



20 FOR 22

CIRCLE/TICK
THE DAYS YOU
PRACTICE
(replays count
too!)

JANUARY SELF CARE COMMITMENT

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Morning Yin	4 Meditate and Journal	5 Rise	6 Morning Pages	7	8 Write from the Heart
9	10 Morning Yin	11 Meditate and Journal	12 Rise	13 Morning Pages	14	15 Write from the Heart
16	17 Morning Yin	18 Meditate and Journal	19 Rise	20 Morning Pages	21	22 Write from the Heart
23	24 Morning Yin	25 Meditate and Journal	26 Rise	27 Morning Pages	28	29 Write from the Heart
30 Imbolc Retreat Evening	31 Morning Yin					

Once complete, send us a picture/copy to
restandriseyoga@gmail.com by February 1st