

# National Yoga Month

yoga journal

Recommit  
to your  
practice:

30 days of asana,  
pranayama,  
and meditation



| S   | M  | T  | W  | T   | F  | S   |
|---|--|--|--|---|--|---|
|   |  | 1<br>A Breathing Practice for Staying Calm<br>with <b>Chelsea Jackson Roberts</b>  | 2<br>A Hip-Opening Sequence for Rejuvenation<br>with <b>Steven Medeiros</b>  | 3<br>A Simple Technique for Finding Stillness<br>with <b>Rodney Yee</b>                     | 4<br>A Sequence for Recovery<br>with <b>Rina Deshpande</b>     | 5<br>A Meditative Flow<br>with <b>Libby Campo</b>   |
| 6<br>A Mantra Practice to Shift Your Perspective<br>with <b>Rina Jakubowicz</b>       | 7<br>A Lunge Practice for Building Strength<br>with <b>DJ Townsel</b>                    | 8<br>A Breathing Practice for Navigating Transition<br>with <b>Jillian Pransky</b> | 9<br>An Accessible Chair Yoga Practice<br>with <b>Jivana Heyman</b>          | 10<br>A Practice for Exhaling and Letting Go<br>with <b>Tias Little</b>                     | 11<br>A Sequence for Fixing Text Neck<br>with <b>Kim Weeks</b> | 12<br>A Sequence for Finding Focus<br>with <b>Ajax Jackson</b>                                  |
| 13<br>A Meditation for When Your Mind is Racing<br>with <b>Jessamyn Stanley</b>       | 14<br>A Sequence for Getting Out of Your Head<br>with <b>Jordan Smiley</b>               | 15<br>A Mantra for Feeling Divine Energy<br>with <b>Sally Kempton</b>              | 16<br>A Sequence for Boosting Energy<br>with <b>Tianna Bartoletta</b>        | 17<br>A Breath Practice for Inner Peace<br>with <b>Larissa Hall Carlson, John Douillard</b> | 18<br>A Heart-Opening Flow<br>with <b>Erica Mather</b>         | 19<br>A Slow Flow Heart-Mind-Body Reset<br>with <b>Erinn Lewis</b>                              |
| 20<br>A Meditation for When You're Hurting Inside<br>with <b>Rosie Acosta</b>         | 21<br>A Drill to Protect Your Shoulders in Sun Salutes<br>with <b>Natasha Rizopoulos</b> | 22<br>Bija Mantras for Each Chakra<br>with <b>Alan Finger</b>                      | 23<br>An Ayurveda-Inspired Sequence to Stay Cool<br>with <b>Robin Wilner</b> | 24<br>A Breathing Practice to Build Confidence<br>with <b>Colleen Saidman Yee</b>           | 25<br>A Joint-Freeing Sequence<br>with <b>Jana Long</b>        | 26<br>A Yin-Yang Practice for Flowing Like Water<br>with <b>Trisha Fey Lazo Elizarde-Miller</b> |
| 27<br>A Meditation for Coming Back to Your True Home<br>with <b>Suzanna Barkataki</b> | 28<br>A Sequence to Tap Into Your Creative Side<br>with <b>Melody Moore</b>              | 29<br>A Mantra for Finding Courage<br>with <b>Liz Arch</b>                         | 30<br>An Asana Practice to Cultivate Patience<br>with <b>Faith Hunter</b>    |   |  |   |

- Meditation and Mantra
- Asana
- Pranayama

# September

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