

YOGA KALA



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WEEK 11

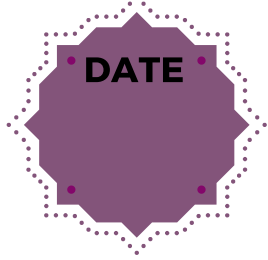
WWW.KATIEBEECHYOGA.COM

A graphic for a 'Summer Yoga Challenge'. It features a photograph of three women in athletic wear performing yoga poses outdoors. The word 'Summer' is written in a large, white, cursive script, and 'YOGA CHALLENGE' is written below it in a smaller, white, sans-serif font. The background shows trees and a clear sky. A teal shield logo is visible in the bottom right corner.

MY GOALS FOR THE WEEK

This image shows a single sheet of white paper with horizontal green lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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MY YOGA PRACTICE

DAY 72

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 73

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

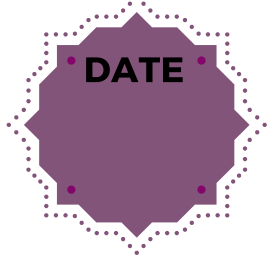
Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 74

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 75

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

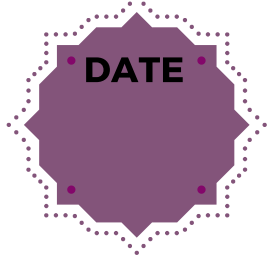
Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 76

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 77

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

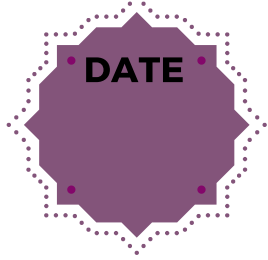
Today I learned

Today I will do/be

What motivated me today?

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MY YOGA PRACTICE

DAY 78

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

Today I learned

Today I will do/be

What motivated me today?

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WEEKLY PROGRESS

HOW MANY TIMES I
PRACTICED THIS WEEK

WHAT DID I LEARN

HOW CAN I IMPROVE