



A4Y Summer Streak

Welcome to your A4Y Summer Streak! Use yoga every day, all July, for at least 5 minutes and feel the difference.

When you approach yoga as daily Resets — short practices that support you to come into balance throughout your day — you'll feel the benefits far beyond your mat. The more you use yoga in the time you DO have, the more you'll want to do, and the more you'll find that a little, often, adds up to a lot.

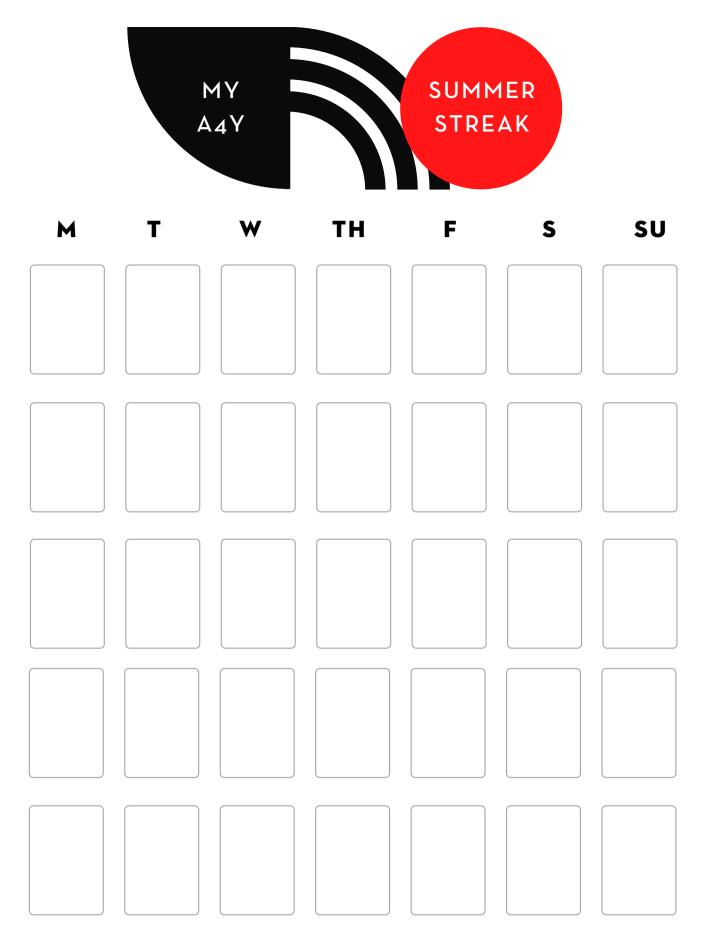
Use this eBook to prove it to yourself! Track your streak, plan your weeks, anchor the wins.

HOW TO USE:

- Print or use digitally.
- Plan your practice weekly.
- Review what worked and what needs more focus at the end of each week.
- Reflect to anchor your wins at the end of the month.
- Share with #a4ysummerstreak and keep going!

REAL TALK: USING YOGA **5 MINUTES A DAY** IS MORE BENEFICIAL THAN DOING A 60 MINUTE CLASS ONCE A WEEK.







SANDLE WEEK July 4 - 10 THIS WEEK G **I WILL PRACTICE** - Prioritizing recovery How to Hit Reset + Hamstring fluidity Head to Toe Whe Recovery Visualization as often as possible to transition \bigcirc (μ) Comprehensive Hyp + Full Body Mobility Hamstring Reset (W) Pre-workout --TH How to Activate your afutes Full Body Reset Post-workout --Flexible Kunning Hamstrings Gay (F)HammyTime Kelax Deeply



MONTH AHEAD

MY CURRENT IMBALANCES

HOW THEY FEEL – BE SPECIFIC

I WILL USE YOGA TO PRACTICE



