

Yoga is the awakening of our essence through our specific body-mind systems,  
and relating with our whole selves, one another and the world  
in a way that creates connection and sparks evolution  
which benefits us and everyone around us.

– Rhonda Mills

#### Foundational Practices and Commitments:

- a) I commit to expanding my presence and coherence of my body, emotions, and thoughts / beliefs.
- b) I commit to the space of being, where essence and source merge and flow.
- c) I commit to knowing myself authentically and completely.
- d) I commit to loving myself and my life more every day.
- e) I commit to friendly evolution.
- f) I commit to regarding every interaction as a learning opportunity and letting go of any defensive postures that inhibit rapid learning.
- g) I commit to expressing myself authentically, and to being an opening in which others can express themselves authentically.
- h) I commit to a ground of mutual respect, especially when we disagree.
- i) I commit to the masterful practice of integrity, including acknowledging all key feelings, expressing my unarguable truth (in “I” language) and keeping my agreements.
- j) I commit to taking full responsibility for my feelings and the circumstances of my life, and to being a catalyst for others taking full responsibility. Specifically, I take complete responsibility for my physical, emotional and psycho-spiritual well-being.
- k) I commit to the full embrace and expression of my creativity, and to being a catalyst for the full expression of others' creativity.
- l) I commit to learn whatever is needed for me to participate fully in the waves of energy of everyday life: the beginnings, apex, and completion of feelings, interactions, and events of my life.
- m) I commit to conscious community, collaboration and mutual empowerment as an a primary gateway to my evolution, healing, and wholeness.