

60 Day Summer Challenge

Yoga for life!

You've got this

SUN MON TUE WED THU FRI SAT

NAME:

1 JULY

2

3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1 AUG	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1 SEPT	2	3
4	5	6	7	8	9	10
11	12	13				

30 days to change your body

60 days to change your life!

Show up and breathe

Goal for it!



BIKRAM YOGA SAN JOSE