

SPRING INTO ACTION

HEAL YOGA'S 2024 SPRING

Wellness Group



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WELCOME

We are so happy you are here!

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WELCOME

What to expect:

In this 7 Week Series, we will be setting and working toward, an attainable and measurable goal, that we will see ourselves achieve just in time for Spring 2024. Beginning in the second week of February, we will be breaking down the next 7 weeks, into 7 Achievable Steps toward reaching your highest YOU.

Working- in, we will be exploring and expanding our minds, healing our bodies and nourishing our souls, Learning the 7 Chakras System, Using Planning Tools, Goal Trackers, Journaling, Meditation, as well as, Weekly Group Meetings, Self Serviced Check- In's & Weekly Yoga Classes!

This will be a journey through the next 7 weeks like no other. At the end you will not only have a field of knowledge to pull from , to continue to achieve your goals throughout all of 2024, you will also have achieved a goal, you set out to, in just Quarter 1 of this year!

Day 1

Day one, is now. You are in it, so congratulate yourself first, on taking the first step toward your goals! The first thing we are doing in this course is setting our achievable goal that we will work on for the next 7 Weeks. This goal can be, anything you want to accomplish in time for Spring 2024. Let it be something that you can track and achieve in just 7 Weeks, think of something you can focus on, maybe a habit you want to start, build, or break. Maybe it's a financial goal, maybe it's a health one, maybe you would just like to commit to something this year and see it through. Ask yourself, "What do I see for myself in 7 weeks?", "What do I want for my life" "Where do I want to be?"



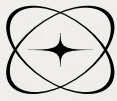


THIS BOOK
BELONGS TO ME,

in my healing era
XO

USE THESE HELPFUL CATEGORIES TO ASSIST YOU IN ORGANIZING YOUR THOUGHTS. AND WRITE OUT A LIST OF WHAT YOU WOULD LIKE TO ACCOMPLISH THIS YEAR FOR EACH

VISION BOARD



MAKE IT HAPPEN



WEALTH

PROGRESSION : ○○○○

PASSION

PROGRESSION : ○○○○

HEALTH

PROGRESSION : ○○○○

LOVE

PROGRESSION : ○○○○

FAMILY

PROGRESSION : ○○○○

CAREER

PROGRESSION : ○○○○

YOU CAN COME BACK TO THIS PAGE AS YOU JOURNEY THROUGH THE NEXT 7 WEEKS TO TRACK YOUR PROGRESS AND SEE HOW FAR YOU'VE COME!



M Y Y E A R L Y G O A L P L A N N E R

USE THESE BOXES BELOW TO FURTHER MAP OUT THE GOALS AND LIST YOU BEGAN CREATING ON THE PREVIOUS PAGE INTO MONTHLY GOALS AND ASPIRATIONS

January

February

March

April

May

June

July

August

September

October

November

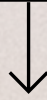
December



Goal Setting

PICK A GOAL FROM THE PREVIOUS PAGE THAT YOU WOULD LIKE TO ACHIEVE BEFORE SPRING 2024 & WRITE IT BELOW

GOAL



BREAK DOWN YOUR GOAL INTO 3 SIMPLE TARGETS:

TARGET 1

TARGET 2

TARGET 3



ACTION STEPS:

ACTION STEPS:

ACTION STEPS:

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My 7 Week
Goal is:

Believe

you

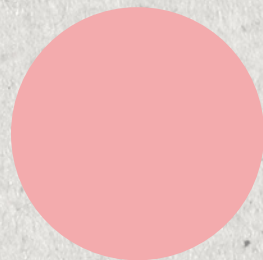
can

and

you're

halfway

there

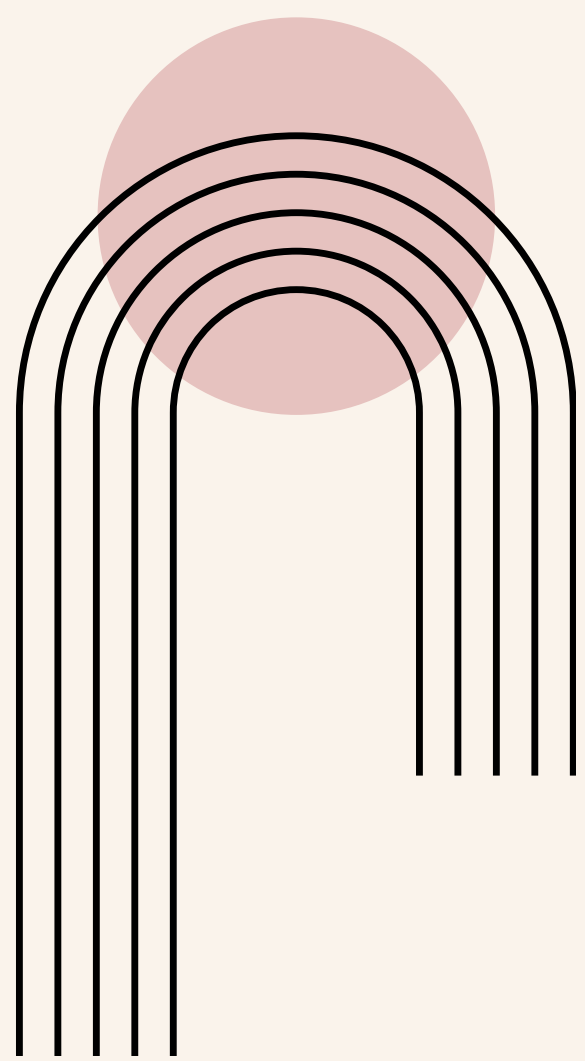


HEAL YOGA SPRING
INTO ACTION 2024

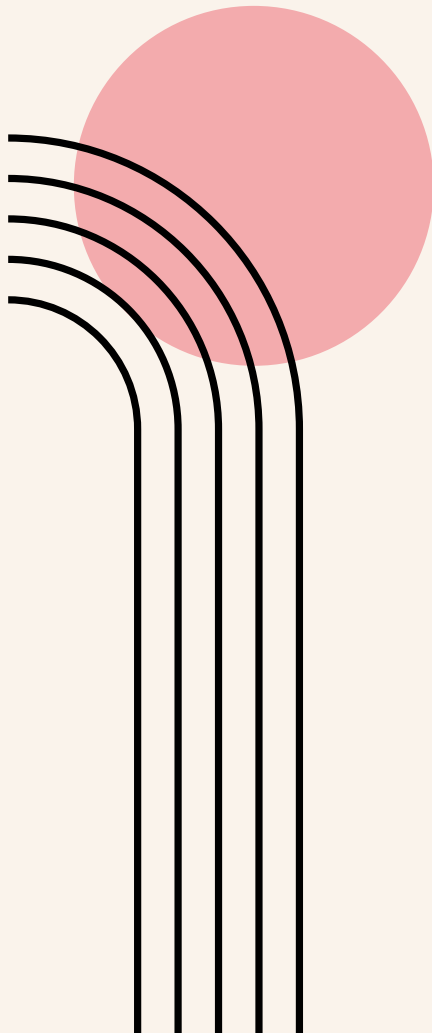
GOAL SETTING



Daily **Journal**



In your daily journal, you discover the power to reflect, grow, and embrace new possibilities.

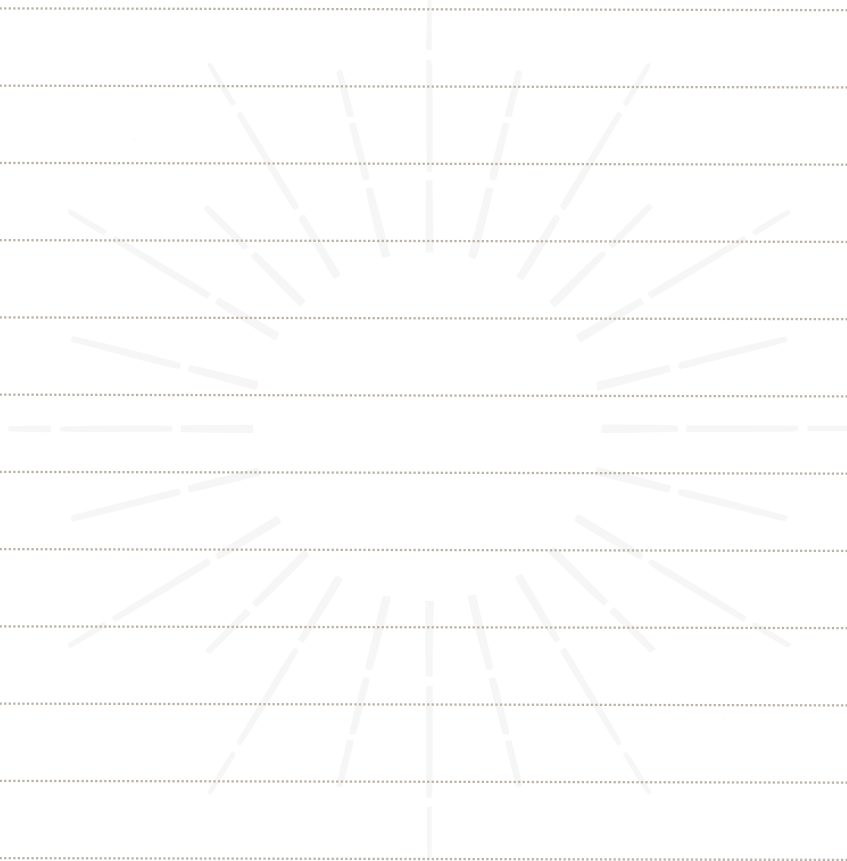


Use this section to Track your thoughts, Track your wins, track your losses, track the lessons, track the sparks of inspiration, track the progress & Trust the Process

Morning Thoughts

Date

Today I ...



HEAL

Self Check In



How are you
feeling today? _____

Ask Yourself,

“Where am I starting from?” _____

“Where am I at today?” _____

“What does my life consist of?” _____

“How do I currently spend my Days?” _____

My mood today is...

- Calm
- Rested
- Creative
- Happy
- Angry
- Sad
- Anxious
- Playful
- _____

Things you are
grateful for _____

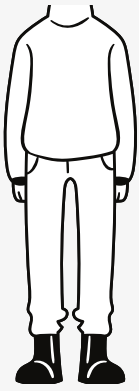
Today's
affirmations _____

Full body check in

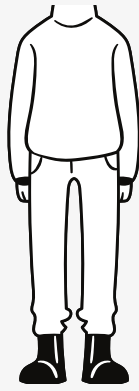
DATE _____

HOW DOES YOUR BODY FEEL TODAY?

MARK IF YOU FEEL ANY PAIN



FRONT



BACK

HOW DOES YOUR BODY MAKE YOU FEEL?



THINGS I LIKE ABOUT MY BODY

WHAT CAN YOU DO TO MAKE YOUR BODY HEALTHIER?

WHAT FOOD IS GOOD FOR YOUR BODY?

HOW DOES YOUR BODY FEEL TODAY?







WEEKLY OVERVIEW

M

T

W

T

F

S

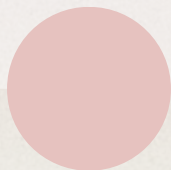
S

TASKS

-
-
-
-
-
-
-
-
-
-
-

WEEKLY GOALS

NOTES



MY DAILY

Task

S M T W T F S



DATE: _____

Things To Do

-
-
-
-
-
-
-
-
-

Notes

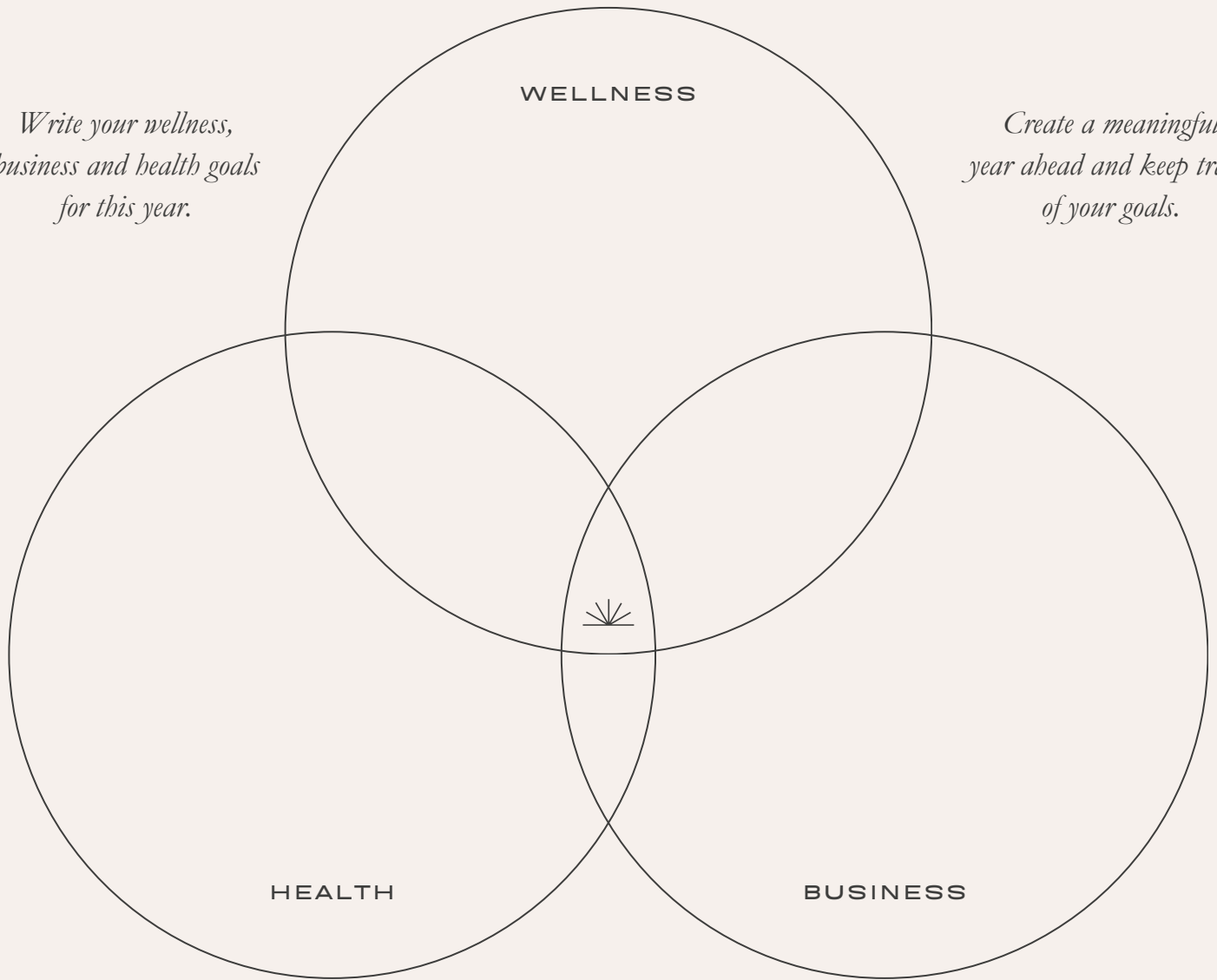
Priority

For Tomorrow

GOALS PLANNER

*Write your wellness,
business and health goals
for this year.*

*Create a meaningful
year ahead and keep track
of your goals.*



ACTION STEPS

WEEK _____

MONTH _____

MOVEMENT

Planner



M T W T F S S

MONDAY

GOALS

MEALS

EXERCISE

TUESDAY

GOALS

MEALS

EXERCISE

WEDNESDAY

GOALS

MEALS

EXERCISE

THURSDAY

GOALS

MEALS

EXERCISE

FRIDAY

GOALS

MEALS

EXERCISE

SATURDAY

GOALS

MEALS

EXERCISE

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31

Vertical lines for tracking.

8 glasses
of water

Row of 8 circles for tracking.

Yoga

Row of 8 circles for tracking.

Row of 8 circles for tracking.

Row of 8 circles for tracking.

Row of 8 circles for tracking.

Row of 8 circles for tracking.

habit

TRACKER



NIGHT CHECK-IN

TODAY I . . .

TODAY I'M GRATEFUL FOR

- _____
- _____
- _____

WATER INTAKE




 1L 2L 3L

WEATHER



TODAY'S LESSONS + TOP TAKEAWAYS

- _____
- _____
- _____
- _____

NOTES / REMINDERS

SOMETHING I'M PROUD OF

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

Checking-In with yourself, after a long day, is Self Care! Allow yourself time to unwind and unravel, by setting down the day and letting it go with grace!



February

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1	2	3	4 Launch Day! ✨
5 Day 1 Heal Yoga Sunrise Yoga Option 1	6 Goal Setting at home workshop	7 Heal Yoga Sunrise Yoga Option 2	8 Base 1 Root Chakra Workshop	9 Heal Yoga Sunrise Yoga Option 3	10 Heal Yoga Sunrise Yoga & Goal Setting for Spring Class	11 Sunday Check In
12 Heal Yoga Sunrise Yoga Option 1	13 Heal Yoga Sunset Yoga How to End the Day	14 Heal Yoga Sunrise Yoga Option 2	15 Sacral Chakra Workshop	16 Heal Yoga Sunrise Yoga Option 3	17 Heal Yoga Sunrise Yoga & Reflect & Reset Evaluation Week 1	18 Sunday Check In
19 Heal Yoga Sunrise Yoga Option 1	20 Heal Yoga Sunset Yoga Turn Key Tuesdays	21 Heal Yoga Sunrise Yoga Option 2	22 Solar Plexus Workshop	23 Heal Yoga Sunrise Yoga Option 3	24 Heal Yoga Sunrise Yoga & Empowering Week 3	25 Sunday Check In
26 Heal Yoga Sunrise Yoga Option 1	27 Heal Yoga Sunset Yoga Turn Key Tuesdays	28 Heal Yoga Sunrise Yoga Option 2	29 Heart Chakra Workshop	1 Heal Yoga Sunrise Yoga Option 3	2 Heal Yoga Sunrise Yoga & Empowering Week 3	3 Sunday Check In

WEEK 1

WEEK 2

WEEK 3

WEEK 4

I am in the midst of a transformation,
I am Blooming & I like who I am becoming!



March

MON	TUE	WED	THU	FRI	SAT	SUN
26 Heal Yoga Sunrise Yoga Option 1	27 Heal Yoga Sunset Yoga Turn Key Tuesdays	28 Heal Yoga Sunrise Yoga Option 2	29 Heart Chakra Workshop	1 Heal Yoga Sunrise Yoga Option 3	2 Heal Yoga Sunrise Yoga & Empowering Week 3	3 Sunday Check In
4 Heal Yoga Sunrise Yoga Option 1	5 Heal Yoga Sunset Yoga Turn Key Tuesdays	6 Heal Yoga Sunrise Yoga Option 2	7 Throat Chakra Workshop	8 Heal Yoga Sunrise Yoga Option 3	9 Heal Yoga Sunrise Yoga & Empowering Week 3	10 Sunday Check In
11 Heal Yoga Sunrise Yoga Option 1	12 Heal Yoga Sunset Yoga Turn Key Tuesdays	13 Heal Yoga Sunrise Yoga Option 2	14 Third Eye Chakra Workshop	15 Heal Yoga Sunrise Yoga Option 3	16 Heal Yoga Sunrise Yoga & Empowering Week 3	17 Sunday Check In
18 Heal Yoga Sunrise Yoga Option 1	19 Heal Yoga Spring Sunrise Yoga Party 2024	20 Heal Yoga Sunrise Yoga Option 2	21 Crown Chakra Workshop	22 Heal Yoga Sunrise Yoga Option 3	23 Crown Chakra Coronation Graduation Ceremony	24 Sunday Self Celebration
25	26	27	28	29	30	31 Sunday Check In
HAPPY SPRING, WE MADE IT!						

WEEK 4

WEEK 5

WEEK 6

WEEK 7

I am whole, I am happy, I am healthy, I am ME.