

# YOGA HABIT



## WORKSHOP SCHEDULE

February/March  
2022



# FEBRUARY

## Week 1

### Create your Habit Recipe

We'll unpack the key ingredients of the habit recipe that will form your Yoga Habit and discuss the common obstacle of setting unhelpfully high expectations when trying to form new habits.

#### WORKSHOP DATE

Monday February 7th at 20:00 ET (GMT-5) /  
Tuesday February 8th at 09:00 BALI (GMT+8)

## Week 2

### Finding the Right Yoga for You

We will use this workshop to explore different types of yoga and develop a better understanding of which types might be most beneficial during different physical and mental states.

#### WORKSHOP DATE

Monday February 14th at 20:00 ET (GMT-5) / Tuesday February 15th at 09:00 BALI (GMT+8)

## Week 3

### The Willpower vs. Motivation Battle

This workshop unpacks the commonly misunderstood concepts of willpower and motivation. There will also be a motivation quiz to uncover your intrinsic and extrinsic motivations for practicing yoga.

#### WORKSHOP DATE

Monday February 21st at 20:00 ET (GMT-5) / Tuesday February 22nd at 09:00 BALI (GMT+8)

Remember to  
sign up for  
your 1-on-1  
call this week!

## Week 4

### Understanding your Posture

We'll examine typical body postures and what might cause them. We'll also look at which poses may be most beneficial and harmful for different body postures.

#### WORKSHOP DATE

Monday February 28th at 20:00 ET (GMT-5) / Tuesday March 1st at 09:00 BALI (GMT+8)

1-on-1  
Mid Course  
Check in Call

# MARCH

## Week 5

### Benefits and Values of Your Practice

This week you learn all about the values and benefits that YOU personally associate to your yoga practice. This workshop aims to connect your wider life goals to your practice in order to uncover the ways in which your practice can be most meaningful to you.

#### WORKSHOP DATE

Monday March 7th at 20:00 ET (GMT-5) /  
Tuesday March 8th at 09:00 BALI (GMT+8)

## Week 6

### Asana (Pose) Q & A

In this workshop we'll break down the different ways to do various asana poses, the different instructions and cues a teacher may give, and how to best adapt these to your own body and posture.

#### WORKSHOP DATE

Monday March 14th at 20:00 ET (GMT-5) /  
Tuesday March 15th at 09:00 BALI (GMT+8)

## Week 7

### Rewiring Bad Habits

We'll address some common bad habits and apply a step-by-step process for rewiring them. Come prepared by thinking of your own bad habits you'd like to untangle, like biting your nails or spending too much time on social media!

#### WORKSHOP DATE

Monday March 21st at 20:00 ET (GMT-5) / March 22nd at 09:00 BALI (GMT+8)

Remember to  
request your  
topic choices  
for Day 58-  
60's Live  
Lectures

## Week 8

### Finding the Meditation for You

We'll explore different meditation practices (including the lesser-known tactile meditation) and how to figure out which style of meditation might work best for you.

#### WORKSHOP DATE

Monday March 28th at 20:00 ET (GMT-5) / Tuesday March 29th at 09:00 BALI (GMT+8)

Yoga Habit  
Graduation  
Ceremony!