

Twist Yoga

30 Day At-Home Spring Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
					1 GROUND	2 RECOGNIZE
3 AWAKEN	4 INTENTION	5 ACTIVATION	6 GENERATE	7 IGNITE	8 HEAL	9 INQUIRE
10 SOFTEN	11 UNEARTH	12 NURTURE	13 EXPAND	14 RETURN	15 ORGANIZE	16 SAVOR
17 STRETCH	18 BELIEVE	19 BALANCE	20 STILL	21 RELEASE	22 STRONG	23 FOCUS
24 UPLIFT	25 UNWIND	26 DELIVER	27 INTEGRATE	28 NOURISH	29 HONOR	30 COMMITMENT

