

YOGAMOTION LIFE ENRICHMENT®
GRATITUDE



*Whenever we are appreciative, we are filled
with a sense of well-being and swept up
by the feeling of joy.*

M.J.Ryan

DATE _____

1. _____
2. _____
3. _____

DATE _____

1. _____
2. _____
3. _____

DATE _____

1. _____
2. _____
3. _____

DATE _____

1. _____
2. _____
3. _____

DATE _____

1. _____
2. _____
3. _____

DATE _____

1. _____
2. _____
3. _____

DATE _____

1. _____
2. _____
3. _____