Yoga with Karen

www.karenkurzmeyer.com

Intention for your Self-Care Practice:

MONTH:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Physical																												
Emotional																												
Mental																												
Spiritual																												
Relational																												
Creative																												