

post-event follow up

THANK YOU FOR PARTICIPATING IN THE 2012 VIRTUAL CURVEFEST

If you couldn't join us live, I hope you'll check out the recordings and treat yourself to a day of body lovin' yoga. Setting aside time just for ourselves is so important.

Either way, once you've allowed the event to sit with you a bit, I encourage you to spend some time with these reflection questions. It's so easy to move on from events like this without carrying what you learned into your daily life, so I hope you'll take this opportunity to do that.

Just like with the pre-event questions, take a moment to get centered (perhaps by taking a few deep breaths first) before responding.

ONE

**WHAT DID MY BODY TELL ME
DURING VIRTUAL CURVEFEST?**

TWO

**HOW CAN I CARRY THAT LESSON
INTO MY DAILY LIFE IN AN EASEFUL WAY?**

THREE

**HOW DO I WANT YOGA
TO BE PART OF MY LIFE MOVING FORWARD?**

FOUR

**HOW CAN I BRING YOGA INTO MY LIFE
IN A SIMPLE WAY THAT FITS MY NEEDS
(SCHEDULE, HEALTH, FAMILY NEEDS, ETC.)?**

Here's to more yoga & kindness in our lives!

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