

*Ave Medjugorje!*



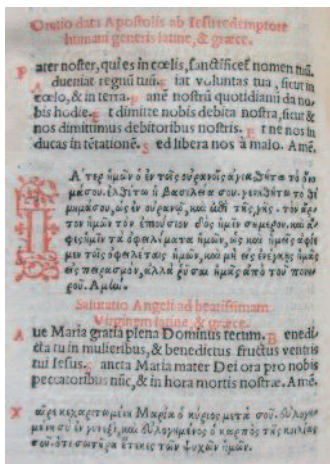
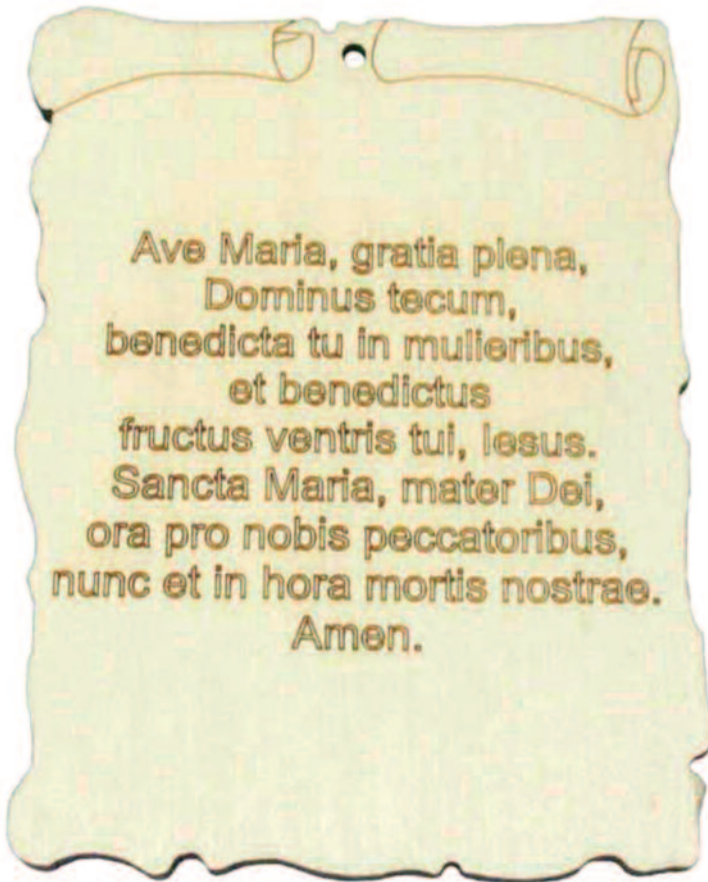
*• Konaasana • Yoga Flow by Janine Claudia Nizza*

*March 2012*

*1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31*

*Some scientific studies discovered that the sound produced by repeating the Ave Maria in latin has the same effect than a sanscrit mantra. My first experience in prayer, far away from catholic ambient, has been to say the rosario in my meditation for many years. I dedicate this page of march to Holy Mary of Medjugorje because I still practice this mantra when I have conflicts inside my heart!*

*I am a witness of the truth of these studies and also of the grace that I receive.*



This calendar is a tribute to all asanas, mantra and spiritual practices that I wish to share with you all along 2012, for a better practice and for a better world. With love Om Shanti your Janine Claudia Nizza

Calendar Project and Asanas performed by Janine Claudia Nizza  
 My thanks to **Photographer** Claudio Corivetti **Graphics** Sonia Ridolfini **Location** Ostia Capocotta Mediterranea  
 All trademarks and mantra are property of their respective owners