

#EXHALE2020!

Yoga Challenge

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M
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E
R

2
0
2
0**

Sunday 1	2	3	4	5	6
7	Sunday 8	9	10	11	12
13	14	Sunday 15	16	17	18
19	20	21	Sunday 22	23	24
25	Thanksgiving 26	27	28	Sunday 29	30

Name:

#EXHALE2020!

Yoga Challenge

D
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2
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1	2	3	4	5	Sunday 6
7	8	9	10	11	12
Sunday 13	14	15	16	17	18
19	Sunday 20	21	22	23	24
25	26	Sunday 27	28	29	30

Last Day of 2020!

Name:



#EXHALE2020 YOGA CHALLENGE

[Secret Codes for your Calendars]

Use the following codes on each day of the Exhale 2020 challenge to indicate which activities you did each day. Be as colorful and creative as you like, and feel free to add stickers or other decorations! At the end of a week, or whenever you are inspired to share, you are invited to upload a photo of your calendar to the Yoga Homework forum under the topic "Exhale2020 Calendars".

P

2 sets of Pranayama Deep Breathing, 10 breaths per set

5^{x5}

Practice the Five Tibetan Rites (5 of each)
(videos located in Members' Classroom)

P



2 sets of Pranayama Deep Breathing, 10 breaths per set

2 sets of Half Moon with Hands to Feet

2 sets of Triangle posture

5^{x11}

Practice the Five Tibetan Rites (11 of each)

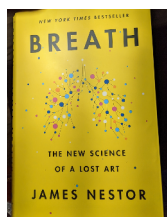
90

Practice one 90-minute Bikram Yoga class:

...to a recording, in the live-stream, or #IRL in real life!

5^{x22}

Practice the Five Tibetan Rites (22 of each)



Read one chapter of this book!

20

One 20-minute savasana with slow nose-breathing



One round of Mary Jarvis barre work (a table, step stool, or fireplace mantle will also work; feel free to draw whichever furniture you use!) Contact Ann if you need a refresher. :)

1

Practice a ONE-set-of-each-posture Bikram Yoga class on your own; silently or to some music