



REACH FORWARD. BREATHE.

CHANGE.

january

sun

mon

tues

wed

thur

fri

sat

hold on tight... 1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

Brick!!!



Fig. 374.

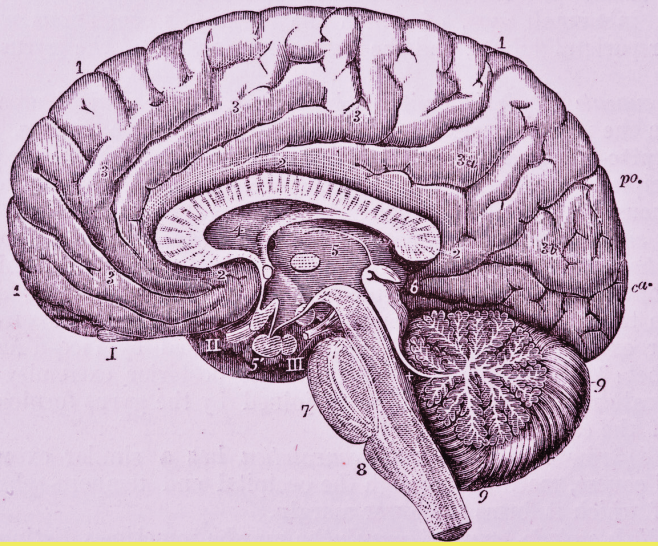
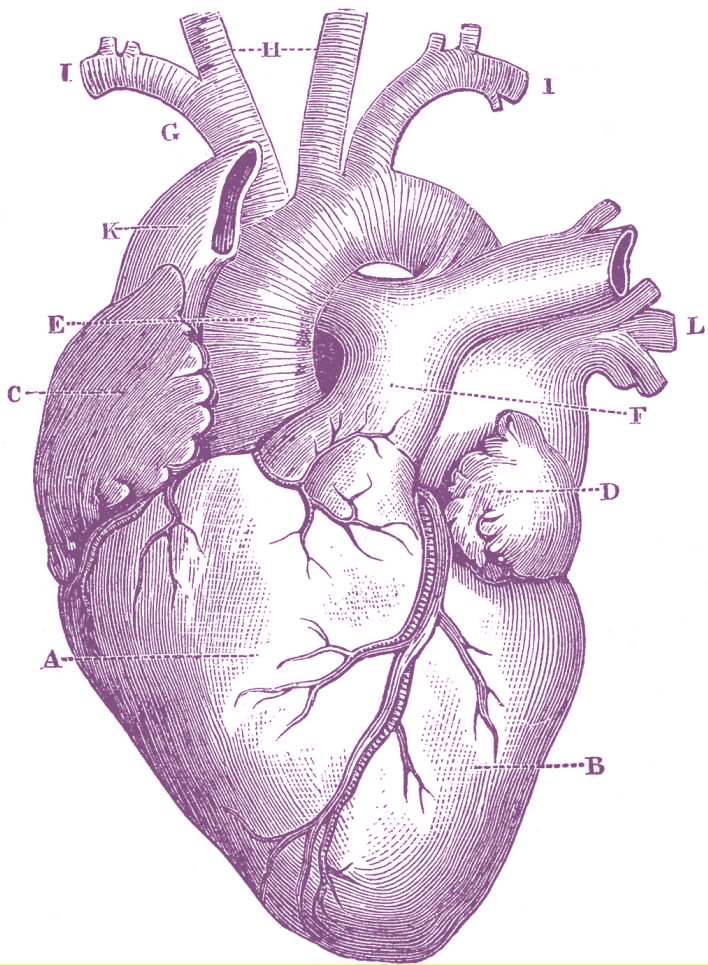


Fig. 37.



balance.



February



sun

mon

tues

wed

thur

fri

sat

pushing

&

pulling

simultaneous

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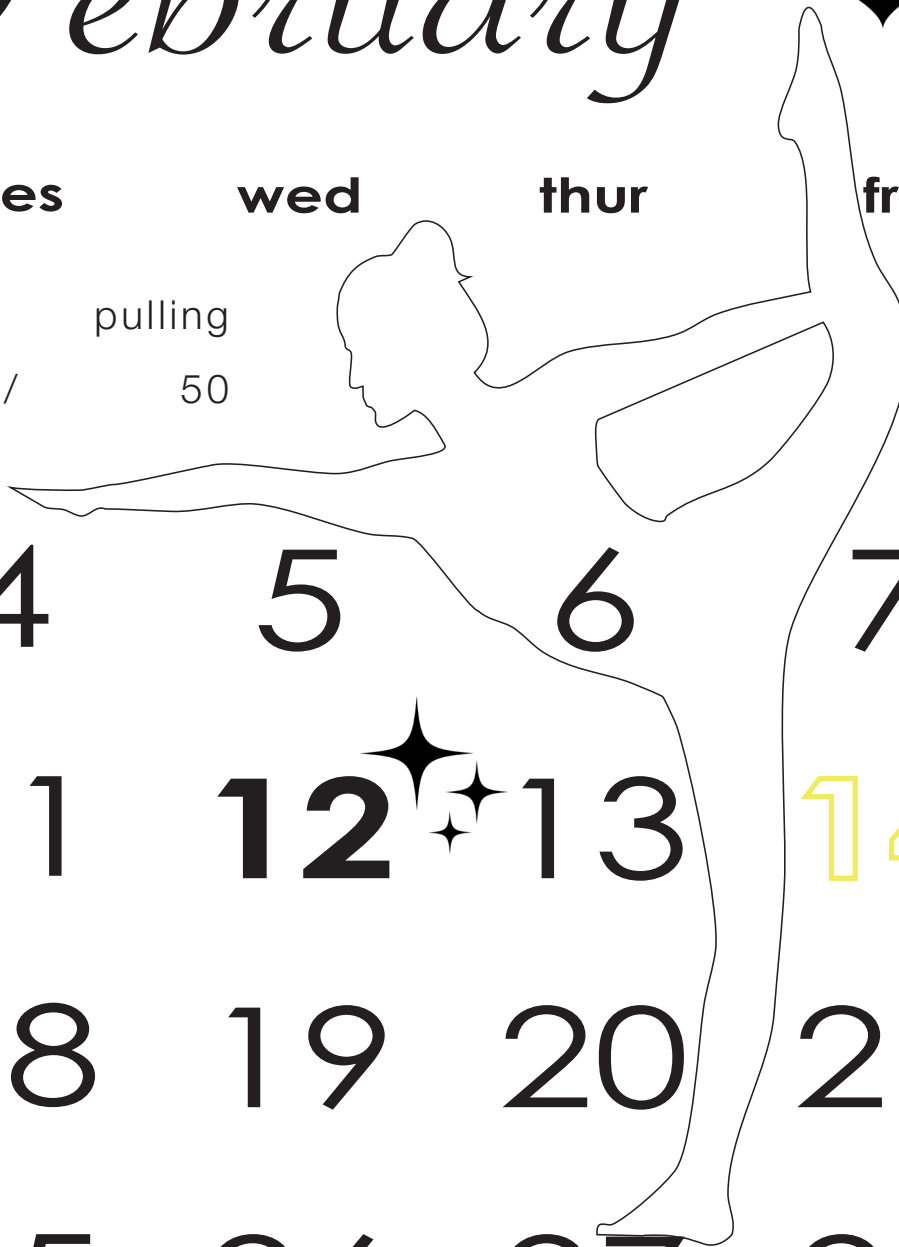
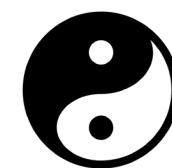
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Meditate With Your

EYES OPEN

Lift Your Gaze

March



sun

mon

tues

wed

thur

fri

sat

/30

/31

*Look in the mirror.
Believe what you see.*



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Only The Best In Life

SWEAT. HYDRATE.

April

sun

mon

tues

wed

thur

fri

sat

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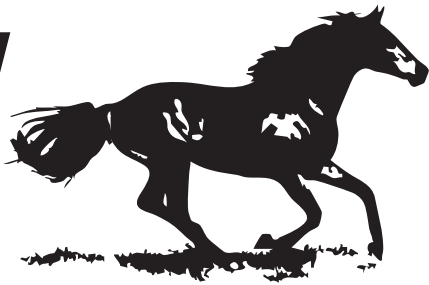


Where can you release?



Your jaw.
Your back.
Your mind.

MAY



sun

mon

tues

wed

thur

fri

sat



Don't Cry Over Spilt Milk

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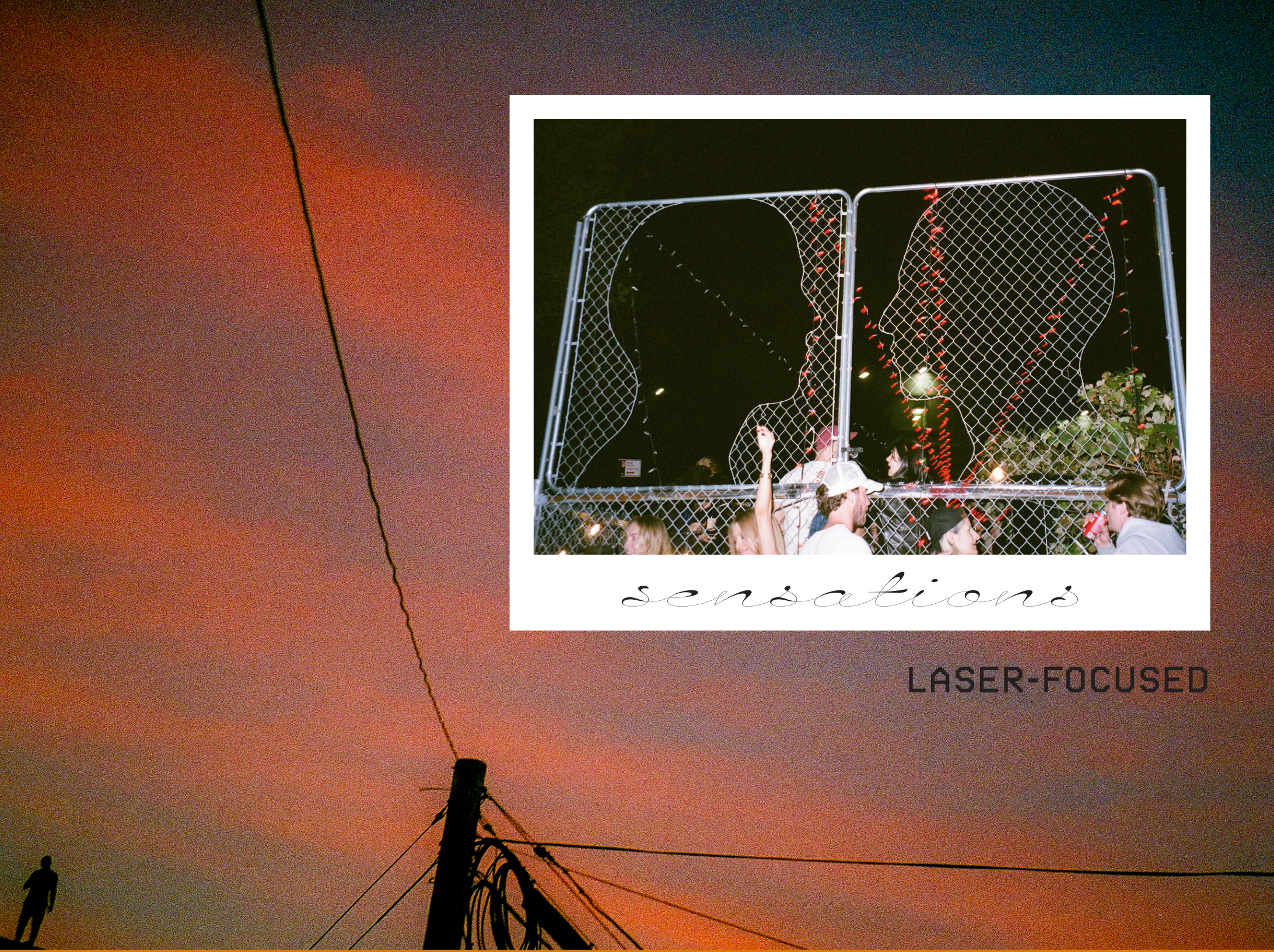
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sensations

LASER-FOCUSED



JUNE



sun mon tues wed thur fri sat						
1	2	3	4	5	6	7
8	9	10	11 ✨	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	LOCK IN				

Are You Experienced?



EXPERIENCED STUDENTS

July

TO THE FRONT

sun	mon	tues	wed	thur	fri	sat
<i>PRACTICE !!</i>	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	30		

ENTERING FLOW STATE

A SWIMMING SENSATION

AUGUST

sun

mon

tues

wed

thur

fri

sat

/31

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Do Your Best!

september



sun	mon	tues	wed	thur	fri	sat
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	The Lesson is Discernment			



SHAVASANA.

October

sun mon tues wed thur fri sat

Soak Up Your Hard Work.	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





Take Time. Give Time. <3

Dont Give Up. <3 <3 <3



November



sun

mon

tues

wed

thur

fri

sat

/30



FEED YOUR BODY & SOUL

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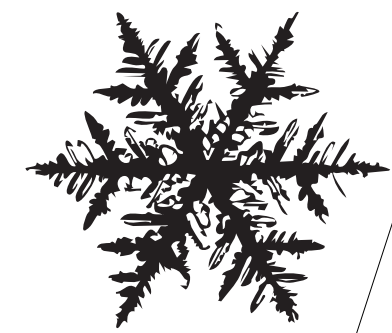
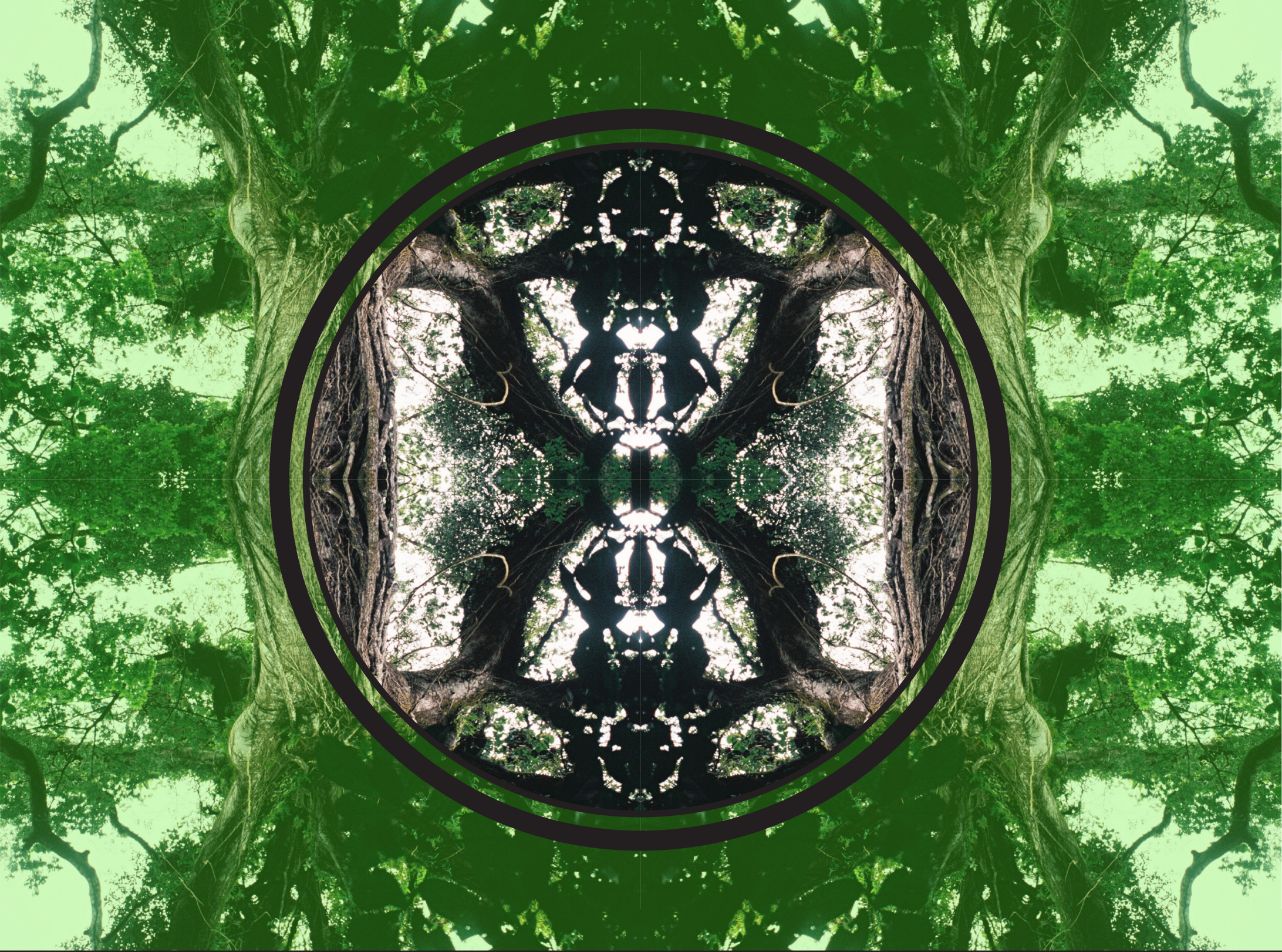
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DECEMBER



sun

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tues

wed

thur

fri

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The Gift of Presence.