



## **Break Through to a Whole New You!**

40-Day Wholehearted Wellness Challenge

### **Daily Practice**

Tune In with Ong Name Guru Dev Namō

Alternate Nostril Breathing

Kriya for the Instinctual Self  
(includes meditation and relaxation)

Laughter Yoga

Close with one long Sat Nam

Optional: Begin and/or end your practice with journaling