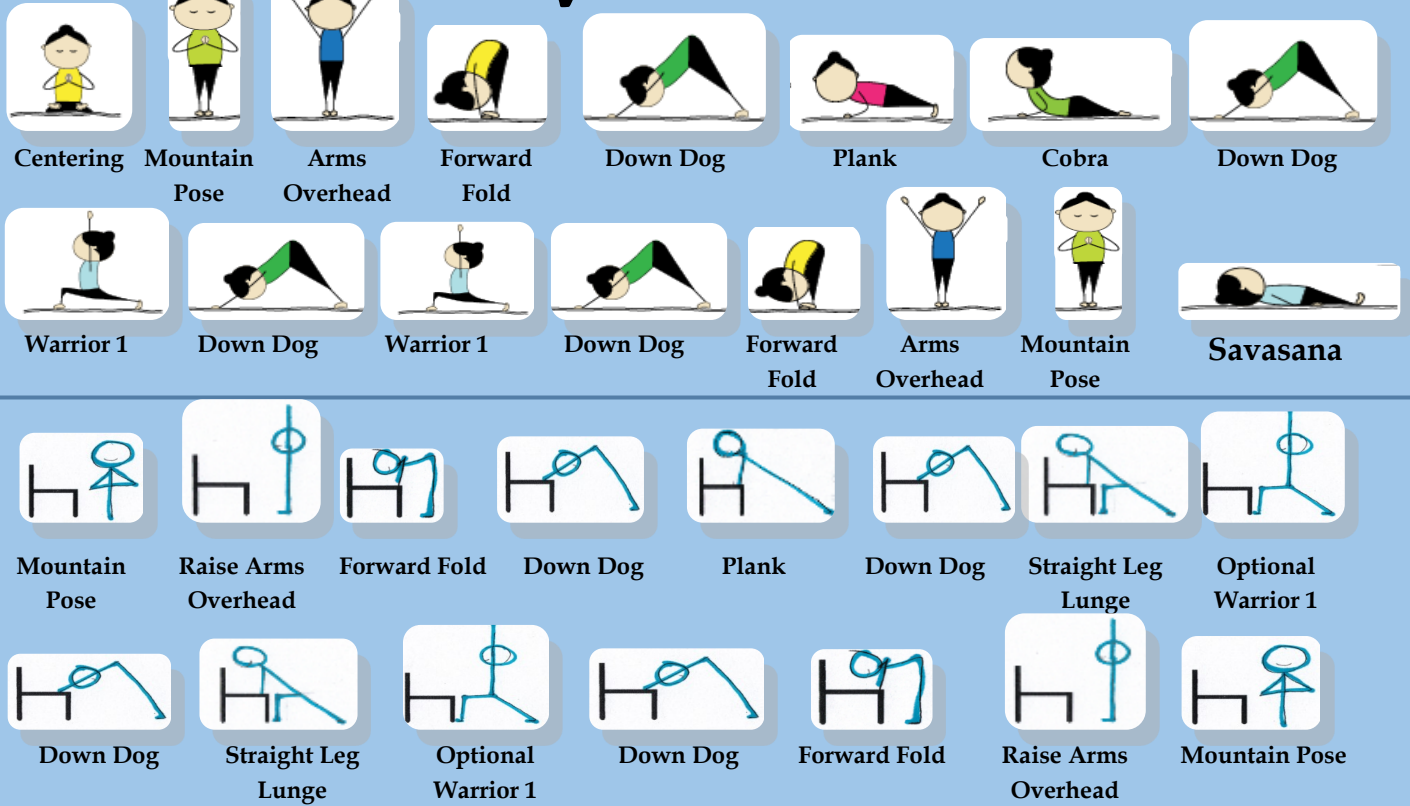


Surya Namaskara - "Sun Salutations"



Be present for 15 to 20 minutes of Yoga. Practice on at least 21 of the 30 days.

Name: _____ **My 2020 Journey - Jan. 10 - Feb. 9, 2020**

Practice a minimum of 15 Minutes of Yoga daily for 21 days or more.

Date	Practice	Date	Practice	Date	Practice