

November 2010

Namaste Yoga Community:

Over 40 years ago Robert Kennedy said "... the GNP [gross national product] measures everything, in short, except that which makes life worthwhile."

An interesting quote coming off the heels of a mid-term election. Our elected officials do not measure what makes life worthwhile. Though, if we were to ask each other, we probably would admit what truly matters most is Happiness.

As we approach the holiday season, in the spirit of our yoga community, discover the strength inside to share with and trust each other. Permit 'Yes' back into our vocabulary. Build bridges to ask for help and accept the help given. Recognize our sense of community is greater than oneself.

And although this may not be the complete recipe for happiness, it sure would not hurt to try.

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