



August 2018

31 Day Yoga Challenge

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31				1	2	3	4
32	5	6	7	8	9	10	11 
33	12	13	14	15	16	17	18
34	19	20	21	22	23	24	25
35	 26	27	28	29	30	31	

"Yoga is the journey of the self, through the self, to the self." ~Bhagavad Gita