

December 2008

Dear Yoga Community:

In the face of many global challenges from market instability to climate concerns, we should approach the end 2008 with gratitude and a chance for renewal. For during this difficult year, we now find ourselves on a brink of something inspirational.

In 1956, Mitchell Wilson said America was a nation of “dreamers, wizards and inspired tinkerers” and Neal Conan from NPR spoke last week about, “a billion new ideas are being hatched and a few will change our world in ways we can’t possibly imagine.”

The future overflows with enticing options. We have the freedom to make real choices and the power to overcome the limitations that have been holding us back. All it takes is a little inspiration.

Inspiration is the essential spark that ignites our motivation and leads us to our goals. From balancing in handstand, overcoming our fear of heights or accepting a dream job - inspiration means we achieve more. And achievement itself can fuel further inspiration.

As the year ends let us be thankful for our times together and look forward to the dawn of a new year where we can move beyond our limitation and reclaim the national title of Dreamers, Wizards and Inspired Tinkerers.

Happy Holidays!

Namaste,

Michael Ruccolo

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