

May Morning Yoga Challenge 2024 ~ log each day's practice



Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

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The Challenge

Memorize the movements of Sun Salutation A. Every morning in May before breakfast, roll out your mat. Take 5 ocean breaths in Mountain Pose to settle. Practice 3-5 cycles of Sun Sal A, moving with your ocean breath. Come to sitting on the ground. Take 10 ocean breaths. Check in to the Yoga Discussion Group after each morning's practice. By posting a few words there each day, you're accountable. You can give and receive support. And you score 10 Yogi Points for each day's Morning Yoga practice.