

Twist Yoga's 30-Day Spring Challenge

SUN	MON	TUE	WED	THUR	FRI	SAT
1 GROUND	2 RECOGNIZE	3 AWAKEN	4 SET INTENT	5 ACTIVATE	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 COMMIT	YOUR THOUGHTS:				

