

prairienaturals®

Monthly Yoga Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 1	National Day for Truth and Reconciliation 2	3	4	5	6	7
5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes
8	Thanks-giving 9	10	11	12	13	14
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
15	16	17	18	19	20	21
15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
22	23	24	25	26	27	28
20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes
29	30	Halloween 31				
30 minutes	30 minutes	30 minutes				

