

90Yogic Challenge

You are hereby called to engage in the 90Yogic Challenge.

It is a Test of Will and a Journey of Discovery.

To begin the Challenge requires a Declaration of Commitment.

To complete the Challenge requires a willingness to break beyond your Patterns of Perception.

The Framework

For 90 days, the yogi will adhere to the rules of the Challenge. If the yogi misses a day, the Challenge restarts at day one. The yogi will engage the Challenge with an aim to relinquish all expectations and attachment to progress. The yogi will Recognize that the Challenge is a Self-discovery process and Know that any expectation or attachment is a Pattern of Deception. The yogi will craft a Commitment unique to the Self.

The Rules are as follows:

- 1) Declare your Commitment*
- 2) Begin every day with an intention to refrain from all forms of judgment.*
- 3) Be mindful of every meal by turning off all media devices while eating.*
- 4) Drink at least a half gallon of water every day and eliminate processed foods from your diet.*
- 5) Enjoy a conversation with a stranger every day.*
- 6) Practice Hatha yoga for at least 30 minutes every day and Perform calisthenics or strength training for at least 30 minutes every day.**
- 7) Breathe through the nose as much as possible by treating everyday tasks as an active breath meditation.*
- 8) Meditate on love for at least 10 minutes every day.*
- 9) Spend at least 10 minutes barefoot on the ground.*
- 10) Journal your life's story, from birth to present day, for 10 minutes every day.*

** In the event the body becomes overworked, Hatha yoga may be substituted for calisthenics/strength training at no more than two days for every seven.*