



Nature is Our Yoga Block – Reflection Page

Nature, like a yoga block, rises to meet us with support and grace. Whether you're on a mossy trail or in a quiet grove, pause and reflect on how the Earth props you up—physically, mentally, and soulfully. This journal invites you to slow down and explore the ways the natural world is helping you return to yourself.

How has nature supported me today?

What are a few things I am grateful for?

What inner pose am I softening into?



Where do I need more support in my life—and how might nature help?

What sensation, scent, or sight brought me into presence?

What message did the forest, ocean, or sky whisper to me?

“Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.”

– Rumi