A picture containing shape

Description automatically generated40 Day Challenge

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| --- | --- | --- | --- | --- |
| **Date** | **Asana (pose)** | **Pranayama (breathing practice)** | **Dhyana (meditation)** | **Mantra (chanting)** |
| Sunday, Jan 1 |  |  |  |  |
| Monday, Jan 2 |  |  |  |  |
| Tuesday, Jan 3 |  |  |  |  |
| Wednesday, Jan 4 |  |  |  |  |
| Thursday, Jan 5 |  |  |  |  |
| Friday, Jan 6 |  |  |  |  |
| Saturday, Jan 7 |  |  |  |  |
| Sunday, Jan 8 |  |  |  |  |
| Monday, Jan 9 |  |  |  |  |
| Tuesday, Jan 10 |  |  |  |  |
| Wednesday, Jan 11 |  |  |  |  |
| Thursday, Jan 12 |  |  |  |  |
| Friday, Jan 13 |  |  |  |  |
| Saturday, Jan 14 |  |  |  |  |
| Sunday, Jan 15 |  |  |  |  |
| Monday, Jan 16 |  |  |  |  |
| Tuesday, Jan 17 |  |  |  |  |
| Wednesday, Jan 18 |  |  |  |  |
| Thursday, Jan 19 |  |  |  |  |
| Friday, Jan 20 |  |  |  |  |
| Saturday, Jan 21 |  |  |  |  |
| Sunday, Jan 22 |  |  |  |  |
| Monday, Jan 23 |  |  |  |  |
| Tuesday, Jan 24 |  |  |  |  |
| Wednesday, Jan 25 |  |  |  |  |
| Thursday, Jan 26 |  |  |  |  |
| Friday, Jan 27 |  |  |  |  |
| Saturday, Jan 28 |  |  |  |  |
| Sunday, Jan 29 |  |  |  |  |
| Monday, Jan 30 |  |  |  |  |
| Tuesday, Jan 31 |  |  |  |  |
| Wednesday, Feb 1 |  |  |  |  |
| Thursday, Feb 2 |  |  |  |  |
| Friday, Feb 3 |  |  |  |  |
| Saturday, Feb 4 |  |  |  |  |
| Sunday, Feb 5 |  |  |  |  |
| Monday, Feb 6 |  |  |  |  |
| Tuesday, Feb 7 |  |  |  |  |
| Wednesday, Feb 8 |  |  |  |  |
| Thursday, Feb 9 |  |  |  |  |