



PYC 21 Day Challenge

IGNITE 2.0

Your commitment to  
making your physical and  
mental health a priority in  
2021

“The real payoff of a yoga practice, I came to see, is not a perfect handstand or a deeper forward bend—it is the newly born self that each day steps off the yoga mat and back into life.”

— Rolf Gates, *Meditations from the mat*



# Be kind to yourself

This journal isn't about perfection. It's about starting each day of this 21 Day Challenge with a fresh mind.

A simple way to set intentions and make note of the things that make us feel good.

Don't forget you can join any class on the timetable and as part of the challenge, you also have access to daily livestreamed 15 minute meditation.

We are so glad you are joining us on this journey.

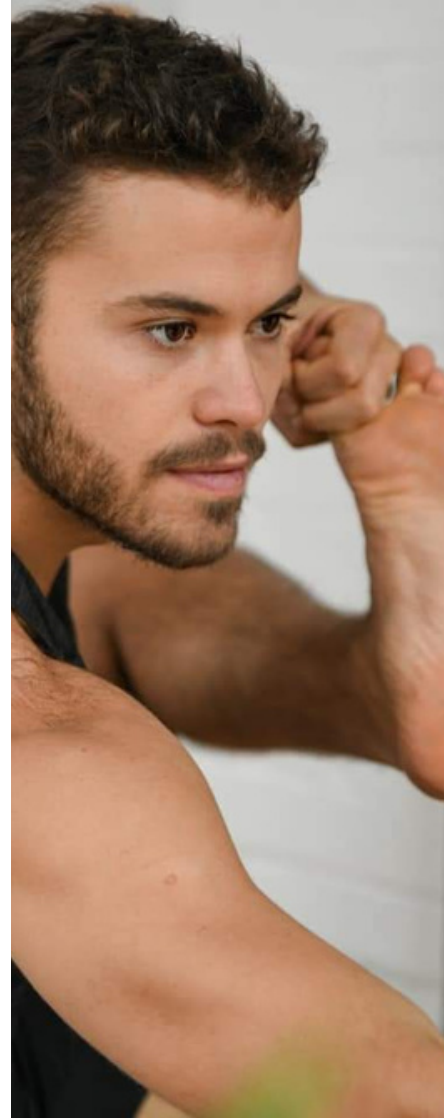


# My yoga practice

What does it mean to you be immersed in your yoga practice?

How does this help you bring awareness into your every day life?

How is the practice of yoga helping you connect with yourself?



# I feel good

I feel good when I...

My body enjoys...

I will try my best to...



# Reflection

List three challenges you're facing and what you are learning from them

1.  
What I'm learning

2.  
What I'm learning

3.  
What I'm learning



# Week 1 | HAMSTRINGS

## **Find space and stability**

Elongate, strengthen and stabilise the back of your legs. Negative energy is held in these tendons and muscles and opening them up helps to uplift body, mind and spirit.

“By making space in the body during asana practice, we generate freedom in the mind; this freedom can spark our creativity, helping us find an unlimited choice of healthier patterns.”

-Bo Forbes

# Day 1 | Week 1 | HAMSTRINGS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 2 | Week 1 | HAMSTRINGS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 3 | Week 1 | HAMSTRINGS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 4 | Week 1 | HAMSTRINGS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 5 | Week 1 | HAMSTRINGS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 6 | Week 1 | HAMSTRINGS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 7 | Week 1 | HAMSTRINGS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Week 2 | TWISTS

## **Release stress in the body**

Twists help restore your spine's natural range of motion, cleanse your organs, and stimulate circulation. They are wonderful postures to release stored tension and decrease feelings of anxiousness.

"We tend to approach our yoga practice the way we approach our lives. In our culture, results get all the attention and the process is overlooked. Approach both life and postures with an eye to the process, and let go of the results. Steady and relaxed.'

- Rolf Gates

# Day 8 | Week 2 | TWISTS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 9 | Week 2 | TWISTS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 10 | Week 2 | TWISTS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 11 | Week 2 | TWISTS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 12 | Week 2 | TWISTS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 13 | Week 2 | TWISTS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 14 | Week 2 | TWISTS

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Week 3 | MOVING MEDITATION

## **Move with your breath**

Bring together everything you've been working on.  
Surrender and embrace what is.

"The light that yoga sheds on life is something special. It is transformative. It does not change the way we see things; it transforms the person who sees."

- B.K.S Iyengar

# Day 15 | Week 3 | MOVING MEDITATION

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 16 | Week 3 | MOVING MEDITATION

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 17 | Week 3 | MOVING MEDITATION

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 18 | Week 3 | MOVING MEDITATION

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 19 | Week 3 | MOVING MEDITATION

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

# Day 20 | Week 3 | MOVING MEDITATION

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy

Before you begin your morning, list 5 things you are grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

Set your intention for the day

What class did you practice today? How did it feel?

Choose one moment of your day that made you happy



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