

MY 30-DAY

Stretch With Intent

CHALLENGE

I am open to being curious about stretching my body with consistency for 30 Days and seeing what benefits that will bring me in body and mind.
My body is an amazing healing machine - it's my job to create great conditions for it to do it's job. It's built for this!

I am both winning and learning! There is NO competition on the mat, not even with myself.
I know I stretch and grow through discomfort and I am open to being curious to all sensations.
If anything is painful however I will stop - I am always listening to my body.

Everything makes a difference: it all counts! My body is the moving temple of my soul. I am a woman who moves her body every day.

1 Watch the tutorial + download your resources	2 Buy/order /borrow a yoga mat	3 Watch the yoga safety video	4 Grab Your Mat and try one Sun Salutation	5 2 Sun Salutations - see it's not that hard!
6 3 Sun Salutations	7 4 Sun Salutations - looking good lady!	8 5 Sun Salutations	9 6 Sun Salutations - yay you!	10 6 Sun Salutations - this is just what you do now :)
11 6 Sun Salutations	12 6 Sun Salutations	13 Try the gentle yoga class tutorial	14 Try the gentle yoga class tutorial	15 Do the class - feels good right?!
16 6 Sun Salutations + class if you have time	17 6 Sun Salutations	18 6 Sun Salutations you've so got this!	19 6 Sun Salutations	20 6 Sun Salutations + class if you have time
21 6 Sun Salutations	22 6 Sun Salutations	23 6 Sun Salutations + class if you have time	24 6 Sun Salutations	25 6 Sun Salutations feeling the flow today!
26 6 Sun Salutations	27 6 Sun Salutations + class if you have time	28 6 Sun Salutations Feeling ease and flow	29 6 Sun Salutations	30 6 Sun Salutations and celebrate 129 SS's!

The thing I will tell myself if it gets hard is...

What I have learned at the end of this month is...