

YOGA KALA



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WEEK 10

Never Stop  
DREAMING





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.

## 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

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DAY 65

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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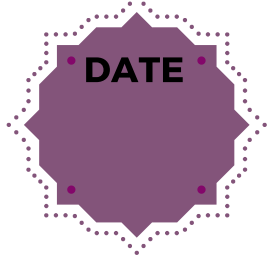
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MY YOGA PRACTICE

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DAY 66

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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DAY 67

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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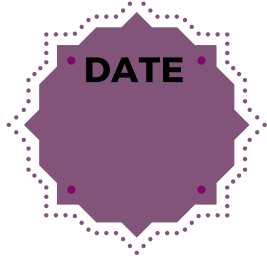
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MY YOGA PRACTICE

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DAY 68

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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DAY 69

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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DAY 70

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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DAY 71

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



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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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