

Coming Home

Class Notes Week 3
Wednesday Practice

Quotes

“One of the greatest regrets in life is being what others would want you to be, rather than being yourself.”

When you stop living your life based on what others think of you, real life begins.
At that moment, you will finally see the door of self- acceptance opened.”

“There is no home greater than Self-realization.” Paramahansa Yogananda



And the journey continues along the path of coming Home to our true selves.

Establish yourself in your own deep center.

Root down into your authentic self.

Come to the breath and the body again and again.

Ayurveda Yoga Center



Deborah Keene