

# Strike A Pose

(FROG Pose Yoga <https://www.frogpose.org>)

The start of a new year inspires us to make a change in our lives. Rarely do we make the decision to gain hundreds of pounds, enter into a bad relationship, start smoking or take the lowest paying job we can find. Often at the start of a new year, we find ourselves wanting to eradicate the effects that the bad choices have had on our physical and mental well being. New year resolutions have become a bit of a joke. We set the goals to change everything we dislike about ourselves or our lives on January 1st, only to feel defeated and over whelmed by January 10th. The position we posture ourselves in can effect our outlook. Consider the angle you must crank your neck and hold the camera at, to get a satisfactory portrait of yourself on social media. Sure, exterior blemishes can be dealt with through an exercise program or new snap chat filter. But, true change starts on the inside. “The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.” If you desire change you must start slowly working and stretching your body mind and soul. It may seem impossible at first. But, with each new day as you begin to change you will be renewed (restored) to the place where you find true contentment. Do not be concerned about getting up from your position on the floor. Because when you are down your heart desires to look upward. You will find strength in the one above. For support with striking a pose, please visit <https://www.frogpose.org>

(Fully Rely On God)



**Our Mission is to strengthen your heart, soul and mind: One breath, One yoga pose and One prayer at a time**

Luke 10:27 - He answered, “Love the Lord your God with all your **heart** and with all your **soul** and with all your **strength** and with all your **mind**’ and, ‘**Love** your neighbor as yourself.’