

# *Happy New Year*

## **SPECIAL OFFERS TO ENCOURAGE YOU ON THE PATH OF SELF-REFORMATION!**

### *New Year, New Habits!*

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**ASHTANGA YOGA PARIS**

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# *Karma, Samskara, Vasana*

Karmas are all our thoughts and actions, these karmas turn into samskaras or habits, which turn into vasanas or character traits.

Changing our character or deep seated habits can be intimidating and may feel impossible. However, when we start to replace our negative karma with positive karma, slowly, slowly these new karmas will become our habits and even over long time our character!

So all we have to do is apply our will power to make the small step and before we know it big steps will have been taken.

It's extremely self-empowering when we see ourselves actually reforming. This is the power of a committed Ashtanga Yoga practice! Beginning a new year is traditionally a good time to cultivate new and positive karmas and habits, come join us!

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*From, Linda, Gérald & Team AYP*



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