



Return to Your Practice

— A 12-DAY YOGA CHALLENGE —



Embark on our 'Return to Your Practice' 12-day yoga challenge to prioritize self-care. Reconnect with your practice and nurture your well-being.

◆ Day 1 of 12 ◆

Theme of the Day: Setting our Intentions

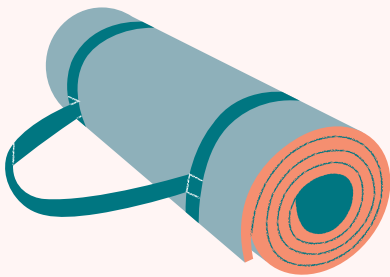
Class of the Day: Class Name?

DAY ONE IS ALL ABOUT SETTING OUR INTENTIONS FOR THE DAYS AHEAD AND CREATING A SACRED SPACE THAT WILL BE NURTURING FOR YOUR PRACTICES. AS WE STEP INTO THIS CHALLENGE, TAKE A MOMENT TO SET A GENTLE AND LOVING INTENTION FOR YOURSELF. LET YOUR HEART GUIDE YOU AS YOU BEGIN THIS BEAUTIFUL JOURNEY.



2 Activity of the Day: Create Your Sacred Space!

YOUR SACRED SPACE IS NOT JUST A PHYSICAL LOCATION; IT'S A REFLECTION OF THE INTENTION YOU'VE SET. DECIDE WHERE IN YOUR HOME YOU'LL BE ROLLING OUT YOUR MAT EVERY DAY. CAN YOU LEAVE YOUR MAT ROLLED OUT FOR THE DURATION OF THE CHALLENGE?



Design Your Haven:

REARRANGE FURNITURE IF NEEDED- CREATE A SACRED CORNER, NOOK, OR A WHOLE ROOM! THINK ABOUT WHAT SOOTHES YOUR SOUL AND ARRANGE YOUR SPACE ACCORDINGLY.

3



Cleanse and Organize:

CLEAN YOUR CHOSEN SPACE WELL AND REMOVE ANY PHYSICAL OR ENERGETIC CLUTTER. ORGANIZE YOUR PROPS, CANDLES, OR ANYTHING THAT ADDS TO THE AMBIANCE.



4

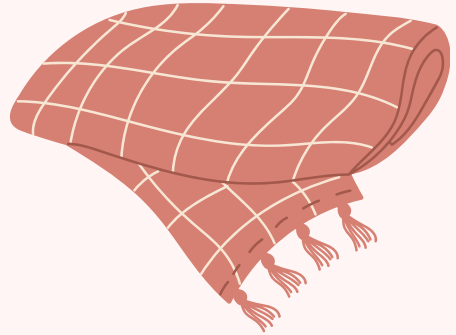
◆ Day 1 of 12 ◆

(Continued)

Personal Touch:

ADD A PERSONAL TOUCH – A FAVORITE QUOTE, A COZY BLANKET, OR A TOUCH OF NATURE. MAKE IT UNIQUELY YOURS.

5



Easy Access:

ENSURE YOUR SACRED SPACE IS EASY TO GET TO. LET IT BE A PLACE THAT BECKONS YOU WITH OPEN ARMS, WELCOMING YOU HOME TO YOURSELF EVERY SINGLE DAY OF THE CHALLENGE.

6

Journaling Prompts of the Day:

"MY INTENTION FOR THIS CHALLENGE IS..."

"AT THE END OF THIS CHALLENGE, I WANT TO FEEL..."

7



◆ Day 2 of 12 ◆

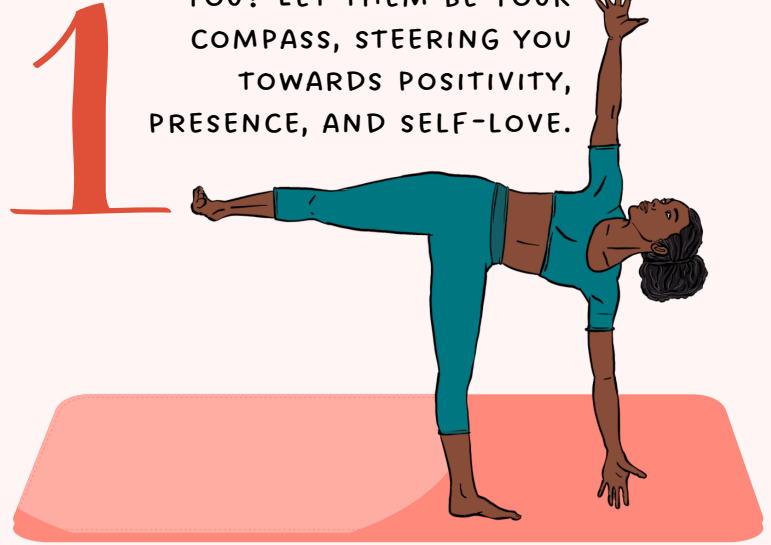
Theme of the Day: Restart, Set Intentions, Move

Class of the Day: "A New Beginning"

MOVE: TODAY'S CLASS IS "A NEW BEGINNING" WITH RACHEL BRATHEN. LEAVE BEHIND THE BAGGAGE OF THE PAST AS YOU ARE USHERED INTO A NEW CHAPTER WITH RACHEL IN THIS BEAUTIFULLY STEADY PRACTICE.

RESTART: TAKE A MOMENT TO RESET. WHETHER IT'S A CHALLENGING DAY OR A FANTASTIC ONE, A RESTART ALLOWS US TO APPROACH EVERY MOMENT WITH FRESH ENERGY.

SET INTENTIONS: WHAT INTENTIONS WILL GUIDE YOU? LET THEM BE YOUR COMPASS, STEERING YOU TOWARDS POSITIVITY, PRESENCE, AND SELF-LOVE.



2 Activity of the Day: Nature Walk

STEP OUTSIDE, BREATHE IN THE FRESH AIR, AND EMBARK ON A NATURE WALK. TUNE INTO THE WHISPERS OF NATURE, TAKE UP SPACE, AND FIND YOUR FAVORITE SPOT TO CONNECT WITH THE EARTH.

Journaling Prompts of the Day:

"WHAT DO I NEED TO FULLY SHOW UP FOR MYSELF TODAY?"

"WHEN DOES SELF-CARE BECOME CHALLENGING FOR ME?"

3



◆ Day 3 of 12 ◆

Theme of the Day: Take Up Space

Class of the Day: "Let Yourself Shine"

LOOK DEEP IN YOUR HEART, BRING ATTENTION TO YOUR NEEDS, MOVE INTUITIVELY, AND TAKE UP SPACE IN WAYS THAT ALLOW YOU TO BE UNAPOLOGETICALLY YOURSELF IN THIS FEEL-GOOD PRACTICE.

1



2

Activity of the Day: Plant Some Seeds!

EMBARK ON A JOURNEY OF GROWTH BY PLANTING SEEDS OR ADOPTING A NEW PLANT OR SEEDLING FROM THE STORE! WHETHER IT'S HERBS OR VEGETABLES, THERE ARE SO MANY THAT YOU CAN GROW EASILY AND QUICKLY SO YOU CAN WITNESS THE BEAUTY OF LIFE SPROUTING ALONGSIDE YOU AS YOU PROGRESS THROUGH THE CHALLENGE. YOUR PRACTICE AND THE PLANT'S GROWTH WILL MIRROR EACH OTHER – A BEAUTIFUL SYNERGY!

Journaling Prompts of the Day:

3

"WHERE IN MY LIFE DO I WANT TO GROW?"

"WHAT PART OF MY LIFE NEEDS TO BE TRIMMED BACK, WHERE CAN I DRAW A BOUNDARY?"

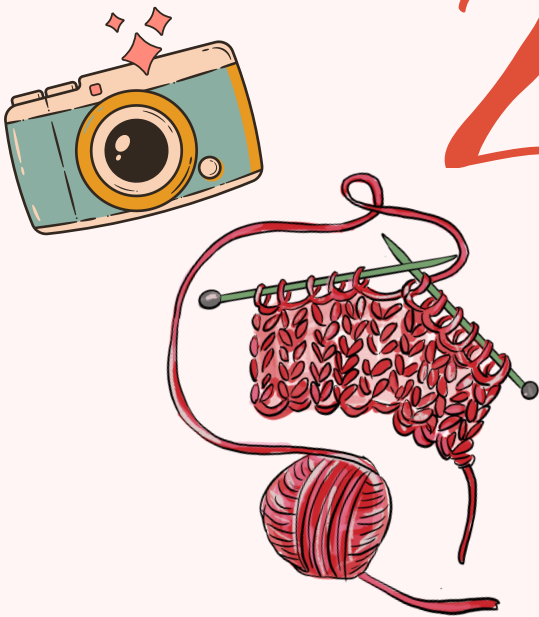


◆ Day 4 of 12 ◆

Theme of the Day: Creative Transformation

Class of the Day: "Activate Your Creative Power"

FOLLOW RACHEL'S GENTLE GUIDANCE TO HELP YOU FIND STEADINESS, FACE TOUGH CHALLENGES HEAD ON, AND ANCHOR INTO A SPACE THAT WILL ALLOW YOU TO GO MUCH DEEPER IN YOUR CREATIVE TRANSFORMATION AND HEALING.



2

Activity of the Day: Do something Creative!

ENGAGING IN A CREATIVE ACTIVITY HOLDS THE POWER TO UNLOCK BOUNDLESS EXPRESSION AND JOY. WHETHER YOU PICK UP A PAINTBRUSH, DIVE INTO WRITING, CREATE A VISION BOARD, SING YOUR HEART OUT, CAPTURE MOMENTS THROUGH PHOTOGRAPHY, OR CRAFT INTRICATE JEWELRY, THE ACT OF CREATION BECOMES A SACRED SPACE FOR SELF-DISCOVERY AND AUTHENTICITY. EMBRACE THE CALL TO CREATE AND LET YOUR INNER ARTIST UNFOLD!

Journaling Prompts of the Day:

"WHERE IN MY LIFE DO I FEEL MOST CREATIVE?"

"WHAT MAKES ME FEEL MOST INSPIRED?"

3



◆ Day 5 of 12 ◆

Theme of the Day: Ground Into Self-Care

Class of the Day: "Holy Hamstrings"

JOIN RACHEL IN PRIORITIZING SELF-CARE AS YOU DROP INTO THE BREATH, MOVE YOUR BODY, AND RETURN HOME TO YOURSELF WITH THIS HIP AND HAMSTRING-FOCUSED FLOW CLASS.

1



2

Activity of the Day: Take a Sound Healing Bath or Shower!



FOR TODAY'S ACTIVITY WE ARE TAKING EXTRA GOOD CARE OF OURSELVES BY SLIPPING INTO A BATH WHILE LISTENING TO SOUND HEALING MUSIC AND LET THE ETHEREAL VIBRATIONS OF SOUND HEALING WASH OVER YOU.

LIGHT CANDLES, APPLY A FACE MASK, BODY SCRUB, USE EPSOM SALTS OR BATH BOMBS, ANYTHING THAT HELPS TO TRANSFORMS THIS RITUAL INTO A SANCTUARY FOR THE SOUL!

Journaling Prompts of the Day:

"WHEN I FEEL UNSETTLED OR OVERWHELMED, SOMETHING THAT HELPS ME FEEL GROUNDED IS..."

3



◆ Day 6 of 12 ◆

Theme of the Day: Fill Your Cup

Class of the Day: "Mother Yourself First"

JOIN RACHEL TO GO DEEPLY INSIDE OF YOUR HEART, NURTURE YOURSELF, AND ANCHOR INTO A SENSE OF STABILITY IN THIS BEAUTIFUL HEALING PRACTICE.

1



2

Activity of the Day: Date Night!

WHETHER IT'S A SOLO ADVENTURE, A ROMANTIC CONNECTION WITH A PARTNER, OR A JOYOUS GATHERING WITH FRIENDS, THIS EVENING IS DEDICATED TO PURE ENJOYMENT.

TONIGHT, ENJOY THE PLEASURE OF SELF-INDULGENCE AND ALLOW YOURSELF TO DO WHAT YOU FEEL LIKE DOING! EXPLORE NOURISHING MEALS, EMBRACE THE SIMPLE JOY OF GOOD COMPANY, WHETHER YOUR OWN OR SHARED WITH OTHERS. CELEBRATE LIFE'S PLEASURES AND LET YOURSELF EMBRACE PURE ENJOYMENT WITHOUT BEING BOTHERED BY THOUGHTS SO YOU CAN SAVOR THE MAGIC OF THE MOMENT.



Journaling Prompts of the Day:

"WHAT IS MY RELATIONSHIP WITH PLEASURE LIKE?"

"SOMETHING THAT MAKES ME FEEL GOOD (THAT ISN'T PRODUCTIVE AT ALL!) IS..."

3



◆ Day 7 of 12 ◆

Theme of the Day: Cleanse and Release

Class of the Day: "Anchor Into Balance"

JOIN RACHEL IN THIS ENERGIZING PRACTICE, INVITING YOU TO DIG A LITTLE DEEPER AND PLANT SEEDS FOR A NEW BEGINNING

1



2

Activity of the Day: Spring Clean!

FOCUS ON LIGHT TASKS LIKE DUSTING, SWEEPING, AND VACUUMING. CONSIDER DONATING MAGAZINES, BOOKS, OR CLOTHING YOU NO LONGER NEED. ORGANIZE YOUR LIVING SPACE TO DECLUTTER AND SAY GOODBYE TO UNWANTED STUFF. SPRING CLEANING ISN'T JUST TIDYING UP; IT'S A RITUAL OF RENEWAL, CLEARING MENTAL CLUTTER, REFRESHING OUR LIVING SPACES, AND LETTING GO. IT FOSTERS RENEWED MENTAL CLARITY, MAKING US FEEL MORE AT EASE AND INSPIRED. LET THE SPRING CLEANING BEGIN, AND EMBRACE THE FRESH ENERGY IN OUR HEARTS AND HOMES!



Journaling Prompts of the Day:

"I WOULD FEEL LIGHTER
IF I LET GO OF..."

3



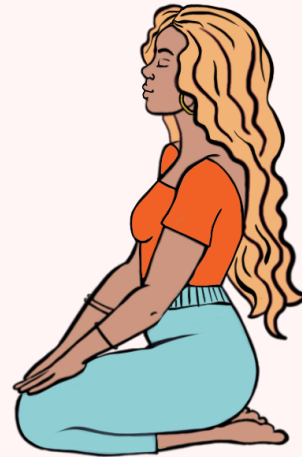
◆ Day 8 of 12 ◆

Theme of the Day: Trust Your Intuition

Class of the Day: "Let Your Body Lead The Way"

DISCOVER THE STRENGTH OF YOUR INNER WISDOM AND CREATE A DEEPER UNDERSTANDING OF YOUR BODY'S NEEDS IN THIS VINYASA FLOW CLASS. YOU'LL GAIN CONFIDENCE IN TRUSTING YOUR UNIQUE INTUITION AND HONORING YOUR WELL-BEING BEYOND THE MAT!

1



2

Activity of the Day: Farmer's Market Meal!



TAKE A TRIP TO YOUR LOCAL FARMERS' MARKET! LISTEN TO YOUR INTUITION AS YOU CHOOSE FRUITS AND VEGETABLES TO CREATE A WHOLESOME MEAL AT HOME. WHETHER YOU BUY YOUR FAVORITES OR TRY SOMETHING NEW, TRUST THAT YOUR SELECTIONS WILL PROVIDE NOURISHMENT FROM THE INSIDE OUT! REMEMBER, IT'S NOT JUST ABOUT THE FOOD; IT'S ABOUT CONNECTING WITH THE ENERGY OF THE EARTH'S AWAKENING. EACH BITE TELLS A STORY THAT LIFE IS A CONTINUOUS JOURNEY OF GROWTH AND EVOLUTION. ENJOY YOUR ADVENTURE!

Journaling Prompts of the Day:

"AFTER PRACTICING YOGA EVERY DAY FOR A WHOLE WEEK, I FEEL..."
"A DIFFERENCE I AM NOTICING IS..."

3



◆ Day 9 of 12 ◆

Theme of the Day: Activate Your Full Potential

Class of the Day: "Power Move"

SET YOUR INTENTION TO OPEN UP, MOVE, BREATHE, AND RELEASE ANYTHING YOU ARE HOLDING ONTO WHILE CONNECTING TO YOUR FULL POWER AND POTENTIAL IN TODAY'S PRACTICE.

1



Activity of the Day: Write A Love Letter To Yourself!

ALLOW THE WORDS TO FLOW AUTHENTICALLY, LIKE A COMFORTING EMBRACE. BY SHOWERING YOURSELF WITH KINDNESS YOU PAVE THE WAY FOR A PROFOUND CONNECTION WITH THE BEAUTIFUL SOUL WITHIN!

2

COMPOSING A LOVE LETTER TO YOURSELF IS AN ACT OF SELF-COMPASSION AND A TRANSFORMATIVE EXERCISE IN CULTIVATING THE WAY THAT YOU SPEAK TO YOURSELF. IMAGINE THE GENTLE TONE YOU WOULD USE WITH YOUR DEAREST FRIEND, THEN CHANNEL THAT WARM TONE TOWARD YOURSELF AS YOU WRITE. BEGIN BY ACKNOWLEDGING YOUR STRENGTHS, TRIUMPHS, AND RESILIENCE. BECOME YOUR OWN BIGGEST ADVOCATE, EXPRESSING A DEEP WELL OF LOVE AND SUPPORT.



Journaling Prompts of the Day:

"THE KINDEST THING I CAN DO FOR MYSELF RIGHT NOW IS..."

3



◆ Day 10 of 12 ◆

Theme of the Day: Show Up

Class of the Day: "Show Up"

JOIN RACHEL FOR AN ACTIVE VINYASA FLOW CLASS TO EMPHASIZE SHOWING UP FOR YOURSELF, SO THAT YOU CAN DO THE WORK AND SHOW UP FOR OTHERS IN RETURN.

1



2

Activity of the Day: Buy Yourself Flowers!

FOR TODAY'S ACTIVITY, TREAT YOURSELF TO THE SIMPLE YET PROFOUND ACT OF SELF-LOVE BY BUYING A BOUQUET OF FLOWERS! LET THE VIBRANT COLORS AND FRAGRANCES FILL YOUR SPACE WITH AN AIR OF RENEWAL AND BEAUTY. THIS GESTURE IS A TESTAMENT TO THE LOVE AND CARE YOU ARE WORTHY OF, NURTURING NOT ONLY THE ENVIRONMENT AROUND YOU BUT ALSO A REMINDER TO SHOW UP FOR YOURSELF, AND OCCASIONALLY BUY YOURSELF FLOWERS!

Journaling Prompts of the Day:

"SOMETHING I WANT
TO MANIFEST IS..."

3

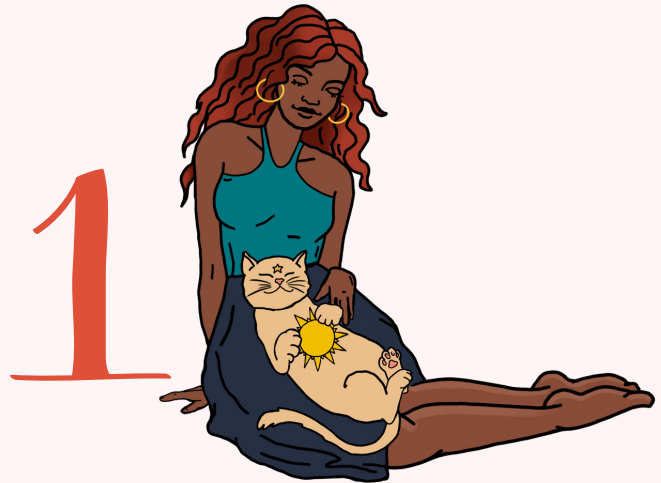


◆ Day 11 of 12 ◆

Theme of the Day: Make Space for Peace

Class of the Day: "Ease Into Being"

LISTEN TO YOUR HEART AND SOFTEN INTO YOUR BODY AS YOU MOVE IN THIS HEALING SLOW-FLOW CLASS WITH RACHEL.



2 Activity of the Day: Create A Sacred Evening Ritual!



FOR TODAY'S ACTIVITY WE ARE MINDFULLY CREATING A BEDTIME RITUAL! AS THE DAY MOVES INTO EVENING, GIFT YOURSELF THE SACRED SPACE TO WIND DOWN. ENGAGE IN A PRACTICE SUCH AS YOGA NIDRA OR MEDITATION, GUIDING YOUR MIND INTO STILLNESS. CREATE AN ATMOSPHERE THAT RESONATES WITH THE SACRED, THROUGH SOFT CANDLELIGHT, SOOTHING MUSIC, OR A COZY BLANKET. THIS SACRED RITUAL WILL CULTIVATE A SENSE OF INNER CALM THAT WILL HELP YOU DRIFT INTO A PEACEFUL NIGHTS SLEEP.

Journaling Prompts of the Day:

"HOW AM I FEELING IN MY BODY
RIGHT NOW?"

"SOMETHING I HAVE LEARNED ABOUT
MYSELF THROUGHOUT THIS YOGA
CHALLENGE IS..."

3



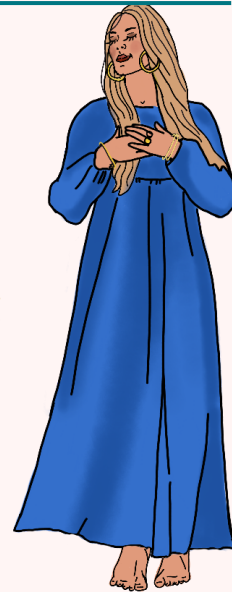
◆ Day 12 of 12 ◆

Theme of the Day: Reawaken

Class of the Day: "Name of Class?"

TAKE AN OPPORTUNITY TO SET NEW INTENTIONS AS YOU TUNE INTO YOUR HEART AND EASE INTO BEING AS YOU MOVE IN THIS HEALING SLOW FLOW CLASS WITH RACHEL.

1



2

Activity of the Day: Salute the Sun!

ARISE A LITTLE EARLIER TO WITNESS DAWN. GREETING THE SUN IS A PEACEFUL MORNING RITUAL, INVITING A TOUCH OF MAGIC INTO YOUR DAY. AS THE SUN BEGINS TO PEEK ABOVE THE HORIZON, CRADLE A WARM CUP OF YOUR FAVORITE BEVERAGE, LETTING THE SOOTHING AROMA GUIDE YOU INTO A TRANQUIL MOMENT OF REFLECTION. FOR AN EXTRA BOOST OF ENERGY, PRACTICE A FEW SUN SALUTATIONS, SYNCING YOUR MOVEMENTS WITH THE RISING SUN. IN THESE PRECIOUS MOMENTS, YOU CREATE A SACRED SPACE TO CONNECT WITH THE UNIVERSE, SETTING A POSITIVE TONE FOR THE DAY AHEAD.



Journaling Prompts of the Day:

"TO CONTINUE SHOWING UP FOR MYSELF CONSISTENTLY, I NEED ..."

3





Thank you for joining our 'Return to Your Practice' 12-day yoga challenge, embracing self-care. We hope you continue nurturing yourself through your practice!