

🔥✨ **40-Day Challenge: Your Personal Revolution (Community + Accountability)** ✨🔥
Ready to reset your body, clear your mind, and reclaim your life—with friends?

Join us for our **40-Day Challenge** inspired by *40 Days to Personal Revolution* by **Baron Baptiste**—a powerful, structured practice of **yoga, meditation, journaling (self-inquiry), and supportive lifestyle shifts**—done together, with community accountability.

What to expect

- 🧘 Weekly theme + simple daily practices (you don't have to be "perfect")
- 📝 Journaling prompts + self-inquiry ("excavation")
- 🧘 Meditation practice + mindset work
- 👥 Community support + accountability (because healing is easier together)

Weekly Meetings

 **Every Monday at 6:30 PM**

✅ **Kickoff + orientation meeting: January 5 at 6:30 PM**

We'll go over the full challenge, how to track progress, expectations, and how to make it work for your real life.

Not local? No problem.

You can join **from anywhere in the world**—we can meet **in person or online**.

Please sign up ASAP

So we can:

- ★ Get you on the **sticker board**
- 📖 Help you **order your book**
- 🎒 Get your **40-day essentials** ready

💛 Many of our community events are **free or donation accepted**.
Thank you for being part of the Tribe.

40-Day Challenge Preview (for download): "What to Expect"

Program Framework (the rhythm):

- **Yoga practice most days of the week** (in-studio or at home)
- **Daily meditation + daily journaling/self-inquiry**
- Weekly reading + reflection from *40 Days to Personal Revolution*
- **Weekly group meeting every Monday at 6:30 PM** for support + accountability

How the book breaks down (Sections/Weeks)

The 40 days are typically run as a **6-week journey**, each week built around a theme and **two “Laws of Transformation.”**

Week 1 — Presence

- **Law 1:** Seek the Truth
- **Law 2:** Be Willing to Come Apart

Week 2 — Vitality

- **Law 3:** Step Out of Your Comfort Zone
- **Law 4:** Commit to Growth

Week 3 — Equanimity

- **Law 5:** Shift Your Vision
- **Law 6:** Drop What You Know

Week 4 — Restoration

- **Law 7:** Relax with What Is
- **Law 8:** Remove the Rocks

Week 5 — Centering

- **Law 9:** Don't Rush the Process

- **Law 10:** Be True to Yourself

Week 6 — Triumph

- **Law 11:** Be Still and Know
- **Law 12:** Understand That the Whole Is the Goal

What happens in our Monday meetings (6:30 PM) Challenge starts January 5 at 6:30PM

Each week we'll:

1. Review the theme + the 2 laws
2. Talk wins + what's hard (judgment-free)
3. Set simple "focus commitments" for the week
4. Make sure you have a plan for yoga/meditation/journaling that fits your schedule

Kickoff meeting (Jan 5 @ 6:30 PM)

Come to the first meeting having:

- Signed up (so we can add you to the sticker board + community list)
- Ordered your book (or told us you need help getting one)
- Ready to choose your start intentions for the 40 days