



away from excessive thoughts.' Mantra helps to guide your awareness to a place that is quiet and still," he says. The key to success in any form of mantra practice is repetition.

### **The Beginners' Guide to Kirtan and Mantra | Kripalu**

The Ultimate Guide to Yoga Teacher Tax Deductions. There are a few things you need to do before getting started on tax write-offs for your yoga career. Step 1: Determine your type of employment: Do you get paid on an hourly or per-class basis, travel from studio to studio, and supply your own expenses (props, mat, music, etc)?

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