

Goodbye My Beloved Yoga Practice

Dear Yoga Practice,

As I take a moment to reflect on our journey together, I feel a mixture of gratitude and sadness. You have been my sanctuary, a space where my mind calmed, my body strengthened, and my spirit soared.

I will cherish the memories of late mornings spent in your embrace, the sound of my breath syncing with the rhythm of each pose, and the inner peace you provided, especially during challenging times.

Though I must move on from our routine, I will carry the lessons you've taught me into every new practice I embrace. Thank you for being my guide, my challenge, and my comfort.

With heartfelt appreciation,

[Your Name]