



There is so much to be grateful for . . .

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." JFK

"If the only prayer you say in your entire life is THANK YOU, it will be enough."
Meister Eckhart (German mystic)

The benefits of practicing gratitude are nearly endless. . .
May all beings dive deep into the experience of gratitude and allow ourselves to receive its
endless benefits.

Namaste,
Addie

GRATITUDE by Louie Schwartzberg

<https://www.youtube.com/watch?v=4115qFsdWKQ>

Visit our
website



Light of the Heart
Yoga™

[About](#)

[Schedule](#)

[Events](#)

[Readings](#)

[Contact Us](#)

Light of the Heart Yoga | 770 Washington St Suite #8, Holliston, MA 01746

[Unsubscribe addie@lightoftheheartyyoga.com](mailto:addie@lightoftheheartyyoga.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by addie@lightoftheheartyyoga.com powered by



Try email marketing for free today!