

YOGA KALA



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WEEK 2

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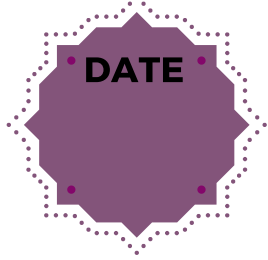
A graphic for a 'Summer Yoga Challenge'. It features a photograph of three women in athletic wear performing yoga poses outdoors. The word 'Summer' is written in a large, white, cursive font, and 'YOGA CHALLENGE' is written below it in a smaller, white, sans-serif font. The background shows trees and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

WEEKLY INTENTION

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 8

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 9

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

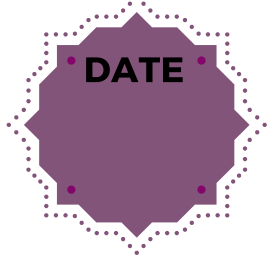
Today I learned

Today I will do/be

What motivated me today?

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MY YOGA PRACTICE

DAY 10

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 ||

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

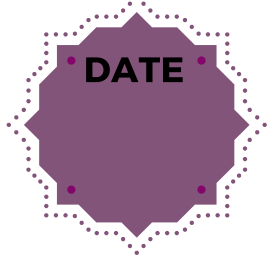
Today I learned

Today I will do/be

What motivated me today?

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MY YOGA PRACTICE

DAY 12

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 13

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

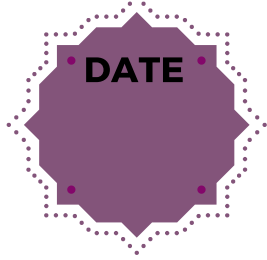
Today I learned

Today I will do/be

What motivated me today?

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MY YOGA PRACTICE

DAY 14

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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JOURNAL

A series of horizontal lines for journaling, alternating between light green and light purple colors.



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JOURNAL

A series of horizontal lines for journaling, alternating between light green and light purple colors.



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WEEKLY PROGRESS

HOW MANY TIMES I
PRACTICED THIS WEEK

WHAT DID I LEARN

HOW CAN I IMPROVE

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