

REVOLUTION

31 DAYS OF YOGA

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	1 PRACTICE EASE	2 PRACTICE INTENTION	3 HONOR PRACTICE
4 PRANA PRACTICE	5 PRACTICE RHYTHM	6 ATTENTION (AND ABS) PRACTICE	7 STABILITY PRACTICE
8 PRACTICE SERENITY	9 EMPOWER PRACTICE	10 THOUGHTFUL PRACTICE	
11 ALIGN PRACTICE	12 IN SYNC PRACTICE	13 PRACTICE OPENING	14 FORGIVENESS PRACTICE
15 FEARLESS PRACTICE	16 SWEET PRACTICE	17 PRACTICE STILLNESS	
18 BALANCING PRACTICE	19 LIGHT PRACTICE	20 PRACTICE PEACE	21 PRACTICE STRENGTH
22 GENTLE PRACTICE	23 DISCIPLINE PRACTICE	24 PRACTICE PATIENCE	
25 ROOT PRACTICE	26 CREATIVITY PRACTICE	27 SELF PRACTICE	28 HEART PRACTICE
29 TRUTH PRACTICE	30 INTUITION PRACTICE	31 PRACTICE PRESENCE	