



GET RICH DOING YOGA 2016: Yoga for beginners? Yoga for the beginner! Yoga for relaxing! Yoga for weight loss! Yoga for losing weight! How to do yoga? Yoga for reducing body fat? Yoga.

M. Lawrence

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Yoga overwhelms me. I enjoy the movement and enjoy participating or leading a yoga group. Our health is the most important part of our physical body. Yoga helps us to relate to our physical, mental, and spiritual part of our body. 2016 is a time when we need to expand our limitations and reach our mental, spiritual as well as physical limits.

I prepare my mat and warm up alone. I am at the yoga training center. Mom says the early bird gets all the worms. So, as a good boy scout, I arrive very early to prepare for my yoga class. I am happy, stretching, and relaxed early morning as she walks in. She is short, perfectly figured, and early like me. She tells me good morning with a gentle foreign accent and her voice softly flows like water off there amazingly large lips that fit her face dreamily to welcome me even before she even said a word to me.

I just smile without saying anything being flabbergasted that someone so lovely as her would speak to me. As she moved, I couldn't help but notice many mistakes. I am a giver and share my knowledge. I told her she is not in the proper position and could hurt herself if she continued doing those motions.

She started to laugh as she said she was wondering why she was hurting and did not know why. She thought it was okay to have that minor pain doing that position. She told me she is new at yoga. She told me she is a beginner. I gave her a confident grin and softly explained to her about her mistakes. She looked at me cautiously but knew my words were truthful and correct. So, it was applauded in her mind as I could easily see it on her face. When you are listening to the truth, it will set you free. And, I set her from by correcting her errors and she stopped hurting. Of course, that made me feel good to know that.

I am not in the US I am abroad. She said you sound American. Are you? I confirmed, and told her I volunteer. Her face glowed a little as told me she wants to volunteer too but to busy traveling on her airplane. I laughed a little as she slowly showed me a picture of her getting on her airplane. Then, I realized she was serious.

Now, her confidence soared as she told me about her work. I immediately noticed she was rich, wealthy, or any word you could think of that expresses a person with lots of money. As we talk, she told me she doesn't have a boyfriend because men are easily intimidated by her. Her charisma was powerful and beauty delightful to the eyes. Her eyes were deeply penetrable with a touch of peace.

My point is simple. Rich people abroad do yoga. As I travel abroad, I notice it is easy to meet rich people who are honest, open-minded, and ready to reach out to others. They want to know about America and the world. Being rich means discovering new things and expand knowledge. They want to hear about new ideas, passions, and feel alive talking. Utopia!

The rich want to be health. Staying healthy isn't free for the rich. They need exercise, strong conversation, discussion of worldly events with vigor, and ready to meet honest people. Networking is breeze. Living abroad makes networking a paradise haven of love, grace, and future advancement. Rich people abroad like to feel secure in conversation and enjoy talking to foreign people and don't mind paying for everything or almost everything. They appreciate a foreign person for leaving their country and follow destiny. They admire people who are brave, determined, focused, and has commitment.

Yoga is an open door for anyone wanting to live a healthy and happy life. Rich people have money. Now, they realize yoga can help them live longer and enjoy life. They look at yoga as an opportunity to improve the body. They also love the people around them and willing to communicate and share ideas. The sharing of an idea is part of yoga for rich people. They love the chance to freely talk and relax with people they know they can trust. Trust is hard to find in this world.

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