

YOGA KALA



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# WEEK 3



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A graphic for a 'Summer YOGA CHALLENGE'. The word 'Summer' is written in a large, white, cursive script font. Below it, 'YOGA CHALLENGE' is written in a smaller, white, sans-serif, all-caps font. The background is a photograph of three women in athletic wear performing yoga poses outdoors. They are in a backbend position with one arm raised. The scene is set against a backdrop of trees and a clear sky. The bottom right corner of the graphic features a green stylized logo, which is a partial view of the University of North Carolina's 'U' logo.A large, teal-colored mandala with a central circle. Inside the circle, the words "WEEKLY INTENTION" are written in a bold, black, sans-serif font. The mandala features multiple layers of intricate geometric and organic patterns, including teardrop shapes, circles, and scalloped edges, radiating from the center. In the top-left corner, there is a small, dark, triangular inset image showing a person's back and shoulder.

# 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 15

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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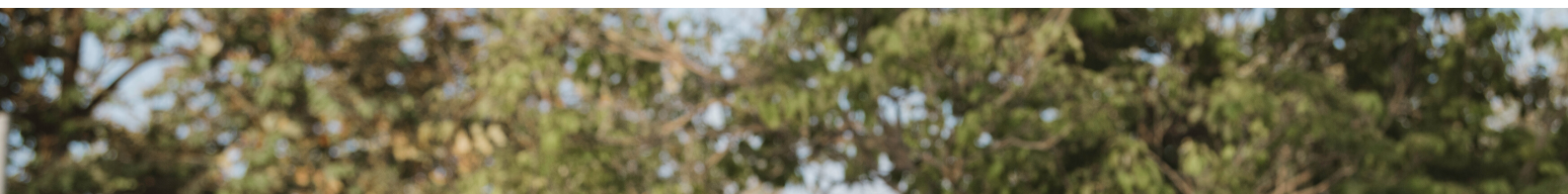
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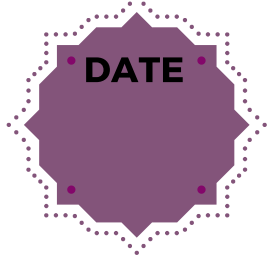
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MY YOGA PRACTICE

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DAY 16

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

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DAY 17

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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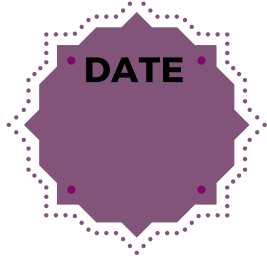
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DAY 18

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 19

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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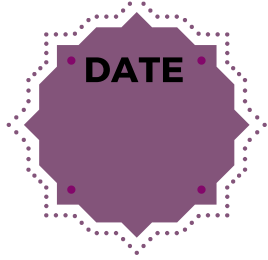
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DAY 20

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 21

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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# JOURNAL

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



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# JOURNAL

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