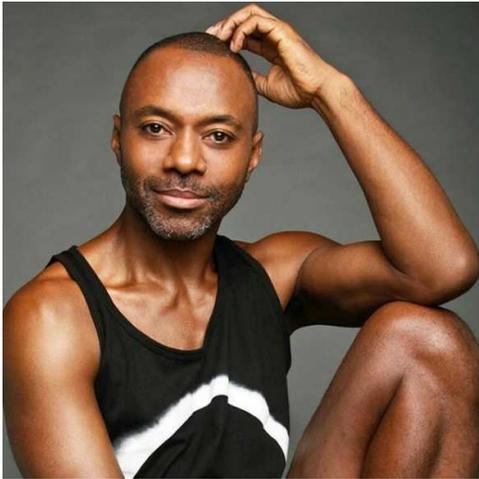


Yoga With Paul

31 DECEMBER 2017

Vol. 4 Issue 12



Best of the (other) Blogs

Ideas & inspiration & more

Journal prompts for the new year

Take a look at your life by journaling.

These prompts will help you get started:

1. What is your ultimate insecurity that prevents you from being creative?
2. Name three to five songs that make you feel alive and explain why.
3. Go on a rant about your biggest passion. Why does it enthral you? Why are you so interested in it?

[Click here to read more](#)

Pledge yourself to yoga

"I like to think of it as softly, soulfully pledging allegiance to my practice.

Loyalty to Self, Spirit (whatever that may mean for you), and one's own

Path. Word is Bond."

[Click here to read more](#)

London: Recommended

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

Earth Natural Foods

An independent store specialising in organic, veggie, vegan, gluten free, Fairtrade and biodynamic foods, plus eco-friendly household products.

[Earth Natural Foods](#)

Welcome!

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

Can you believe it is already the end of the year? As we move into 2018 I want to say a heartfelt thank you to all the yogis who shared your practice with me this year. From studio classes to the yoga holiday and all points in-between, it's been a beautiful journey.

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:

Enjoy the warm spices of the season a bit longer and whip up a batch of this delicious [gluten free gingebread](#).

Popular Post of the Month:

We all have food on our mind more than usual in December, so no surprise the [four ways to avoid weight gain](#) post got folks clicking.

Yoga Retreat Preview

Get a sneak peek at what's to come in our [photo gallery](#).

Then book your spot for **22-29 June 2018**.

**"WHATEVER YOU'RE SCARED
OF DOING, DO IT."**

~NEIL GAIMAN

Yoga Holiday With Paul Algarve Retreat

*Mark your calendar! Yoga Holiday With Paul retreat is back:
22-29 June 2018! Early booking available.*

Queries or bookings email: YogaHolidayWithPaul@gmail.com