



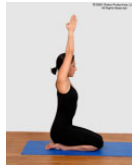
# National Yoga Month September 2010

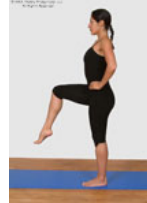
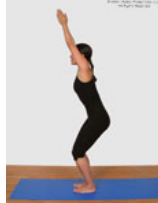
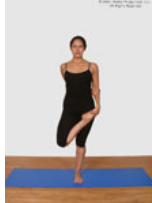
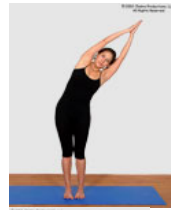
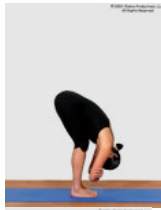
Take a yoga month challenge!  
Practice yoga (even a little bit) every day during the  
month – a 30 day challenge

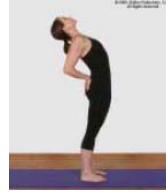
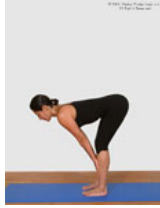
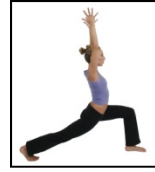
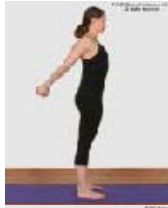
or

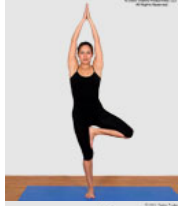
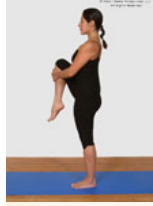
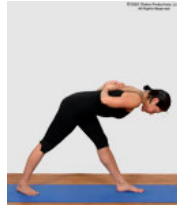
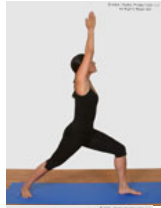
Use the number 108 to create a yoga month  
challenge: repeat a personally created mantra 108  
times, practice 108 yoga poses this month (next  
pages), etc.

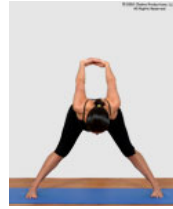
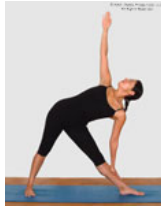
[www.heartfilledyoga.com](http://www.heartfilledyoga.com)











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