

YOGA KALA



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WEEK 5

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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 script, and 'YOGA CHALLENGE' is in a smaller, white, sans-serif font below it. The background is a mix of green foliage and a clear sky. A teal shield-shaped logo is partially 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 29

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

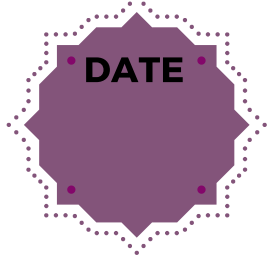
Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 30

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 31

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

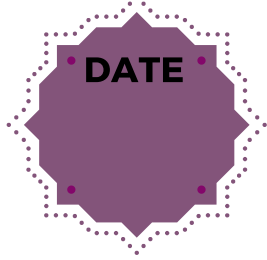
Today I learned

Today I will do/be

What motivated me today?

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MY YOGA PRACTICE

DAY 32

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 33

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 34

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 35

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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