# 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.



#### Saturday

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

**BONUS:** Consider <u>adding an altar</u>.

#### 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 <u>online quiz</u>. 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.

### Thursday

Take 15 minutes to move your body.

BONUS: Watch our "<u>Video of the</u> <u>Week</u>," and leave a comment!

#### Friday

How do you practice being present?

BONUS: Read <u>these 6 tips</u>, and let us know in the comments.

#### **NOTES:**

Summer Challenge 2021

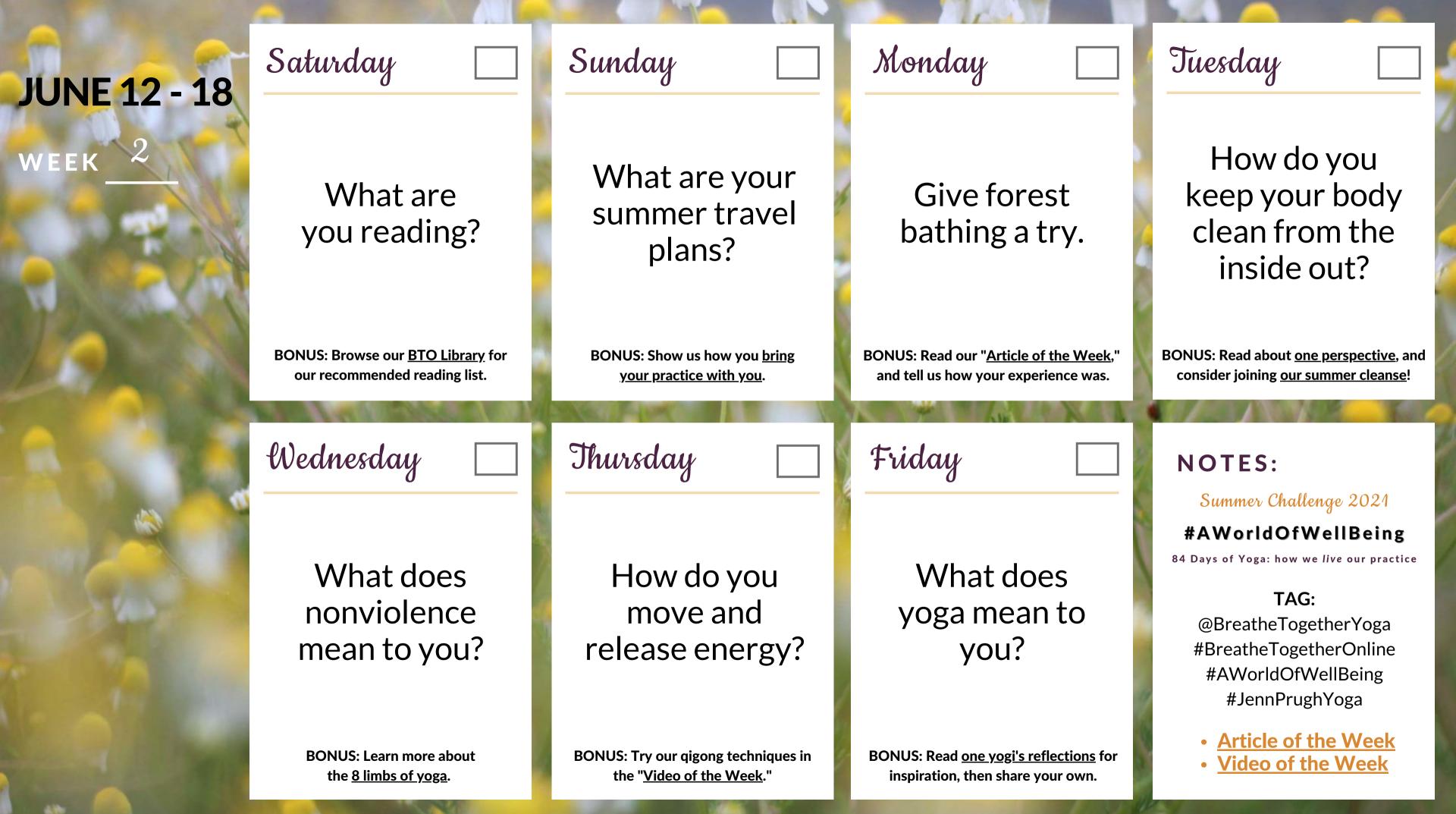
#AWorldOfWellBeing

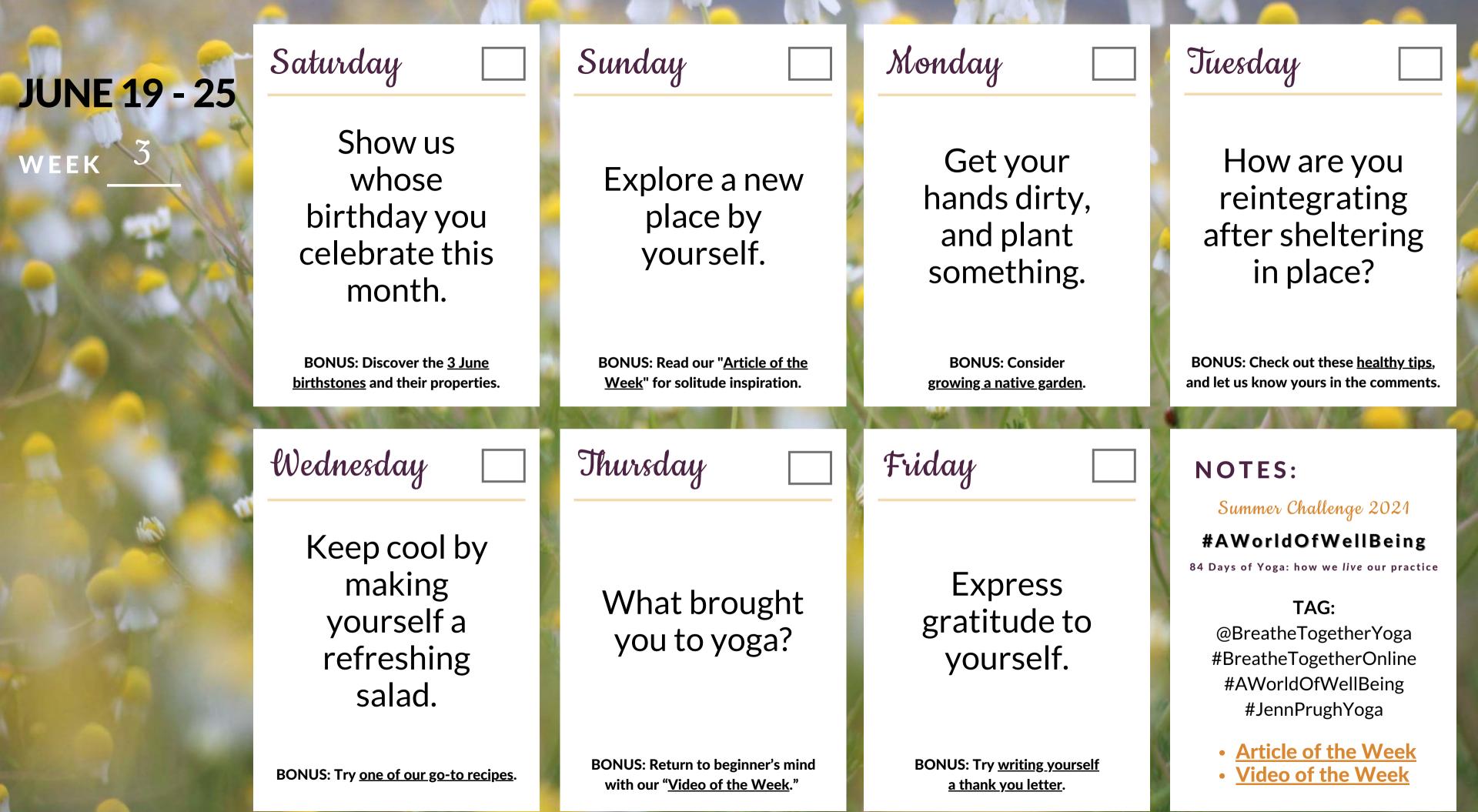
84 Days of Yoga: how we live our practice

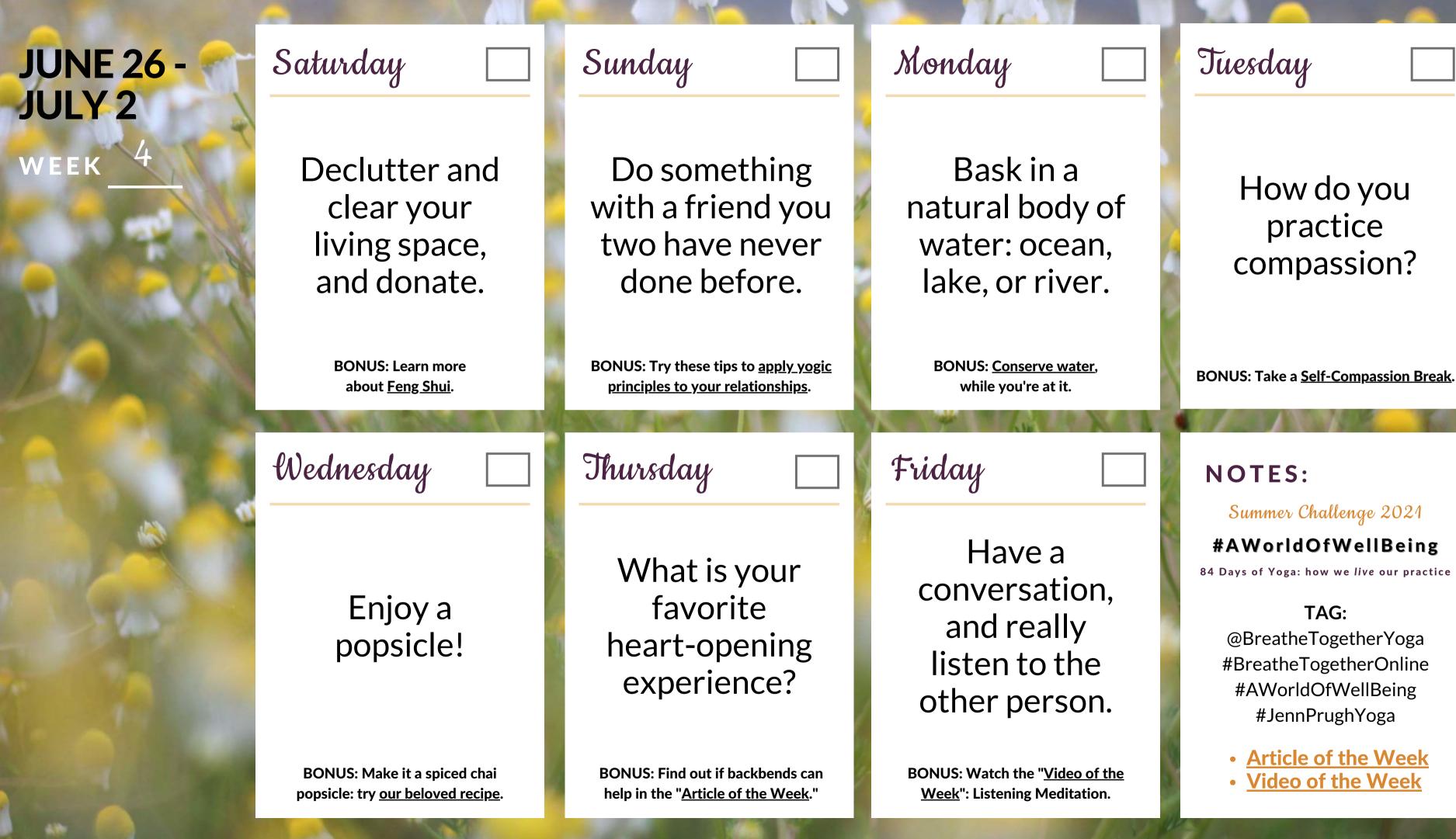
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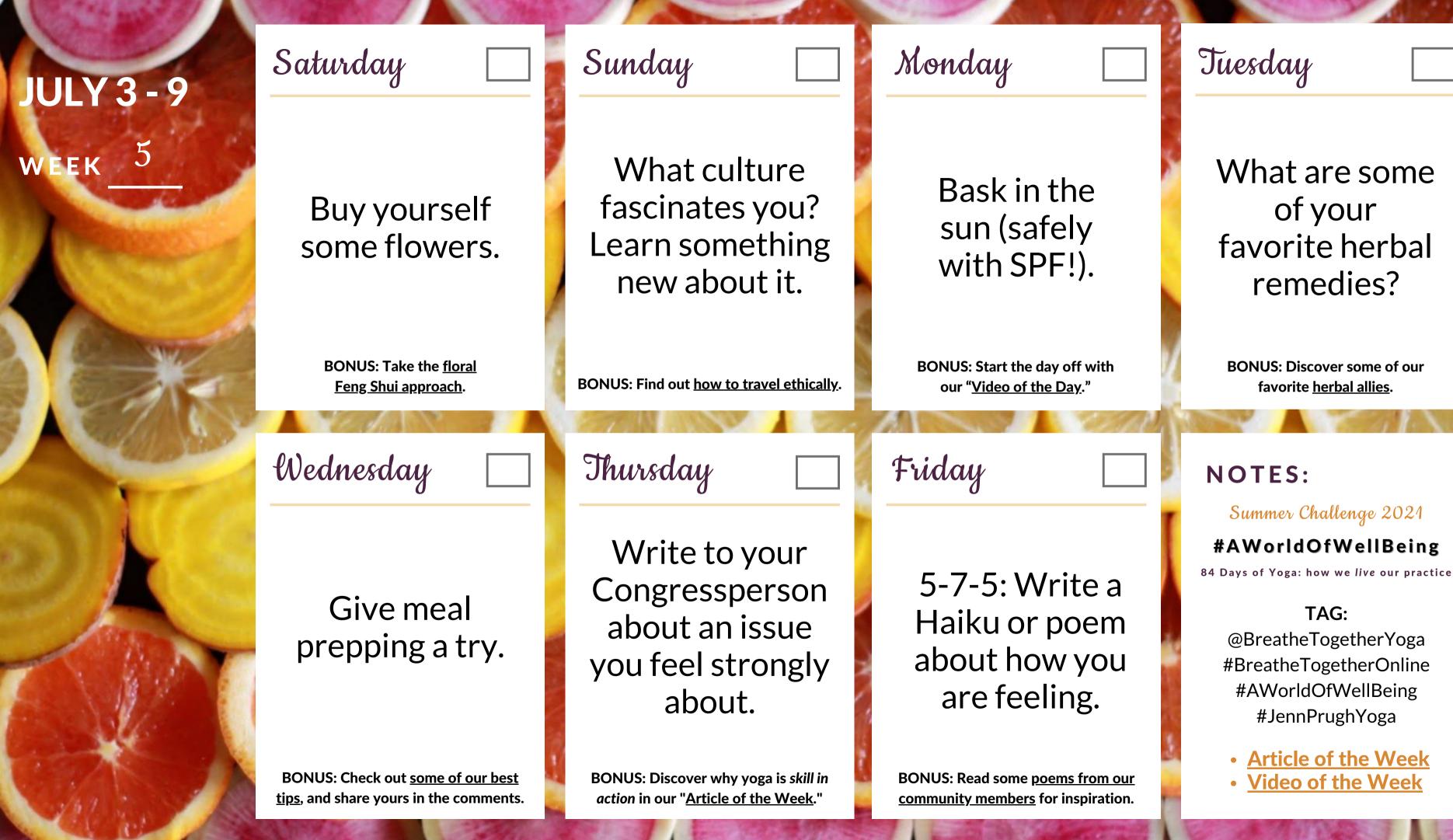
@BreatheTogetherYoga
#BreatheTogetherOnline
#AWorldOfWellBeing
#JennPrughYoga

- Article of the Week
- Video of the Week











#### Saturday

Make the switch to sustainable household products.

BONUS: Check out <u>our helpful guide</u>, 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 <u>Yoga for Cyclists series</u>.

### Tuesday

Try dry brushing before you shower.

BONUS: Discover the benefits, plus other <u>Ayurvedic tips</u>.

#### 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 <u>Karma Yoga</u>.

#### Friday

Learn something totally new.

BONUS: Return to <u>beginner's mind</u>, and try our <u>Start from the Beginning</u> flow.

#### **NOTES:**

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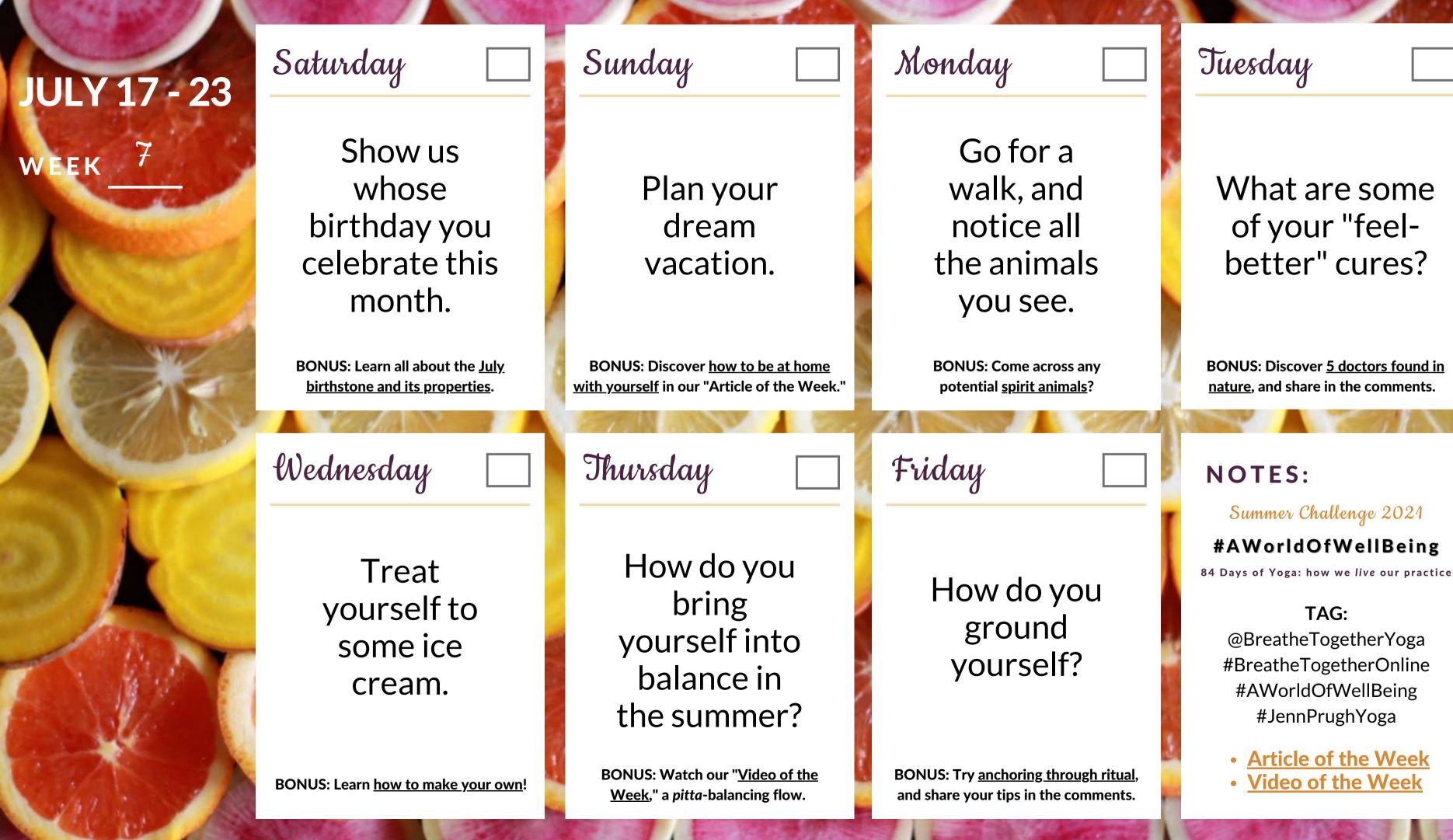
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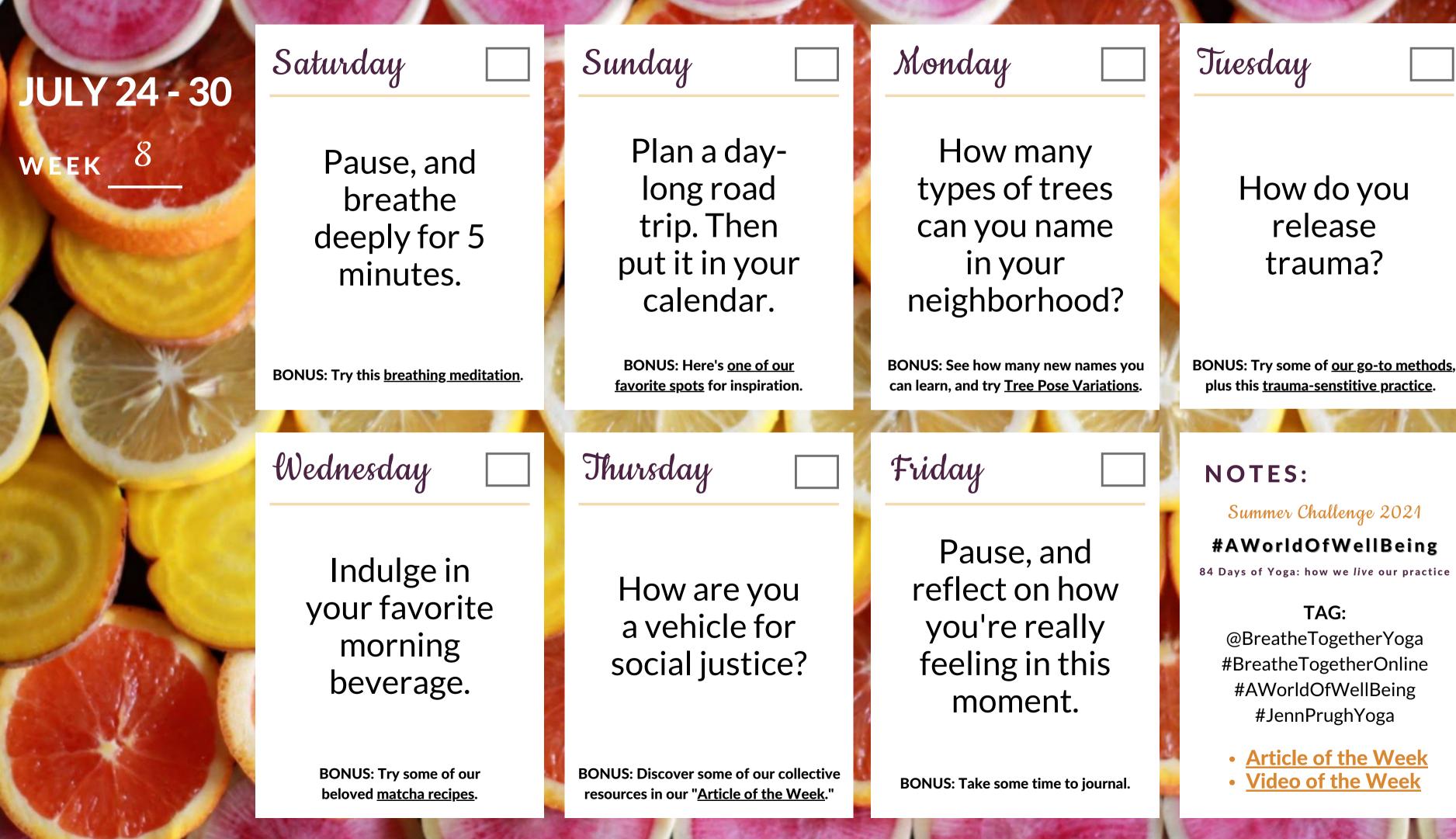
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#### TAG:

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- Article of the Week
- Video of the Week





## JULY 31 -**AUGUST 6** WEEK

Saturday

Sunday

Monday

Tuesday

How do you support nature and wildlife surrounding you?

**BONUS: Read our "Article of** the Week" for new ideas.

Make time to rest (even nap) today.

**BONUS: Trouble relaxing? Try** these 11 restorative poses.

Clean out your closet.

BONUS: Find out how to get rid of—and upgrade—your wardrobe sustainably.

Shop for

seasonal

fruits and

vegetables.

**BONUS: Don't forget to pack your** reusable items!

Do yoga

with the

whole

family.

Plan a

weekend

getaway.

Wednesday

Thursday

**NOTES:** Summer Challenge 2021

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 Article of the Week Video of the Week

**BONUS: Watch Let's Be Kids** Together, our "Video of the Week."

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

and leave a comment.

**BONUS: Consider our tips, and share** your favorite produce in the comments. Friday

**BONUS: Try this Somatic Flow,** 

Monday **AUG7-13** Saturday Sunday Tuesday Which part of Reflect on What does WEEK the world your favorite Offer yourself mindful would you like place in parenting to explore and nature, real self-massage. mean to you? support? or imaginary. **BONUS: Explore our community** BONUS: Use your senses to imagine you're **BONUS: Read our content all BONUS: Watch an introduction in** about mindful parenting. members' experiences on retreat. there. What can you see, smell, etc.? Wednesday Thursday Friday **NOTES:** Summer Challenge 2021 Donate time, #AWorldOfWellBeing What's a small 84 Days of Yoga: how we live our practice energy or money What's your way you can to a non-profit favorite contribute to @BreatheTogetherYoga organization dessert? #BreatheTogetherOnline someone's that you feel happiness today? strongly about. Article of the Week **BONUS: Might we suggest this healthy BONUS: Consider your relationship BONUS: Learn about one close to our** hearts in our "Article of the Week." to asking for and receiving support. avocado, chocolate mousse recipe?

abhyanga, or

our "Video of the Week."

TAG:

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#JennPrughYoga

Video of the Week

AUG 14 - 20	Saturday	Sunday	Monday	Tuesday
WEEK 11	What are 3 things you're grateful for?	How do you acknowledge yourself?	Try "earthing." Walk outside barefoot.	Practice saying goodbye or letting go.
	BONUS: Try our <u>Gratitude Meditation,</u> and leave a comment.	BONUS: Read one teacher's reflections on self love.	BONUS: Connect with the earth in our " <u>Video of the Week</u> ."	BONUS: Discover ways to <u>honor the</u> <u>transition</u> , whether in nature or in life.
				20,710,77
	Wednesday	Thursday	Friday	NOTES:
	Make yourself a seasonal bowl of soup.			NOTES:  Summer Challenge 2021  #AWorldOfWellBeing  84 Days of Yoga: how we live our practice  TAG:  @BreatheTogetherYoga #BreatheTogetherOnline #AWorldOfWellBeing #JennPrughYoga

props in our "Article of the Week."

option for warmer months.

AUG 21 - 27	Saturday	Sunday	Monday	Tuesday
WEEK 12	Show us whose birthday you celebrate this month.	What's the biggest adventure you've ever been on?	Find a tree to sit under.	Take a break from technology for your mental health.
	BONUS: Learn about the <u>August</u> <u>birthstone and its properties</u> .	BONUS: Journal about it and your takeaways from the experience.	BONUS: <u>Meditate</u> while you're there.	BONUS: Try the digital detox tips in the " <u>Article of the Week</u> ."
	Wednesday	Thursday	Friday	NOTES: Summer Challenge 2021
	What is your favorite Yoga Sutra?	The challenge is almost over: rest with restorative yoga.	Reflect on the most rewarding part of this challenge.	#AWorldOfWellBeing 84 Days of Yoga: how we live our practice  TAG:  @BreatheTogetherYoga #BreatheTogetherOnline #AWorldOfWellBeing #JennPrughYoga

BONUS: Watch our "Video of

the Week" for a mini practice.

BONUS: Discover some of ours.

Article of the WeekVideo of the Week

**BONUS: Read some personal reflections** 

of fellow community members.