



When you do things from **Joyful Yogini...**

Rumi  
your soul, you feel a river  
moving in you, a joy.”

is a gatherer and creator of joyful moments.

knows that joy doesn't *just happen*.

is prepared to take a leap and make a commitment to claim her joy and vitality.

is in touch with her feminine side (goes for both guys & gals)

insists on love and light. ([Tweet that](#))

feels that her life is a work-in-progress.

is not enlightened, nor does she want to be a guru.

just wants to find love and light in her regular day, brackets of peace in her daily, stressful, chaotic and beautiful life.

is not perfect.

stumbles and falls many times.

picks herself up even more times.

is sometimes lost in a big, demanding, cruel, fast, complicated universe.

is sometimes lost in her struggles, judgements, fears, repeated patterns, and worries.

eats chocolate, lots of it.

eats cakes, pies, muffins, ice-creams, candy and cupcakes too. ☐

loves to give, is hesitant to take.

is connected deeply to other joyful yoginis as soul sisters.

knows that she changes moment to moment, her being dances in waves.

doesn't always know or feel how amazing she is.

is a soulful, loving, caring, joyful, life-full, beautiful, divine being.

**If you feel I am talking about you, if this is you, join me** in exploring ways to create more joy and light, in expressing ourselves as joyful yoginis.

### **To join the tribe:**

- **Subscribe to A Drop of Om Newsletter** (see the box above)
- **Like A Drop of Om Facebook page** (to your right)
- **If you live in the Seacoast NH area**, check out my **group events** or treat yourself to a **Chakra Bliss Healing** session.

Prepare to get your heart expanded because that is exactly what I am set out to do!

With love and light,

Damla