



Thread & Word A Walking Yoga Sutra*

19.01.16 Julia Riddiough

'Tap into your inner strength to celebrate all the threads that bring us together to connect'



Elspeth Penfold 'Woven Yoga Strap'

Patanjali's Yoga Sutra - Book 1:20 *Sanskrit sūtra 'thread' *shraddha-virya-smrti-samadhi-prajna-purvakah itaresham*

Cultivate self-confidence and conviction to help us maintain our persistence and strength, and to remember our direction so that we may attain a focused mind and clear perception.

Shraddha is your inner strength; when you're lost shraddha is your deep inner trust that will find a way. It's the guiding force inside that urges you to keep putting one foot in front of the other. This resource is one of your greatest assets—a way to help you connect.

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