

Summer Challenge 2021

#AWorldOfWellBeing

84 Days of Yoga: how we *live* our practice

Those of us who practice yoga, meditation, and mindfulness know that our practice can extend to literally all aspects of our lives. We also know that our well-being requires regular practice. This Summer, as we make our way back out into a new world, we invite you to share the unique ways in which you practice physical, mental, and emotional well-being. Each daily invitation provides a new way to become healthier in body, mind, and spirit, but also in your home and work life, and in the world around you. Let's use the summer to grow and share ourselves and participate in creating a more mindful, equitable, and healthy world right where we are, while inspiring each other in the process.

Post all 84 days, get a free year membership to BTO.TV! Plus, join along for your chance to win other fabulous prizes!

Instagram Rules:

1. Post a photo or video that shows you doing the daily activity, or represents it in some way. Get creative!
2. Be sure to tag @breathetogetheryoga and use the hashtags #AWorldOfWellBeing, #JennPrughYoga, and #BreatheTogetherOnline in your caption.
3. Miss a day? Opportunities to catch up:
 - Read the Article of the Week, and leave a comment.
 - Watch the Video of the Week, and leave a comment. (If you don't have a BTO.TV subscription, you can sign up for a 21-day free trial!)
 - Check out our Bonus Content, and join the conversation by sharing your thoughts in the comments and/or sharing on social media.
4. Once you have made your last post for the challenge, before 8 PM PST Friday, August 27th, email editor@breathetogetheryoga.com.

JUNE 5 - 11

WEEK 1

Saturday

Create (or update existing) space in your home that's just for meditation. Then meditate.

BONUS: Consider adding an altar.

Sunday

Take time today to reflect on your favorite travel memories. Which has changed you?

BONUS: Journal about them to enhance feelings of gratitude.

Monday

Go for a walk outside. Practice presence by noticing 5 different smells.

BONUS: Read this "Article of the Week." Tell us what they were in the comments!

Tuesday

Determine your Ayurvedic *dosha* to find greater balance.

BONUS: Take our online quiz. Let us know what you got in the comments!

Wednesday

Plan your next grocery store trip. Can you see where each item comes from?

BONUS: Find grocery shopping tips on [BreatheTogetherOnline.com](https://www.breathetogetheronline.com).

Thursday

Take 15 minutes to move your body.

BONUS: Watch our "Video of the Week," and leave a comment!

Friday

How do you practice being present?

BONUS: Read these 6 tips, and let us know in the comments.

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- [Article of the Week](#)
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JUNE 12 - 18

WEEK 2

Saturday

What are you reading?

BONUS: Browse our [BTO Library](#) for our recommended reading list.

Sunday

What are your summer travel plans?

BONUS: Show us how you [bring your practice with you](#).

Monday

Give forest bathing a try.

BONUS: Read our "[Article of the Week](#)," and tell us how your experience was.

Tuesday

How do you keep your body clean from the inside out?

BONUS: Read about [one perspective](#), and consider joining [our summer cleanse!](#)

Wednesday

What does nonviolence mean to you?

BONUS: Learn more about the [8 limbs of yoga](#).

Thursday

How do you move and release energy?

BONUS: Try our qigong techniques in the "[Video of the Week](#)."

Friday

What does yoga mean to you?

BONUS: Read [one yogi's reflections](#) for inspiration, then share your own.

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JUNE 19 - 25

WEEK 3

Saturday

Show us
whose
birthday you
celebrate this
month.

BONUS: Discover the 3 June birthstones and their properties.

Sunday

Explore a new
place by
yourself.

BONUS: Read our "Article of the Week" for solitude inspiration.

Monday

Get your
hands dirty,
and plant
something.

BONUS: Consider growing a native garden.

Tuesday

How are you
reintegrating
after sheltering
in place?

BONUS: Check out these healthy tips, and let us know yours in the comments.

Wednesday

Keep cool by
making
yourself a
refreshing
salad.

BONUS: Try one of our go-to recipes.

Thursday

What brought
you to yoga?

BONUS: Return to beginner's mind with our "Video of the Week."

Friday

Express
gratitude to
yourself.

BONUS: Try writing yourself a thank you letter.

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**JUNE 26 -
JULY 2**

WEEK 4

Saturday

Declutter and clear your living space, and donate.

BONUS: Learn more about [Feng Shui](#).

Sunday

Do something with a friend you two have never done before.

BONUS: Try these tips to [apply yogic principles to your relationships](#).

Monday

Bask in a natural body of water: ocean, lake, or river.

BONUS: [Conserve water](#), while you're at it.

Tuesday

How do you practice compassion?

BONUS: Take a [Self-Compassion Break](#).

Wednesday

Enjoy a popsicle!

BONUS: Make it a spiced chai popsicle: try [our beloved recipe](#).

Thursday

What is your favorite heart-opening experience?

BONUS: Find out if backbends can help in the ["Article of the Week"](#).

Friday

Have a conversation, and really listen to the other person.

BONUS: Watch the ["Video of the Week"](#): Listening Meditation.

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JULY 3 - 9

WEEK 5

Saturday

Buy yourself some flowers.

BONUS: Take the [floral Feng Shui approach](#).

Sunday

What culture fascinates you? Learn something new about it.

BONUS: Find out [how to travel ethically](#).

Monday

Bask in the sun (safely with SPF!).

BONUS: Start the day off with our "[Video of the Day](#)."

Tuesday

What are some of your favorite herbal remedies?

BONUS: Discover some of our favorite [herbal allies](#).

Wednesday

Give meal prepping a try.

BONUS: Check out [some of our best tips](#), and share yours in the comments.

Thursday

Write to your Congressperson about an issue you feel strongly about.

BONUS: Discover why yoga is *skill in action* in our "[Article of the Week](#)."

Friday

5-7-5: Write a Haiku or poem about how you are feeling.

BONUS: Read some [poems from our community members](#) for inspiration.

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JULY 10 - 16

WEEK 6

Saturday

Make the switch to sustainable household products.

BONUS: Check out [our helpful guide](#), and share your tips in the comments.

Sunday

What are your tricks for staying healthy while traveling?

BONUS: Read the "[Article of the Week](#)" for some of our best tips.

Monday

Change your transport: go for a bike ride, or rent a scooter.

BONUS: 3 in 1: our "[Video of the Week](#)" is the [Yoga for Cyclists](#) series.

Tuesday

Try dry brushing before you shower.

BONUS: Discover the benefits, plus other [Ayurvedic tips](#).

Wednesday

Cook at least one meal today.

BONUS: Make it an [act of devotion](#).

Thursday

How do you practice selfless service? What have you learned?

BONUS: Read about different forms of [Karma Yoga](#).

Friday

Learn something totally new.

BONUS: Return to [beginner's mind](#), and try our [Start from the Beginning](#) flow.

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JULY 17 - 23

WEEK 7

Saturday

Show us whose birthday you celebrate this month.

BONUS: Learn all about the July birthstone and its properties.

Sunday

Plan your dream vacation.

BONUS: Discover how to be at home with yourself in our "Article of the Week."

Monday

Go for a walk, and notice all the animals you see.

BONUS: Come across any potential spirit animals?

Tuesday

What are some of your "feel-better" cures?

BONUS: Discover 5 doctors found in nature, and share in the comments.

Wednesday

Treat yourself to some ice cream.

BONUS: Learn how to make your own!

Thursday

How do you bring yourself into balance in the summer?

BONUS: Watch our "Video of the Week," a *pitta*-balancing flow.

Friday

How do you ground yourself?

BONUS: Try anchoring through ritual, and share your tips in the comments.

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JULY 24 - 30

WEEK 8

Saturday

Pause, and breathe deeply for 5 minutes.

BONUS: Try this [breathing meditation](#).

Sunday

Plan a day-long road trip. Then put it in your calendar.

BONUS: Here's [one of our favorite spots](#) for inspiration.

Monday

How many types of trees can you name in your neighborhood?

BONUS: See how many new names you can learn, and try [Tree Pose Variations](#).

Tuesday

How do you release trauma?

BONUS: Try some of [our go-to methods](#), plus this [trauma-sensitive practice](#).

Wednesday

Indulge in your favorite morning beverage.

BONUS: Try some of our beloved [matcha recipes](#).

Thursday

How are you a vehicle for social justice?

BONUS: Discover some of our collective resources in our ["Article of the Week"](#).

Friday

Pause, and reflect on how you're really feeling in this moment.

BONUS: Take some time to journal.

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JULY 31 -
AUGUST 6

WEEK 9

Saturday

Clean out
your closet.

BONUS: Find out [how to get rid of—and upgrade—your wardrobe sustainably](#).

Sunday

Plan a
weekend
getaway.

BONUS: Don't forget to pack your [reusable items!](#)

Monday

How do you
support nature
and wildlife
surrounding
you?

BONUS: Read our "[Article of the Week](#)" for new ideas.

Tuesday

Make time to
rest (even nap)
today.

BONUS: Trouble relaxing? Try these [11 restorative poses](#).

Wednesday

Shop for
seasonal
fruits and
vegetables.

BONUS: Consider [our tips](#), and share your favorite produce in the comments.

Thursday

Do yoga
with the
whole
family.

BONUS: Watch [Let's Be Kids Together](#), our "[Video of the Week](#)."

Friday

Pause, and
check in with
the sensations
of your body.

BONUS: Try this [Somatic Flow](#), and leave a comment.

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AUG 7 - 13

WEEK 10

Saturday

What does mindful parenting mean to you?

BONUS: Read our content all about [mindful parenting](#).

Sunday

Which part of the world would you like to explore and support?

BONUS: Explore our [community members' experiences](#) on retreat.

Monday

Reflect on your favorite place in nature, real or imaginary.

BONUS: Use your senses to imagine you're there. What can you see, smell, etc.?

Tuesday

Offer yourself *abhyanga*, or self-massage.

BONUS: Watch an introduction in our "[Video of the Week](#)."

Wednesday

What's your favorite dessert?

BONUS: Might we suggest this [healthy avocado, chocolate mousse recipe](#)?

Thursday

Donate time, energy or money to a non-profit organization that you feel strongly about.

BONUS: Learn about one close to our hearts in our "[Article of the Week](#)."

Friday

What's a small way you can contribute to someone's happiness today?

BONUS: Consider your relationship to asking for and receiving support.

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AUG 14 - 20

WEEK 11

Saturday

What are 3 things you're grateful for?

BONUS: Try our [Gratitude Meditation](#), and leave a comment.

Sunday

How do you acknowledge yourself?

BONUS: Read one teacher's [reflections on self love](#).

Monday

Try "earthing."
Walk outside barefoot.

BONUS: Connect with the earth in our "[Video of the Week](#)."

Tuesday

Practice saying goodbye or letting go.

BONUS: Discover ways to [honor the transition](#), whether in nature or in life.

Wednesday

Make yourself a seasonal bowl of soup.

BONUS: Try this [protein-packed option for warmer months](#).

Thursday

What are your favorite poses that you prop?

BONUS: Discover the benefits of using props in our "[Article of the Week](#)."

Friday

Write a handwritten letter to someone.

BONUS: Send it.

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AUG 21 - 27

WEEK 12

Saturday

Show us whose birthday you celebrate this month.

BONUS: Learn about the August birthstone and its properties.

Sunday

What's the biggest adventure you've ever been on?

BONUS: Journal about it and your takeaways from the experience.

Monday

Find a tree to sit under.

BONUS: Meditate while you're there.

Tuesday

Take a break from technology for your mental health.

BONUS: Try the digital detox tips in the "Article of the Week."

Wednesday

What is your favorite Yoga Sutra?

BONUS: Discover some of ours.

Thursday

The challenge is almost over: rest with restorative yoga.

BONUS: Watch our "Video of the Week" for a mini practice.

Friday

Reflect on the most rewarding part of this challenge.

BONUS: Read some personal reflections of fellow community members.

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