

Yoga With Paul

31 MAR 2017

Vol. 4 Issue 3



Best of the (other) Blogs

Ideas & inspiration & more

Practicing kindness

"Non-violence is defined by honest compassion and true love. You can achieve this by embracing love: learn to love deeply, and also to be loved. However, this is impossible to do if you choose to ignore or escape from certain traits held in yourself. "

[Click here to read more](#)

Building a strong foundation

"In yoga, one of the first and best things we learn to do is to stand. It might seem ridiculous at first, seeing as we walked into class, but standing in an alignment that reduces the negative impact of gravity on the spine and joints is challenging. It involves unlearning many things we didn't even know we'd learned."

[Click here to read more](#)

London: Recommended

Please **email** or **Tweet** suggestions!

Museum of London

The wonderful museum in Barbican where you can explore the history of our amazing city -- for free!

[Museum of London](#)

Welcome!

To the **Yoga With Paul March** newsletter...

The ultimate call of a yogi is to deepen our practice every day, every week, every month, every year. This sounds like a big ask but think about it -- how long have you been practicing yoga? Two months? A year? Five years? Time spent on the mat adds up. Before we know it, yoga has filled our lives with greater flexibility, mindfulness and joy.

Share **#YWP**: Download the newsletter, forward it, post it and spread the good yogi vibes. Your comments, Tweets, and questions welcome!

Namaste, Paul ☺

Follow [Yoga With Paul](#) by email or [@YogaWithPaul](#) on Twitter.

Yoga With Paul Recipe of the Month:

Something unusual this month. [Chickpea "tofu"](#) a make-at-home soy-free alternative to shop-bought tofu.

Popular Post of the Month:

Lot's of you are already looking ahead to summer hols. This month's top post was the [90-day Yoga Holiday With Paul Countdown!](#)

Algarve Retreat Early Bird Sign-up

Check out our fabulous [photo gallery](#) and book your place on the Algarve Yoga Holiday With Paul retreat from **23-30 June 2017**.

**"LIFE SHRINKS OR EXPANDS IN
PROPORTION TO ONE'S COURAGE."**

~ANAIIS NIN

Yoga Holiday With Paul Algarve Retreat

*Join our annual adventure in hot yoga, Vinyasa flow,
moving meditation and exuberant dancing from 23-30 June 2017!*

Queries or bookings email: YogaHolidayWithPaul@gmail.com