

# Yoga With Paul

30 SEPT 2016

Vol. 3 Issue 9

## ALGARVE RETREAT

23 - 30 June 2017

@yogawithpaul



### Best of the (other) Blogs

Ideas & inspiration & more

#### **The learner mindset**

"You should always be learning a new skill or process. That is what successful people do constantly. They are where they are at because they are always improving themselves. If you do not make it a point to keep learning, you are stagnant"

[Click here to keep reading](#)

#### **Yoga for a better sense of humour**

"Before you start, stand at the top of your mat, close your eyes and take three deep breaths. Visualize something that scares you—like doing a [dreaded pose](#) or [giving a presentation at work](#). Then imagine that you are laughing about the funniest thing that ever happened. These poses will encourage you to try the things that scare you while staying lighthearted about them."

[Click here to keep reading](#)

#### **London: Recommended**

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

#### **Wahaca Mexican Eatery**

I was delightfully surprised to get a great green juice at Wahaca in Westfield.

<http://www.wahaca.co.uk/>

## Welcome!

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

We have enjoyed an especially beautiful September in London and it has reminded me to be grateful for the small things that add richness to our daily lives. Over the month a blog theme emerged: The importance of finding joy in life and being willing to [invest in ourselves](#), even when times are tough. Let's approach autumn with that attitude!

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:

A bundle of delightful recipes in [Raw Beet](#), co-authored by my lovely friend (and registered nutritional therapist) Rachel Martino.

## Popular Post of the Month:

Wow! You blew my readership stats through the roof clicking on the [Algarve Retreat 2017](#) announcement. Early bird booking now on!

## Algarve Retreat Gallery

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

**"IF YOU WANT TO CONQUER THE ANXIETY OF LIFE, LIVE IN THE BREATH."**

AMIT RAY

## 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](mailto:YogaHolidayWithPaul@gmail.com)