

# MY 30-DAY

# Stretch With Intent

## CHALLENGE

I am open to being curious about stretching my body with consistency for 30 Days and seeing what benefits that will bring me in body and mind.  
My body is an amazing healing machine - it's my job to create great conditions for it to do it's job. It's built for this!

I am both winning and learning! There is NO competition on the mat, not even with myself.  
I know I stretch and grow through discomfort and I am open to being curious to all sensations.  
If anything is painful however I will stop - I am always listening to my body.

Everything makes a difference: it all counts! My body is the moving temple of my soul. I am a woman who moves her body every day.

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Watch the  
tutorial +  
download your  
resources

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Yay you!  
Celebrate  
your  
consistency!

*The thing I will tell myself if it gets hard is...*

*What I have learned at the end of this month is...*