset. The sun is low on the horizon, creating a warm, golden glow that fills the sky. The background is slightly out of focus, showing silhouettes of trees or hills. The overall mood is peaceful and hopeful.

*“Through repetition, the magic is forced to
arise.”*

By Margarita Zilberman
www.ritaz.yoga



***With love & light
to you all***

**By Margarita Zilberman
www.ritaz.yoga**