

Day 13 - Moving for Balance

21-Day Meditation Challenge <meditationchallenge@chopra.com>

Sat, Mar 23, 2013 at 1:11 AM

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"Consciousness is only possible through change; change is only possible through movement." —Aldous Huxley

Quick Links

[Access today's meditation](#)

[3 small shifts to feel good all day long](#)

[4 Exercise Moves to Help You De-Stress](#)



Welcome to Day 13—Moving for Balance

Today, we explore the concept of balance through movement.

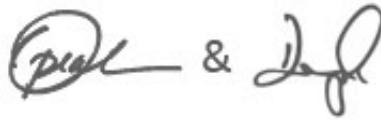
Yoga means "union," the union of mind, body, and spirit. Moving our bodies in ways that help us feel peaceful and connected with everything around us—whether it's a brisk walk, a focused run, or an hour of yoga—can shift our awareness. Exercise can help us feel open and alive, rebalance our perspective, improve our physiology, and help us experience all aspects of ourselves, in harmony.

Our centering thought for today is:

I am flexible, powerful, and balanced.

We look forward to our union with you today.

Blessings,



MINDFUL MOMENT

Create a schedule so that you engage in the exercise you enjoy the most on a regular basis. Commit to keeping with your schedule and journal how you feel each time you practice that activity.

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