

YOGA
STORY

The Yoga Story Manifesto

WHAT YOU LEARN ON THE MAT IS MORE THAN
THE PHYSICAL

IT'S NOT ABOUT WHO HAS THE BEST BODY
OR THE MOST IMPRESSIVE POSE

It's about the **stories you tell yourself**
about the world around you.

We...

Live life based on our truth

Take responsibility for our health & well-being

Let go of the stories that no longer serve us

Commit to a meaningful path

Show up, consistently

Use the power of our breath to work through discomfort

Make small incremental improvements day-by-day

Collaborate, not compete with one another

Build strength and flexibility by slowing down

Demonstrate compassion for ourselves and others