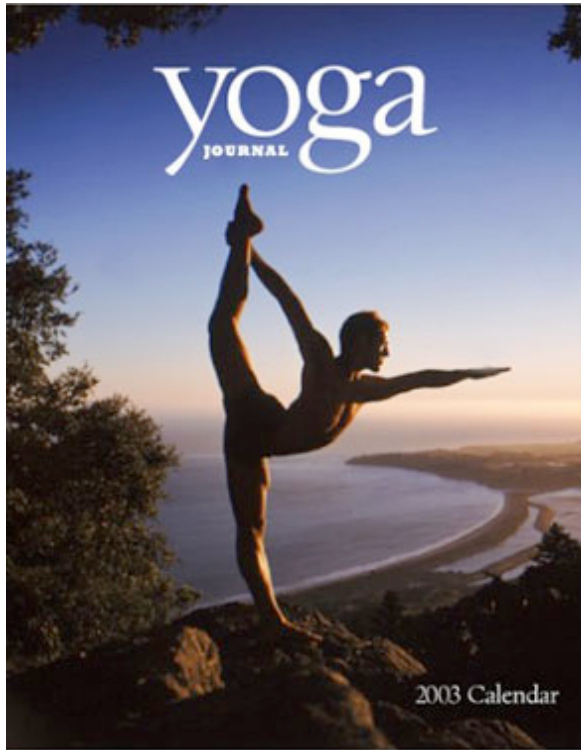


## 2003 Yoga Journal Wall Calendar



Welcome to the Yoga Journal 2003 Calendar—perhaps our best yet! Whether yoga is new to you or you have been practicing for many years, these compelling photographs will be a year-long source of inspiration. Millions of Americans have now embraced yoga not only for its fitness and health benefits, but as a path toward self-awareness and inner tranquility. Yoga Journal explores the many ways in which Americans are using yoga to enhance their lifestyles, paying homage to yoga's 4,000-year-old Indian roots, while evolving the practice in the process.

We selected the images for this year's calendar to evoke the experience our readers have within our pages—like stepping into a yoga studio where the atmosphere is both calming and rejuvenating. For over twenty-five years Yoga Journal has reported the latest developments in the world of yoga and provided step-by-step instruction from the most respected yoga teachers in America. Regardless of your style or level of practice, Yoga Journal can help you go deeper into your favorite yoga postures and take what you learn on the mat into your daily life. We strive to make yoga accessible to everyone, regardless of age, gender, flexibility, or health status.



inquiry. To “Know Thyself,” is the key to greater wisdom and a loving, satisfied life. Through the physical practice of yoga you’ll find a place of self-awareness, inner calm, and mental clarity. We encourage you to discover yourself through the union of body, mind, and spirit; the true meaning of yoga.

If many of these poses look challenging to you, take heart: yoga isn't ultimately about whether you can put your foot behind your head or balance on your hands—it is an exciting process of self-