

Yoga Awareness Month

30 Day Challenge



Practice **some** yoga every day this month! Use a sticker (sparkly is best!) or simply "X" each day when you have practiced. Share with us in the HHY Community Facebook group! Find classes, quickies, tutorials & more at homehotyoga.com/togo

SUN	MON	TUE	WED	THU	FRI	SAT
Check off each day of yoga, and follow the prompts!		01 What's your <i>why</i> for doing this? Write out & pin up in a visible spot.	02 Do an extra savasana today.	03 Spend time in nature- your yard counts.	04 Invite a friend to join you virtually for yoga!	05 Progress report! Share in the FB group.
06 Replace 1 negative thought with 1 positive thought.	07 Try a guided savasana from HHY To Go.	08 Sit quietly for 1 minute.	09 Progress report! Share in the FB group.	10 Watch a tutorial for a pose that you dread.	11 Walk barefoot outdoors.	12 Make a list of what brings you peace.
13 Thank somebody who doesn't expect it.	14 Take a class from a new-to-you teacher	15 Progress report! Share in the FB group.	16 Pick up some trash in the hood.	17 Wake up with the sunrise.	18 Set 1 goal for the day and achieve it!	19 Focus on your breathing during practice.
20 Write a list of why you do yoga.	21 Progress report! Share in the FB group.	22 Tell a friend why you love yoga (+ HHY!)	23 Try dry brushing (google it).	24 Learn a new fact about Bikram Yoga from the HHY blog.	25 Progress report! Share in the FB group.	26 Practice yoga twice today! Once AM, once in PM.
27 Make sure to hydrate well for yoga today	28 Try a new-to-you leafy green.	29 Commit a random act of kindness.	30 That's a wrap! Share your experience in the FB group.	What I gained/ learned from this challenge:		