

A 40-day Meditation Challenge

Are you ready to build a meditation practice? Have you promised yourself to start meditating but haven't been able to stay consistent? Are you unsure of where to even start?

This 40-day meditation challenge is structured to overcome all those obstacles and provide you the support, community, and motivation to finally create a meditation habit that you can lean on for the rest of your life.

Starting July 11th, commit to practicing 10 minutes a day for 40 days, along with others from the studio. Get instruction, guidance, and support by joining Agi on Instagram LIVE **8:00-8:15am** DAILY, or watch the saved video at your convenience at any time throughout the day. Gather in-person on Sundays for more in-depth instruction, a chance to get feedback on your practice, and for a group sit.

Schedule

Day 1, July 11 - Opening Gathering (In-Person) **Sunday Evening, 8pm**

Week 1: Breath Awareness Meditation

- Day 2 - July 12 - Nadi Shodhana
- Day 3 - July 13 - Box Breathing / Samavritti
- Day 4 - July 14 - Bhramari
- Day 5 - July 15 - Left Nostril Breathing
- Day 6 - July 16 - 3-part breath
- Day 7 - July 17 - Breath of Joy

Day 8, July 18 - Community Gathering & Check-in (In-Person) **Sunday 12:30pm**

Week 2: Body Awareness Meditation

- Day 9 - July 19 - Body Scan
- Day 10 - July 20 - PMR
- Day 11 - July 21 - EFT
- Day 12 - July 22 - Hands
- Day 13 - July 23 - Sounds
- Day 14 - July 24 - Standing

Day 15, July 25 - Community Gathering & Check-in (In-Person) **Sunday 12:30pm**

Week 3: Loving-Kindness & Compassion Meditation

- Day 16 - July 26 - Metta
- Day 17 - July 27 - Self-Compassion
- Day 18 - July 28 - Fierce Compassion
- Day 19 - July 29 - Gratitude
- Day 20 - July 30 - Tonglen
- Day 21 - July 31 - Laughter

Day 22, Aug 1 - Community Gathering & Check-in (In-Person) Sunday 12:30pm

Week 4: Mantra Meditation

Day 23 - Aug 2 - OM

Day 24 - Aug 3 - Affirmations

Day 25 - Aug 4 - Let Go

Day 26 - Aug 5 - So Ham

Day 27 - Aug 6 - Mala

Day 28 - Aug 7 - Chakra Bija Sounds

Day 29, Aug 8 - Community Gathering & Check-in (In-Person) Sunday 12:30pm

Week 5: Guided Imagery Meditation

Day 30 - Aug 9 - Rooting down

Day 31 - Aug 10 - Body of Light

Day 32 - Aug 11 - Beach

Day 33 - Aug 12 - Sanctuary

Day 34 - Aug 13 - Divine Beings

Day 35 - Aug 14 - Chakras

Day 36, Aug 15 - Community Gathering & Check-in (In-Person) Sunday 12:30pm

Week 6: Open Awareness Meditation

Day 37 - Aug 9 - Open Sky

Day 38 - Aug 10 - Witnessing

Day 39 - Aug 11 - Neti neti

FINISH!!! Day 40 - Aug 12 - Instagram LIVE @ 8am **FINISH!!!** Loving awareness

Closing Ceremony (In-Person)

Sunday August 22, 8pm

Community Celebration

Traditional Aarti Ceremony (Sacred Fire Ceremony)

Blessing of Malas

Tea & Cookies



