

▼ Alphabet Yoga ▼

(Newness in Yoga)

A- New Aim	N- New Nasha
B- New B lessing	O- New O ppportunity
C- New C onversation	P- New P ledge
D- New D ress	Q- New Q uestion
E- New E nergy	R- New R elationship
F- New F orm	S- New S elf Respect
G- New G uidance	T- New T hank U
H- New H ealing	U- New U tsav
I- New I nsight	V- New V ision
J- New J ourney	W- New W ords
K- New K ingdom	X- New X enium
L- New L anguage	Y- New Y ogi Life
M- New M ake-up	Z- New Z eal

▼ Success in Service ▼

(Newness in Sewa)

Start Now

Upgade skills

Commit 100 %

Check untapped areas

Embrace the challenge

Soul consciousness

Sakash

Increase General Knowledge

Note down goal (SMART)

Set timetable

Enjoy

Responsibility

Visualization

Involve all

Creativity

Economy