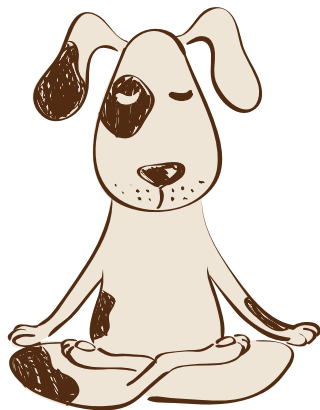




21-DAY
POSITIVE FLOW
CHALLENGE



TAKE THE 21-DAY CHALLENGE!

On average, people are awake for 1,000 minutes each day. The first 5 of those minutes can have the most positive impact! Choose one of the posters included and take this challenge combining yoga, positive words, and cute animals. :)

Each day when you wake up, do each of the 6 yoga poses while repeating the words under each. Do the poses in the same order and try to hold them for 3-5 seconds each. When you're done, color in a petal on the lotus. Repeat this routine for 21 days.

If you can't do this routine in the morning, try it right before bed to set the tone for a great night of dreams!

LLAMA FLOW



Lotus Pose
"I am whole."



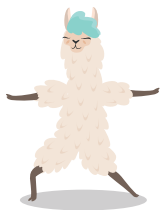
Shoulder Stand
"I am powerful."



Tree Pose
"I am flexible."



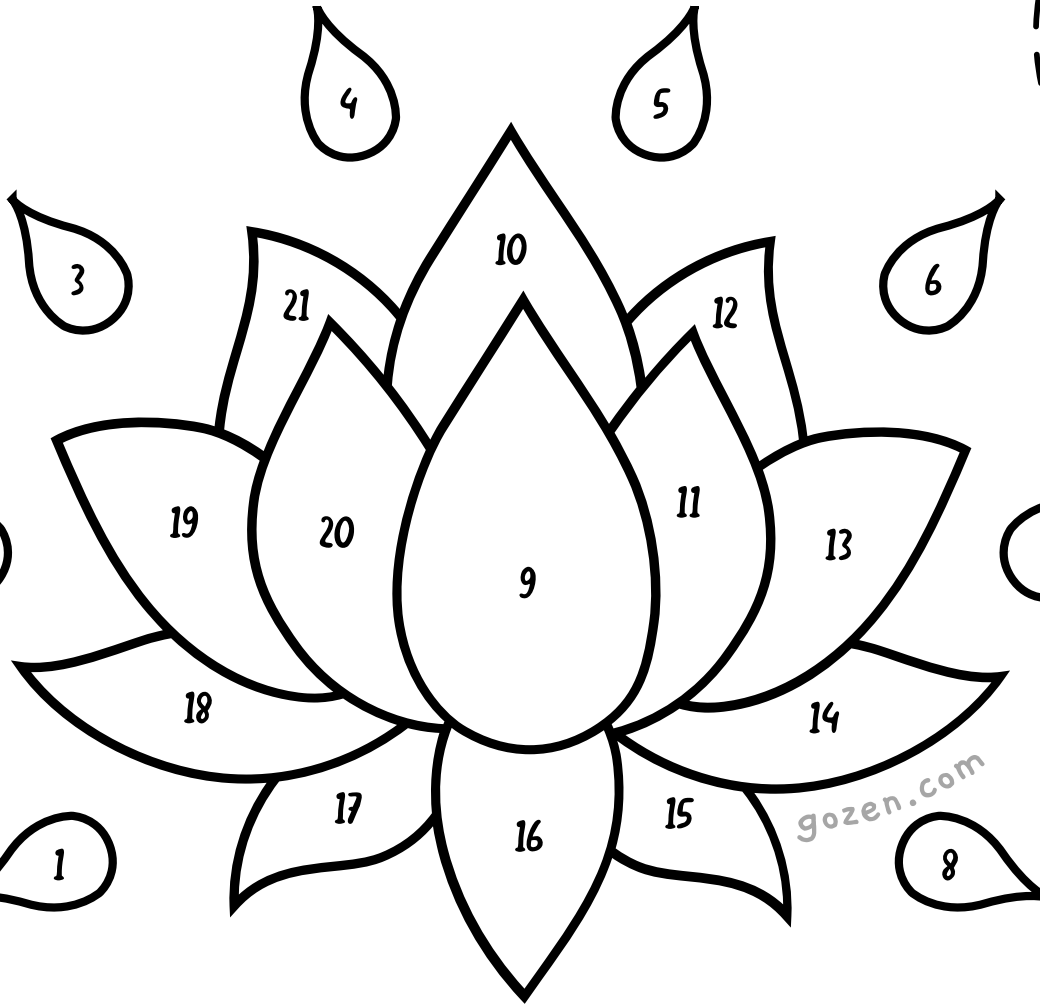
Downward Dog
"I am loved."



Warrior Pose
"I am strong."



Triangle Pose
"I am hopeful."



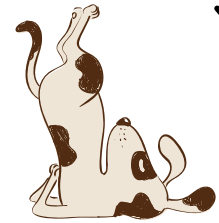
21-DAY CHALLENGE

DO THESE POSES IN THE SAME ORDER. HOLD THEM FOR 5 SECONDS. DO THIS ROUTINE FOR 21 DAYS!

PUPPY FLOW



Lotus Pose
"I am whole."



Shoulder Stand
"I am powerful."



Tree Pose
"I am flexible."



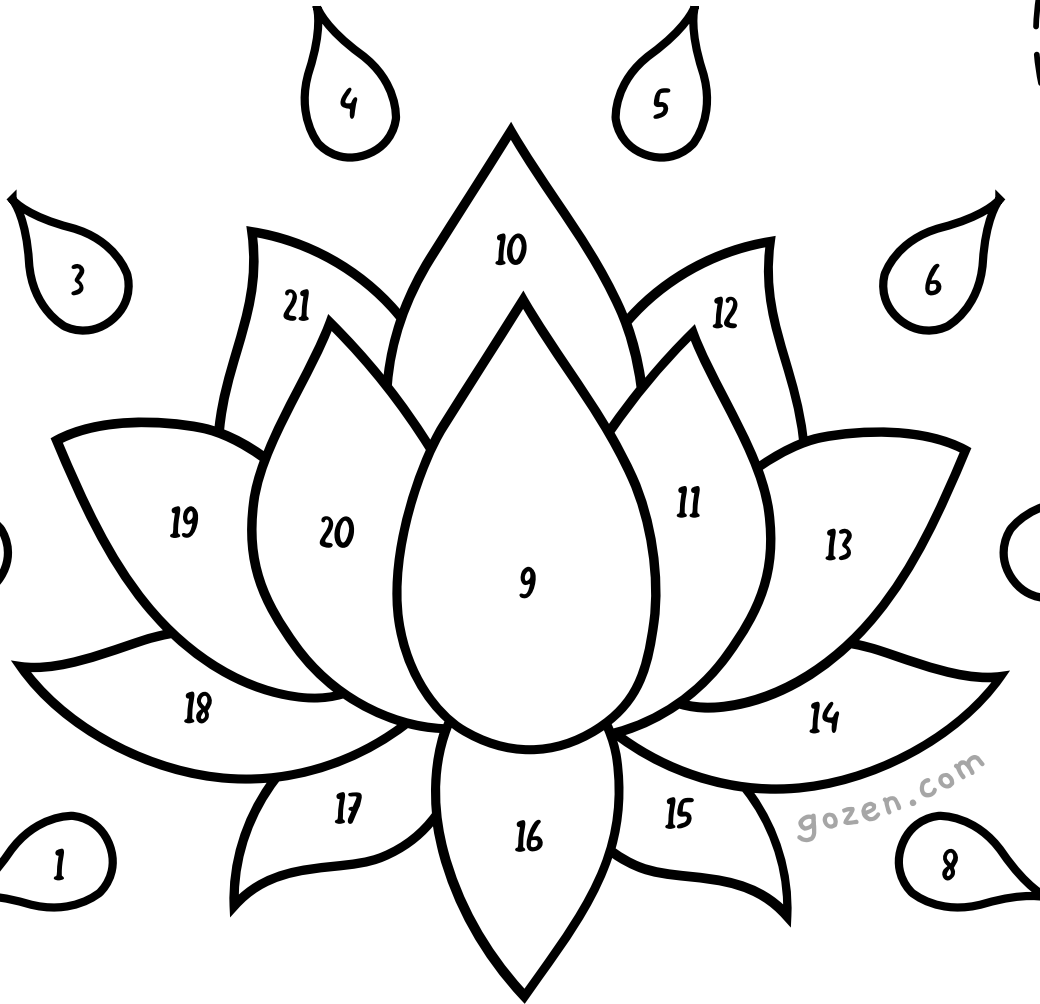
Downward Dog
"I am loved."



Warrior Pose
"I am strong."



Triangle Pose
"I am hopeful."



21-DAY CHALLENGE

DO THESE POSES IN THE SAME ORDER. HOLD THEM FOR 5 SECONDS. DO THIS ROUTINE FOR 21 DAYS!



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