

YOURSELF, BUT AS IT APPLIES TO THE OTHER.”

- Tirumalai Krishnamacharya



## THE NAPDOWN YOGI

In Hinduism and Buddhism, a mandala is a spiritual symbol. Its circular geometry represents the concept that all of life is connected. The nautical star has been recognized by sailors throughout history as a symbol of guidance and courage, and in this case pays homage to the culture of Annapolis. Together these symbols beautifully represent a yogi's journey to self-unity, its connection to humanity and the Universe, and the transformative power of a spiritual practice like yoga.

