

Believe in the beauty of curves. Soft is **strong** and round is **fierce**.

Listen to your **instincts**. Follow what makes your heart grow strong.

It is possible to **love your body**, even on days when you don't like it.

Let feeling **amazing** be your only unit of self-measurement.

Leap into **body positivity**, regardless of your shape or size.

Loving your own body opens the door for others to love theirs.

You are stardust. You are a bright light. You are **perfection**.

There's **no more need** to give another dime to the diet industry.

Our worth is measured by **trusting** our **gut**, **not reducing it**.

Time we spent criticizing our bodies is now spent chasing our **dreams**.

You deserve **unconditional** acceptance & **blissful happiness**

It's time to grab life by the curves and never let go.

The Curvy Yoga

MATIFESTO

MAY WE MAKE IT SO