

Years of yoga practice had taught  
me just that:  
the art of breathing through  
discomfort.

Of sitting with pain.  
Of breathing in to the tight  
corners of my body and making  
space wherever I need it.

I realized, this is it.  
This is the point of all that  
practice.



Rachel Brathen

# Yoga Poems

**Roman Wölfel**



## **Yoga Poems:**

Uncover the mysteries within Crafted by is enigmatic creation, **Yoga Poems** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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