

MORNING YOGA PRACTICE

MONTH: _____ GOAL: 20 MIN / DAY

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

7 DAY MILESTONE

14 DAY MILESTONE

21 DAY MILESTONE

FULL MONTH REWARD

"Yoga is the journey of the self, through the self, to the self."