

YOGA KALA



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WEEK 12

WWW.KATIEBEECHYOGA.COM

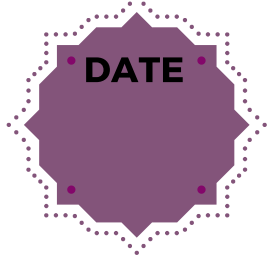
A graphic for a 'Summer Yoga Challenge'. It features a photograph of three women in athletic wear performing yoga poses outdoors. The word 'Summer' is written in a large, white, cursive font, and 'YOGA CHALLENGE' is written below it in a smaller, white, sans-serif font. The background of the photo shows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

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 79

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 80

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

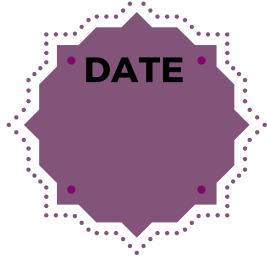
Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 811

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 82

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

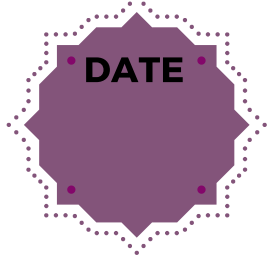
Today I learned

Today I will do/be

What motivated me today?

NOTES

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MY YOGA PRACTICE

DAY 83

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 84

MINDFULNESS
REMINDER



Today's Mantra

What am I grateful for today?

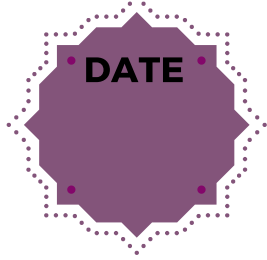
Today I learned

Today I will do/be

What motivated me today?

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MY YOGA PRACTICE

DAY 85

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

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