



Get Un-Stuck

**Breaking Free From
Our Limiting Beliefs**

FREE ZOOM SESSION WITH BRYAN
Open to public, students, & Grads
November 12, 9:00-11:00AM EST



SADHANA
YOGA
SCHOOL

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www.sadhanayoga.com

Do something different
Do the same thing over and over again

Spend more time alone in quiet
Spend more time with other people connecting authentically

Don't listen to the voice in your head
Listen to the voice in your heart

Be aware of where your fear comes from
And see your fear as a gift not as a burden

If you are stuck, there is probably something behind you holding
your back,
or something in front of you blocking the way. In either case, it is
only in the mind.

Don't be tempted by first order consequences
Focus on second and third order consequences

Get out of your own way
Allow the divine to flow through you

