

The World of Yoga

Light Academy- workbook with Episode 1:
The world of Yoga - an introduction

Dear

I think you already looked at the video from the Light Academy. This first video in the series on Yoga gives you an introduction to this series.

To support you in the processing of this video, I created some questions to help you to go deeper within yourself. What in this video touched you? You can print this document and write your answers in the spaces below each question.

Lots of love,
Kelly



The Light Academy



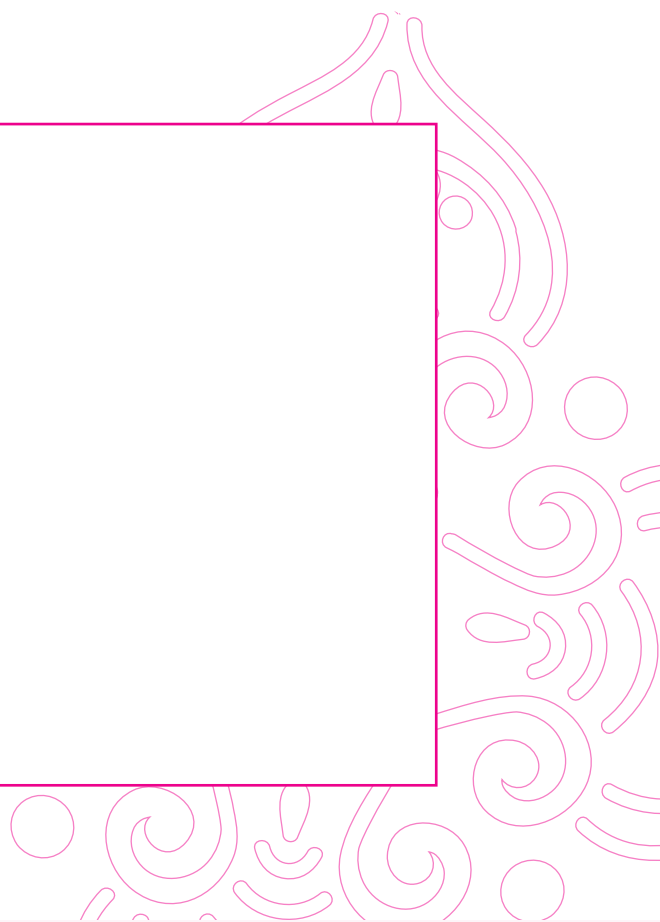
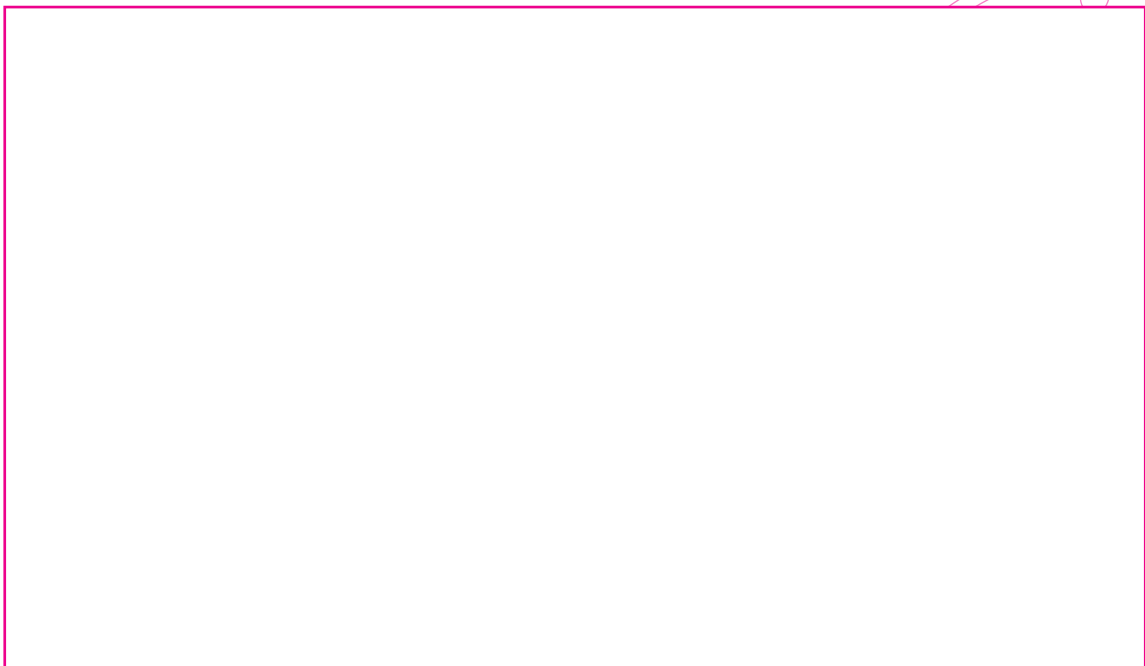
1) What do you understand under 'ancient wisdom of India'?

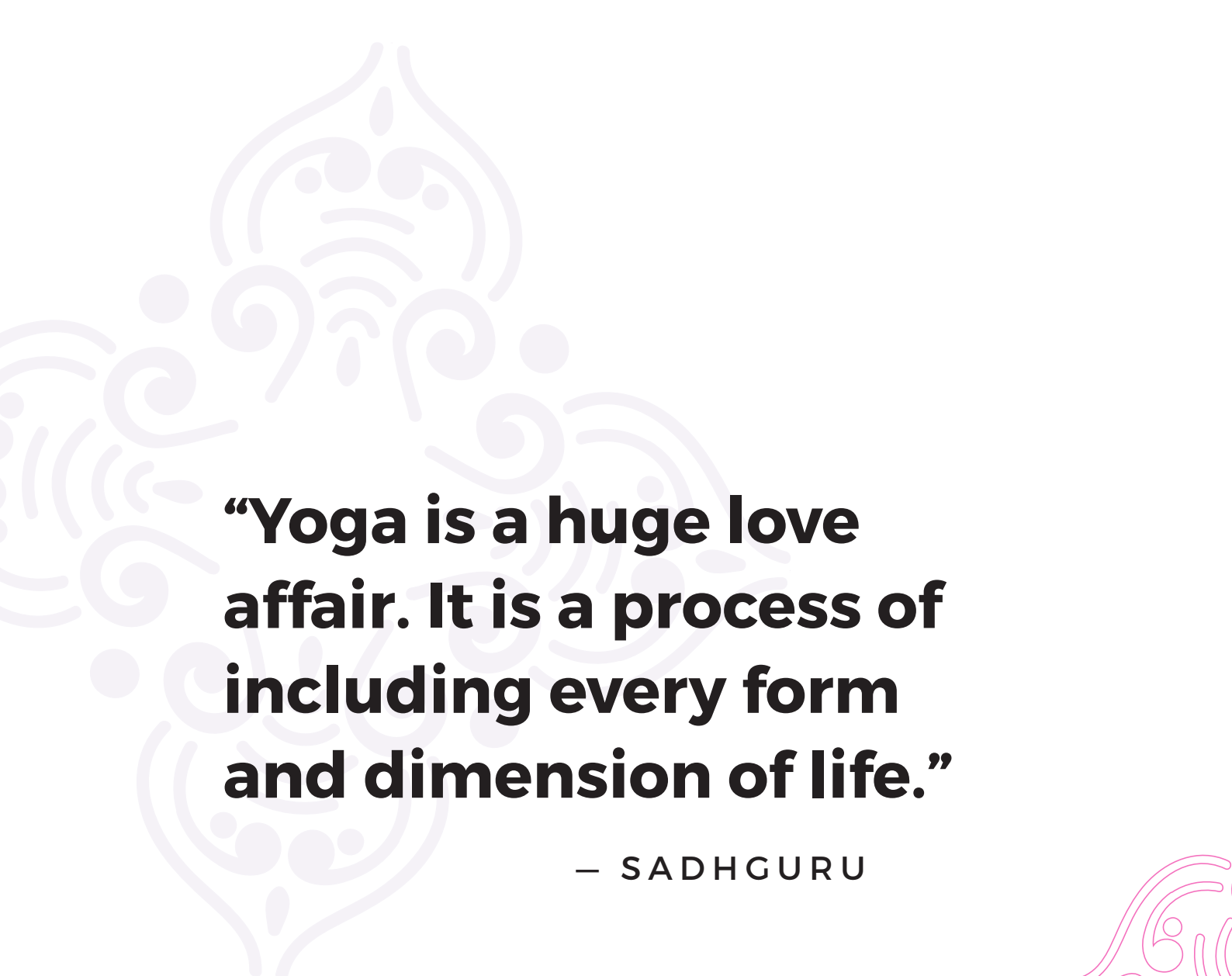
2) What is your mission in life?

3) Do you think you already fully discovered yourself?



4) Are you following your passion?





**“Yoga is a huge love
affair. It is a process of
including every form
and dimension of life.”**

– SADHGURU

