

A4Y



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.*





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THIS WEEK July 4 - 10

I WILL PRACTICE

- Prioritizing recovery
- + Hamstring fluidity

(Use Recovery Visualization as often as possible to transition!)

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How to Hit Reset
Head to Toe

M

Comprehensive Hip +
Hamstring Reset

T

Full Body Mobility

W

Pre-workout --
How to Activate Your Glutes

Post-workout --
Flexible Running Hamstrings

TH

Full Body Reset

F

Hammytime

Sa

Relax Deeply



MONTH AHEAD

MY CURRENT IMBALANCES

HOW THEY FEEL – BE SPECIFIC

I WILL USE YOGA TO PRACTICE



THIS WEEK

I WILL PRACTICE



POST WEEK REVIEW



MOST USED VIDEOS



MOST EFFECTIVE STRETCHES



HOW I FEEL



BIGGEST CHALLENGE(S)



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POST WEEK REVIEW



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