



How this Love & Accountability COLLABORATIVE Doc Works:

- 1) **Set Yourself Up** - Click on the document to start editing - Scroll down to find a place to write your name. This column will be yours to edit for the duration of the Challenge. Go to "View" and make sure you can see the document outline. Make special note of your group name, and where your own name appears - make sure you can see it on the sidebar. - Happy Practicing and please feel free to reach out anytime - francie@pureflow.yoga if you have any questions,
- 2) **Practice Accountability** - For each day that you practice (whether that's just the meditation, or the whole shebang - Yoga + Meditation), please colour fill your box - any colour - your choice!. If you didn't practice that day, you can leave it white. As we are all sharing this doc together, please stay mindful to only edit your own accountability. SCROLL DOWN IF YOU'D LIKE TO READ OTHER'S PEOPLE'S EXPERIENCES.
- 3) Within each day please share:
 - ✚ **Celebrating** - What went well today? How do you feel after practice? Write a couple words of how you feel today
 - **Challenges** - What challenged you today?
 - ♥ **Gratitude** - What are 3 things you feel grateful for today?

"Yoga is 99% practice and 1% theory."- Sri Krishna Pattabhi Jois

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	Day 1	<div><div><div>+</div><div>—</div><div>♥</div></div><div>Celebrating Challenge Gratitude</div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div><div>Celebrating Challenge Gratitude</div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div><div>Celebrating Challenge Gratitude</div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div><div>Celebrating Challenge Gratitude</div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div><div>Celebrating Challenge Gratitude</div></div>
	Day 2	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>
	Day 3	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>
	Day 4	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>
	Day 5	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>
	Day 6	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>	<div><div><div>+</div><div>—</div><div>♥</div></div></div>

	Day 7	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 8	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 9	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 10	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>

No Place like Om

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		Francie	Sabine	Karolina	Stella	Elis
	Day 1	<p>+Celebrating I did my full practice I checked my phone after my practice I was really enjoying the flow - i had nice music</p> <p>—Challenges Resistance - wanting to do other things, distracted</p> <p>♥Gratitude Nature, friends, that this challenge has started</p>	<p>+Celebrating Taught a yoga class</p> <p>—Challenges No personal practice today</p> <p>♥Gratitude Making others feel better with yoga</p>	<p>+Celebrating I can do all this from home I have my mat ready for me It was a great day!</p> <p>—Challenges Being consistent</p> <p>♥Gratitude For all the opportunities that lay ahead There is still hope My home and my friends and family</p>	<p>+Celebrating That I found time for this amidst the busy schedule and being a mum</p> <p>—Challenges pains and aches The distractions</p> <p>♥Gratitude For this opportunity For my beautiful girl For committing to this</p>	<p>+Celebrating Set up a space for myself for this challenge Did the 1st day practice</p> <p>—Challenges Not feeling ready for commitment, doubts</p> <p>♥Gratitude My health, friends, family, my home, my cat</p>
	Day 2	<p>+ Did my full practice today and feel entirely open, stretched, and physically transformed</p>	<p>+ Started own practice, it felt so good</p>	<p>+ I did the meditation and yoga and I enjoyed both!</p>	<p>+ I have trouble making it to my mat at the end of a long day, but today I made it. I feel relaxed</p>	<p>+ Did the practice and already feeling better</p>

		<p>from when I woke up stiff!</p> <p>— Waiting until the end of my practice for coffee!</p> <p>💖 So grateful for this challenge and seeing everyone starting to engage, that my parents even joined!, and for new inspirations that are starting to flood through me!</p>	<p>—</p> <p>Waited till late afternoon...</p> <p>💖</p> <p>Studio plans, family, friends</p>	<p>—</p> <p>It was difficult to get there, tried to be efficient and make several times at the same time</p> <p>💖</p> <p>For being able to go out All family is healthy</p>	<p>after my practice and proud of myself for showing up.</p> <p>—My mom is recovering from open heart surgery. I spent 5 hours at the hospital with her today, going to check ups and getting x-rays, etc. The anxiety associated with her health has challenged me to remain focused during my practice.</p> <p>💖for my health, for my family, & for the experiences I have been privileged to have</p>	<p>—Trying to plan my day in the background</p> <p>💖Grateful for being healthy and safe</p>
Day 3	<p>✚I feel invigorated and in love after my practice today.Body feels so much more relaxed and open.</p> <p>—</p> <p>I was on my mat for a long time doing everything but practice for a while....I just didn't feel like it. But then i put on the playlist and flow started to unfold</p>	<p>✚</p> <p>I did it, even though I had many excuses to offer</p> <p>—</p> <p>too many worries in my head</p> <p>💖</p> <p>Cozyness of home, my plans, the support I'm getting</p>	<p>✚</p> <p>Great meditation, needed the calmness. Moved the body after a</p> <p>—</p> <p>Mind occupied with many things</p> <p>💖</p> <p>For my sleep</p>	<p>✚</p> <p>—</p> <p>💖</p>	<p>✚I feel more energized and strong</p> <p>—Monkey mind, not having a quality sleep</p> <p>💖To be able to finish my practice including the bonus:)</p>	

		<p>♥ Music, this challenge and knowing i'm not alone in my practice and challenges, beautiful vegan food options everywhere (im in bangkok right now!)</p>				
	Day 4	<p>✚ Post-practice, feeling Grounded. Centered. Clear. Open</p> <p>— no challenges today</p> <p>♥ this challenge - knowing im practicing with so many beautiful souls, coffee, flower markets</p>	<p>✚ It was easy to get on the mat today</p> <p>—</p> <p>I have lost the positive vibes of the morning practice in the course of the day</p> <p>♥ My first online yoga class worked out well last night</p>	<p>✚ I was able to do a real yoga class, for the first time in 2-3 weeks</p> <p>I did the meditation and yoga</p> <p>—</p> <p>Postponed my meditation too long, too late instead of doing when I should have done it</p> <p>♥</p> <p>Even if the world is chaos, there are still some things to be happy about. Like sunshine and a cup of tea</p>	<p>✚</p> <p>—</p> <p>♥</p>	<p>✚ Feeling well rested and ready for the day</p> <p>— Feeling this urge to be productive every second</p> <p>♥ My mind and my body</p>
	Day 5	<p>✚ Meditation helped to calm some anxieties that started to arise for me today. Focusing on the breath helped me feel</p>	<p>✚ I feel like I'm getting into a rhythm... slowly</p> <p>—</p>	<p>✚ Yes, I showed up</p> <p>—</p>	<p>✚</p> <p>—</p>	<p>✚ It was a beautiful practice and I feel very open and thankful</p>

		<p>more at ease with the uncertainties in my life</p> <p>—</p> <p>Resistance! Today I just didn't feel like it. I meditated, but didn't feel like doing yoga....until later.</p> <p>♥ My persistence and dedication, Vegan banoffee pie, That each day truly is a new opportunity to learn and grow</p>	<p>Couldn't do the full practice of today, so I did the normal short routine</p> <p>♥ My yoga students</p>	♥	♥	<p>— Right nostril was closed and had difficulties during pranayamas</p> <p>♥ To be able to breathe freely and in ease, to have two nostrils:)</p>
	Day 6	<p>✚ Did my practices - even tho I'm feeling a bit nervous about our live call today and getting all the technology right</p> <p>— a bit anxious about going live - will anyone show up - will it be useful - will I get the tech right</p> <p>♥ My persistence to get myself out there, to be in service and on purpose, long walks in a new city, Yoga.</p>	<p>✚ Took the time to do the long session from yesterday, it felt good</p> <p>—</p> <p>Internet was failing me and I had to be extra patient</p> <p>♥ A good day is ahead</p>	<p>✚ Found a great sequence, tried it and liked it</p> <p>Also Friday and more time for weekend</p> <p>—</p> <p>Nothing really :)</p> <p>♥ Grateful for Q&A, great questions and great answers</p>	<p>✚</p> <p>—</p> <p>♥</p>	<p>✚ Feel stronger and full of energy after completing the 6th day of the challenge</p> <p>— Feeling a bit anxious and difficulty in finding different ways of directing the excessive energy</p> <p>♥ Sunny day and the beautiful live session in the morning</p>
	Day 7	<p>✚ Did a Yin practice later in the day and so</p>	<p>✚ Enjoyed the mantra and the Ganesha story</p>	<p>✚ Did my sequence and found some new poses</p>	✚	<p>✚ After the practice feeling in my center and ready for the day, I really</p>

		<p>grateful. My body is in full appreciation</p> <p>— Moved airbnb today. Didn't have a chance to practice first thing. Find it hard to show up later in the day....</p> <p>♥ New adventures, having a break from my island life, connected with students yesterday on Zoom and having help to set up the tech</p>	<p>— Still have doubts if I'm enough</p> <p>♥ Yoga, family, nature</p>	<p>—</p> <p>♥</p> <p>Feel good today! Thankful for family!</p>	<p>—</p> <p>♥</p>	<p>wanted to learn how to play an instrument to sing these mantras</p> <p>— Headiness for finishing the practice</p> <p>♥ My altar, and having delicious food I have in the fridge for breakfast</p>
	Day 8	<p>+ Beautiful slow practice that included revisiting one of my fav books - deeper dimensions of yoga</p> <p>— self-doubt and frustration with my progress in certain areas of life started to creep back into today</p> <p>♥ dragonfruit, my parents, the mysterious but beautiful unfolding of life</p>	<p>+</p> <p>—</p> <p>♥</p>	<p>+</p> <p>Felt tired but still did my sequence Body felt better after yoga and stretch!</p> <p>—</p> <p>Difficult to show up, did my meditation in bed before sleep</p> <p>♥</p>	<p>+</p> <p>—</p> <p>♥</p>	<p>+ I got back to my center after the practice and feeling self love, trying to be more flexible, and less self judgment</p> <p>— Period pain, dilemma and guilt of skipping the practice</p> <p>♥ Catching up with my practice, my health, my warm house, my altar</p>

	Day 9	<p>✚ Got to teach a real live person today. That felt amazing. My 3 sun salutations turned into a Full 60 minute practice and my body is oh so happy</p> <p>➡ Struggling to “own” the marketing side of being a business. Self-doubt creeping in.</p> <p>💖 Teaching and doing what I love, slowly but surely finding my way, reconnecting with old friends, organic soup, sunny days</p>	<p>✚</p> <p>➡</p> <p>💖</p>	<p>✚ Did the Rise and Shine yoga and silent mediation</p> <p>➡</p> <p>Felt tired in body</p> <p>💖</p> <p>Thankful for the opportunity and possibility</p> <p>Happy about learning more about yoga and mediation</p>	<p>✚</p> <p>➡</p> <p>💖</p>	<p>✚ After the practice I feel I could accomplish something and kept the promise to myself</p> <p>➡ Period discomfort and its limiting my movements, mood swings and negativity</p> <p>💖 Feeling grateful for all the resources around me to create</p>
	Day 10	<p>✚ Got to practice meditation in a hindu temple with a giant Ganesha today. That was AWESOME. Did a mostly Yin practice at night</p> <p>➡</p> <p>Had an early morning appointment so was unable to do my practice until the end of the day - found my body feeling like i hadn’t “brushed my teeth” all day. Then realised even that I need to let go.</p>	<p>✚</p> <p>➡</p> <p>💖</p>	<p>✚ Did my favorite mediation, the daily practice</p> <p>Did a short standing sequence</p> <p>➡</p> <p>Was not feeling doing the full standing but did anyway and did not regret it</p> <p>💖</p> <p>Thankful for these amazing 10 days</p>	<p>✚</p> <p>➡</p> <p>💖</p>	<p>✚ This was the most fulfilling practice for me. I felt deeply connected my sankalpa..</p> <p>➡ It was difficult to get off my bed this morning and I end up just stay in bed very long.</p> <p>💖 My father and my mother. Francie for doing all this..</p>

		💖 You guys, being able to go with the flow, perspective		I will continue EVERY DAY (at least try to) Thankful for the energy from the best yogi teacher and all of us yogis doing the challenge!		
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Yoga is for Posers ;)

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		Paula	elyssa	Gerry	Maria .	Robyn
Day 1		<p>+Celebrating Being present today Completing the amazing session</p> <p>—Challenges Getting started</p> <p>♥ Gratitude My boys Starting yoga again Being present Francie for motivating me</p>	<p>+Celebrating Did the practice :) Did my morning script writing session</p> <p>—Challenges Feeling deep down the attitude of gratitude</p> <p>♥ Gratitude Healthy body, people I love are doing well, my husband</p>	<p>+Celebrating Having actually done it, taken the time.</p> <p>—Challenges Procrastination - knowing and wanting, but...</p> <p>♥ Gratitude . Being able to move in my body . Walking outside, in nature . My teachers</p>	<p>+Celebrating Creating space and time for my practice</p> <p>—Challenges Anxiety about the future, overthinking</p> <p>♥ Gratitude My health/body, loved ones, mother nature</p>	<p>+Celebrating Completing all the exercises</p> <p>—Challenges</p> <p>♥ Gratitude *my health *my family *where I live</p>
Day 2		<p>+celebrating me for showing up!!</p> <p>—making time for me yesterday</p> <p>♥</p>	<p>+</p> <p>—</p> <p>♥</p>	<p>+ Oops, I did it again.</p> <p>— Distracted during asana.</p> <p>♥ . Wonderful class in my local studio this morning</p>	<p>+ Feeling energized and positive during and after my practice</p> <p>— Negative thoughts creeping in during meditation</p> <p>♥</p>	<p>+ I'm actually doing this.</p> <p>— Staying focused</p> <p>♥ I feel energized and ready for my day</p>

		<p>I put me first today before I started my day. My Aunt The sunshine All I have been through</p>		<p>. My partner who was super close to the terror attacks in Vienna is safe . Lovely interaction with staff at a restaurant</p>	<p>My light, creating a great day, finding yoga/this community</p>	<p>Finished a piece of art and started another</p>
	Day 3	<p>+ Celebrating my mind Being present</p> <p>-</p> <p>Making myself priority</p> <p>💜</p> <p>Grateful my nieces are back in my life Grateful to God for all my blessings Grateful my son and his friends chose our house to quarantine</p>	<p>+</p> <p>-</p> <p>💜</p>	<p>+ Found/took the time and energy to go for a gentle run in between online meetings.</p> <p>-</p> <p>Once again kept pushing back this practice again and again in the day.</p> <p>💜</p> <p>. Online meeting and meditation with friends. . All those colleagues and international friends checking in when they heard about the news. . Having Yoga.</p>	<p>+ Felt energized during practice</p> <p>-</p> <p>Anxiety all day</p> <p>💜</p> <p>Grateful for the ability to make time for mental & physical health</p>	<p>+completed day 3</p> <p>-I find it hard to stay focused. Today my incense was my distraction (my husband doesn't like the smell)</p> <p>💜I'm grateful to be a part of this challenge. More art today.</p>
	Day 4	<p>+</p> <p>-</p> <p>💜</p>	<p>+doing the work for illustrator Had 2 good meetings for potential work</p> <p>- finishing work I need to submit Eating sugar when i shouldn't</p>	<p>+ Did the practice earlier in the day.</p> <p>-</p> <p>Got lost in media/social media re US elections and stuff - that really wasn't the top priority.</p> <p>💜</p>	<p>+ Energized by my practice & did my own flow</p> <p>-</p> <p>Anxious; lost in social media</p> <p>💜</p>	<p>+feeling proud that I showed up again today</p> <p>-messed up on the practice. I did the 30 minute bonus instead of the meditation and sun salutations</p>

			<p>Stopped writing my script</p> <p>♥ family</p>	<p>. Woke up early, without alarm.</p> <p>. Connecting with a group of friends online.</p> <p>. Walking outside, talking with a lovely colleague.</p>	<p>Grateful to have a space to ground myself</p>	<p>♥ I love being here and feel so free.</p>
	Day 5	<p>+</p> <p>—</p> <p>♥</p>	<p>+</p> <p>I did sports and started to write again. I decided I need to have someone with me on this, someone to be accountable to. Otherwise, I don't finish it and get discouraged.</p> <p>— None for now</p> <p>♥ Grateful for a positive attitude today. Grateful for movement, writing, health, dance and music</p>	<p>+</p> <p>Did a longer meditation practice.</p> <p>—</p> <p>Somehow it feels a bit too much on my table this week.</p> <p>♥</p> <p>. Lovely connection with friends and online meditation.</p> <p>. Late afternoon walk with my friend.</p> <p>. Freedom in many ways!</p>	<p>+</p> <p>Did an extra meditation practice to ground myself & disconnected myself from social media for the most of the day. & did a successful headstand!</p> <p>—</p> <p>So much on my to do list</p> <p>♥</p> <p>-Grateful for my friends and family who make life so much sweeter.</p> <p>-Grateful for allowing myself to take a time out when I need it most.</p>	<p>+</p> <p>—</p> <p>♥</p>
	Day 6	<p>+</p> <p>—</p> <p>♥</p>	<p>+</p> <p>—</p> <p>♥</p>	<p>+</p> <p>Assisted a class in my local studio - second time ever. Plus longer meditation.</p> <p>—</p> <p>Ended up missing both live calls. :-(</p>	<p>+</p> <p>Feeling great in building a rhythm with this practice</p> <p>—</p>	<p>+</p> <p>—</p> <p>♥</p>

				 <ul style="list-style-type: none"> . The place and teachers at my local studio. . Sun on my skin. . Having/finding time for those “non work” things. 	Rushing through everything on my to do list  Grateful for the ability to connect with myself physically, mentally, and spiritually.	
	Day 7	+ — 	+ — 	+ Long walk (and a half), watched some yoga-related training and a bit of asana. — Did not jump across the threshold to mediate.  <ul style="list-style-type: none"> . New learnings. . Time with my partner. . Gentle, relaxed morning. 	+ Election stress is finally released; the singing practice felt so much sweeter — Light headaches today  Grateful for new beginnings	+ — 
	Day 8	+ — 	+ Happy I tried a Jivamukti class for the first time, and that I took time to write my script. — Do I believe I can write an acceptable script that can become a good film? Afraid of just endlessly writing	+ Got out and moving, despite it being grey+cold. — A Second day in a row where I did not find (or take) the calm to meditate.  <ul style="list-style-type: none"> . Joint cooking. 	+ I'm feeling stronger in the my body & affirmations on self love is becoming more natural — Letting my ego take over when trying to do more challenging poses; need to	+ — 

			<p>💖 The sunny weather today, the equilibrium around.</p>	<p>. Music (Francie's play list on right now) . Feeling supported.</p>	<p>be more patient and intentional</p> <p>💖 I'm grateful For this journey and enjoying the ride</p>	
	Day 9	<p>+</p> <p>—</p> <p>💖</p>	<p>⛶ That I went to yoga practice, though I didn't really feel like it. That I did my writing, though I also didn't really feel like it.</p> <p>— Struggling to be up and positive, I'm down today.</p> <p>💖 For Nilda and my mum, helping out in my home. Grateful for health, for people who I love, for the sunshine outside.</p>	<p>⛶ Aaactually, after declaring defeat last night I did get into mediation - with Francie's playlist. It was past midnight and ended up including 40' of dosing away at the end. ;-)</p> <p>— No asana or focused movement today.</p> <p>💖 . Learning (and having learnt) to take out unnecessary tightness & stress. . Running into a colleague who's more than just that and finding time to talk. . My teachers.</p>	<p>⛶ I was able to meditate on this beautiful day at the park.</p> <p>— Still having a hard time letting go & being patient with difficult poses</p> <p>💖 I'm grateful for my body's strength.</p>	<p>+</p> <p>—</p> <p>💖</p>
	Day 10	+	⛶ That I went to yoga practice in the morning	+	+	+

		<div><div></div><div>♥</div></div>	<p>though I was tired, it was amazing. Celebrating that I did service by helping out a friend. That I gave time to my short film. That I followed this beautiful journey with francie on a daily basis</p> <div><div></div>Getting things done</div> <p>♥ For life, health, for this space.</p>	<p>Managed to meditate (a bit) on a train ride.</p> <div><div></div></div> <p>No movement (asana or otherwise) outside of to/rom railway stations due to work,... stuff. ♥</p> <p>. Safely made it back home from a one day trip to my second home in Germany.</p> <p>. Francie for putting this all together. ♥♥♥♥</p>	<div><div></div><div>♥</div></div>	<div><div></div><div>♥</div></div>
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Love who you Are



		1	2	3	4	5
		Carolina	Fran	Aubreigh	Claudia	Jenn
	Day 1	<p>+Celebrating That I'm healthy That I can do yoga and move my body That I have a cosy home</p> <p>—Challenges Trying to accomplish everything that I set out to do today</p> <p>♥Gratitude For my space, for my creativity and for my cat!</p>	<p>+Celebrating Completing the practice, starting the challenge Creating my sankalpa</p> <p>—Challenges Making time</p> <p>♥Gratitude For this challenge, for my family, my beautiful girl, for nature</p>	<p>+Celebrating I created my sankalpa. I completed my challenge. I wasn't too sore considering it was my first time doing yoga in a long time. My cousin now wants to give yoga a try after seeing me do the challenge.</p> <p>—Challenges Focusing on what I'm grateful for versus what I'm not</p> <p>♥Gratitude For my family and true friends. They have helped me immensely through the pandemic.</p>	<p>+Celebrating Getting back into my yoga & meditation practice - showing up this morning when I wanted to stay in bed!</p> <p>—Challenges Tension in my body</p> <p>♥Gratitude -My body -My partner -Sunshine</p>	<p>+Celebrating New Business opportunities to come after a crazy summer, ready to get into a regular pattern in life.</p> <p>—Challenges Feeling a bit overwhelmed with small projects, want to get them out of the way to make time for me and bettering my life patterns again after this crazy year or so.</p> <p>♥Gratitude Nature around me Family supporting me</p>
	Day 2	<p>+that today was yoga practice day with my</p>	<p>+Completing Day 2, feeling inspired</p>	<p>+</p>	<p>+Getting up at 5:30am to practice!</p>	<p>+</p>

		<p>teacher, and that I was fully present</p> <p>— since I only got to do the challenge late at night, only did the meditation</p> <p>♥ for this opportunity, for my best friend and for being healthy</p>	<p>—</p> <p>Distracted and wandersome mind, practising in the evening</p> <p>♥</p> <p>My partner, my health, the sound of the rain</p>	<p>I caught up on the challenge (I did the first two days in one day). I felt sore, but in a good way.</p> <p>—</p> <p>Waiting to check my phone</p> <p>♥</p> <p>For staying safe during the pandemic</p>	<p>—</p> <p>Feeling sleepy</p> <p>♥ Birdsong, my job, water</p>	<p>—</p> <p>♥</p>
	Day 3	<p>+ that I was active today and felt accountable for my body</p> <p>— that my mind is a bit wandering</p> <p>♥ for my parents, my new job and my colleagues</p>	<p>+ Celebrating yoga :) Enjoying this challenge, feeling committed to starting regular practice again</p> <p>—</p> <p>Tight back, feeling tired</p> <p>♥</p> <p>Laughter, music, time with my daughter</p>	<p>+ I feel refreshed after that yoga session. I feel that good kind of burn when you get a nice workout.</p> <p>—</p> <p>Mind all over the place Dealing with a sinus infection</p> <p>♥</p> <p>This challenge Bottled water Online shopping</p>	<p>+ Turning off my wifi & focusing on my yoga/meditation</p> <p>—</p> <p>Sore shoulder</p> <p>♥</p> <p>My boss, moments of peace & quiet, this challenge</p>	<p>+ — ♥</p>
	Day 4	<p>+ That I did the practice after a fitness for dance class, and it was the best way the end the day</p>	<p>+ A lovely yoga practice Facetiming my sister</p>	<p>+ I slept all throughout the night last night for the first time in awhile.</p>	<p>+ Feeling so much better after 3 sun salutations!</p>	<p>+ —</p>

		<p>— nothing to report today</p> <p>♥ That I had the most amazing coaching session with Francie first thing in the morning, that she was really listening to me and that finally I have a fulfilling job!</p>	<p>— Feeling slightly 'meh' today</p> <p>♥ Francie for organising this challenge</p>	<p>— I got behind on the challenge.</p> <p>♥ My determination to catch up on the challenge when I get behind</p> <p>Weekends</p> <p>Learning experiences</p>	<p>— Doing today's practice when I really didn't feel like it as I woke up feeling anxious</p> <p>♥ Rain, breath, music</p>	<p>♥</p>
	Day 5	<p>+</p> <p>—</p> <p>♥</p>	<p>+</p> <p>Feeling like I'm settling in to a groove with daily yoga and meditation practice</p> <p>— None really today</p> <p>♥ Friendship, a day off from work, autumn colours</p>	<p>+</p> <p>I finally have some time to myself after a relative has been staying with me for a few weeks (don't get me wrong, I love my family very much but I also love privacy).</p> <p>I'm still doing the challenge even if I got a few days behind.</p> <p>I took a class on intuitive development and it was a life-changing experience.</p> <p>—</p> <p>I had a hard time with the pranayama.</p> <p>♥</p>	<p>+</p> <p>Body feeling much freer after 5 days</p> <p>— Lack of sleep</p> <p>♥ Dance, friends, breath</p>	<p>+</p> <p>—</p> <p>♥</p>

				My determination once again My development on my spiritual journey Stepping out of my comfort zone Yoga		
	Day 6	+ — ♥	+ — ♥	+ I'm getting more flexible. — A friend of mine who is a recovering drug addict relapsed. My cousin might have COVID. My plans fell through tonight. ♥ My home Protein shakes	+ Doing a longer practice — Balancing poses ♥ Sunshine, sleep, music	+ — ♥
	Day 7	+ — ♥	+ — ♥	+ I've been very focused. I'm all caught up on the challenge even though I did days 5, 6, and 7 all in one day. — Procrastination earlier in the week that led to me falling behind	+ Meditating even if only for 5mins before work! — Feeling tired ♥ Work, food, song	+ — ♥











































				 The people who love and support me Fall weather My metabolism		
	Day 8	+ - 	+ - 	+ Completed the challenge even though was a really...well, challenging one - Putting myself first  Meditation Got back on good terms with a friend after some tension arose months ago The positive effects yoga has had on me	+ Went to a yoga class today for the first time in a long time as I was feeling inspired by the challenge - Getting out of bed early to meditate  My cousin, yoga classes, NZ	+ - 
	Day 9	+ - 	+ - 	+ I felt very energetic during the challenge. - Thinking too much (some are positive thoughts and some are negative thoughts)	+ Craving meditation - Been tired so lacking motivation 	+ - 

				 Woke up this morning My friend I just got back on good terms with Being part of several communities, like this one	Prayer, my community, my work	
	Day 10	+ That although I didn't practiced today I got to catch upon readings from the last days - Feeling guilty and ashamed for letting the amount of work and how tired I'm feeling getting the best of me  For this challenge, for Francie, for Life!	+ - 	+ I completed the challenge!!! - Sore from doing multiple challenge days in one day  The closing mantra The Finding Flow Practice Playlist Friends and family	+ Made it to day 10! - Nothing this morn  This challenge! Mother Earth Meditation/time to be	+ - 

Shine your Light into the World

		1	2	3	4	5
		Ricco	Rachel	Sabine	Victoria	Karli


































































	Day 1	<p>+Celebrating starting</p> <p>-Challenges keeping it up</p> <p>♥ Gratitude being alive and doing what i love</p>	<p>+Celebrating</p> <ul style="list-style-type: none"> Beginning <p>-Challenges tight muscles</p> <p>♥ Gratitude the sunshine</p>	<p>+Celebrating Taught a yoga class</p> <p>-Challenges No personal practice today</p> <p>♥ Gratitude Making others feel better with yoga</p>	<p>+Celebrating</p> <p>-Challenges</p> <p>♥ Gratitude last day before lockdown dancing and partying with friends</p>	<p>+Celebrating The relationship with my husband (2 months into our marriage :)</p> <p>-Challenges Need to do a lot of work and I'm behind Moment of emotional eating today</p> <p>♥ Gratitude For nature. Love it and need it so much.</p>
	Day 2	<p>+</p> <p>-</p> <p>♥</p>	<p>+</p> <p>-</p> <p>♥</p>	<p>+</p> <p>Started own practice, it felt so good</p> <p>-</p> <p>Waited till late afternoon...</p> <p>♥ Studio plans, family, friends</p>	<p>+</p> <p>-</p> <p>♥ Bike accident without hurting myself</p>	<p>+</p> <p>-</p> <p>♥</p>
	Day 3	<p>+</p> <p>-</p> <p>♥</p>	<p>+</p> <p>-</p> <p>♥</p>	<p>+</p> <p>I did it, even though I had many excuses to offer</p> <p>-</p> <p>too many worries in my head</p>	<p>+</p> <p>-</p>	<p>+</p> <p>-</p> <p>♥</p>

				 Cozyness of home, my plans, the support I'm getting	 after taking drugs on the weekend, no bad come-down from it	
	Day 4	  	  	 It was easy to get on the mat today  I have lost the positive vibes of the morning practice in the course of the day  My first online yoga class worked out well last night	 starting with the 10 days Challenge today! 4 days too late, but better a late start then never!  too many chores to work on  my first day off during this week	  
	Day 5	  	  	 I feel like I'm getting into a rhythm... slowly  Couldn't do the full practice of today, so I did the normal short routine  My yoga students	  	  
	Day 6	 	 	 Took the time to do the long session from yesterday, it felt good 	 	 

		♥	♥	Internet was failing me and I had to be extra patient ♥ A good day is ahead	♥	♥
	Day 7	+ - ♥	+ - ♥	+ Enjoyed the mantra and the Ganesha story - Still have doubts if I'm enough ♥ Yoga, family, nature	+ - ♥	+ - ♥
	Day 8	+ - ♥	+ - ♥	+ - ♥	+ - ♥	+ - ♥
	Day 9	+ - ♥	+ - ♥	+ - ♥	+ - ♥	+ - ♥
	Day 10	+ - 	+ - 	+ - 	+ - 	+ -







































































						
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		FOR KEEPING UP WITH THE FLOW. WANTING MORE PRACTICE.				
	Day 3	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 4	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 5	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 6	<div><div>+</div><div>-</div></div>	<div><div>+</div><div>-</div></div>	<div><div>+</div><div>-</div></div>	<div><div>+</div><div>-</div></div>	<div><div>+</div><div>-</div></div>

						
	Day 7	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
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	Day 10	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>

Inhale Love. Exhale Fear.







































































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	Day 1	<div>✚ Celebrating</div> <div>✚ Challenges</div> <div>💜 Gratitude</div>	<div>✚ Celebrating</div> <div>✚ Challenges</div> <div>💜 Gratitude</div>	<div>✚ Celebrating</div> <div>✚ Challenges</div> <div>💜 Gratitude</div>	<div>✚ Celebrating</div> <div>✚ Challenges</div> <div>💜 Gratitude</div>	<div>✚ Celebrating</div> <div>✚ Challenges</div> <div>💜 Gratitude</div>
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	Day 10	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>

Follow your Bliss

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	Day 1	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>
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	Day 4	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
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	Day 6	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
	Day 7	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
	Day 8	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>

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	Day 9	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 10	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>

"Yoga is the artwork of awareness on the canvas of body, mind, and soul."- Amit Ray

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	Day 1	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>	<div><div><div>+</div><div>Celebrating</div></div><div><div>-</div><div>Challenges</div></div><div><div>♥</div><div>Gratitude</div></div></div>
	Day 2	<div><div><div>+</div></div><div><div>-</div></div><div><div>♥</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div><div><div>♥</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div><div><div>♥</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div><div><div>♥</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div><div><div>♥</div></div></div>
	Day 3	<div><div><div>+</div></div><div><div>-</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div></div>	<div><div><div>+</div></div><div><div>-</div></div></div>

		♥	♥	♥	♥	♥
	Day 4	+	+	+	+	+
		-	-	-	-	-
		♥	♥	♥	♥	♥
	Day 5	+	+	+	+	+
		-	-	-	-	-
		♥	♥	♥	♥	♥
	Day 6	+	+	+	+	+
		-	-	-	-	-
		♥	♥	♥	♥	♥
	Day 7	+	+	+	+	+
		-	-	-	-	-
		♥	♥	♥	♥	♥
	Day 8	+	+	+	+	+

		<div><div>-</div><div>♥</div></div>	<div><div>-</div><div>♥</div></div>	<div><div>-</div><div>♥</div></div>	<div><div>-</div><div>♥</div></div>	<div><div>-</div><div>♥</div></div>
	Day 9	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>
	Day 10	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>	<div><div>+</div><div>-</div><div>♥</div></div>