



THE SANTOSHA LIFE
WITH KATHY PARSONS

JANUARY 2021 WELLNESS CHALLENGE

	MON	TUE*	WED*	THU	FRI	SAT*
					01	02
*03	04	05	06	07	08	09
10	11	12	13	14	15	16
*17	18	19	20	21	22	23
24	25	26	27	28	29	30/31

“Habits are not a finish line to be crossed; they are a lifestyle to live.” James Clear

Welcome to The Santosha Life’s Wellness Challenge Friends & Yogi’s!

It’s time to shift into 2021 Let’s do this!

I’ve created this challenge to incorporate workouts for the body, mind & soul.

You can customize your workouts each week, while maintaining certain daily practices to establish healthy habits.

When you’re done your task, you can add it to your calendar to track your progress.

Before you start, please write down your goals for this Challenge:

GOAL #1: _____ GOAL #2: _____ GOAL #3 _____

Daily Practices:

- ◇ W = Walk - Minimum 20-minute walk outside daily (more if you have time! Or break it into several walks)
- ◇ BW = Mindful Breathwork / Meditation – five minutes of seated breathwork/meditation
- ◇ GJ = Gratitude Journal – three things you’re grateful for (or more!)
- ◇ W = 6-8 glasses of water

Weekly Movement:

Each day choose a 30, 45, or 60-minute movement practice. Ensure you have a mix of HIIT (High Intensity Interval Training)/Cardio, Pilates/Barre, Strength Training, and of course Yoga (Flow and Yin). You choose the mix for the week depending on how you’re feeling (but make sure you get that heart rate up!)

I would love to see you on the mat via my virtual studio! My schedule (EST): www.thesantoshalife.ca/virtual-studio

Power Flow: Tuesday’s 5PM

Stretch & Restore Yoga (Yin): Wednesday’s 7PM

Flow: Saturday’s 10AM

Yoga Tuck-In: Restorative Yoga + Yoga Nidra Meditation Special Classes: Sunday 8-9:15pm: January 3rd + January 16th

Weekly Practices:

- ◇ 1 - 15-minute guided meditation / yoga Nidra (of course you can do more and for longer!)
- ◇ Podcasts (listen to an inspirational podcast...true crime doesn't count for this category! lol)
- ◇ Quick Check-in or Share with the group (do this daily if you would like)
- ◇ Schedule social time with someone who lights you up and who you feel seen and your best self around
- ◇ Have a few laughs! (find them where you can in the darker months...)

Monthly:

- ◇ 1 (or more) Bedtime Bath with Epsom or magnesium salts (add candles, essential oils and soft music if you like)
- ◇ Watch at least one inspirational or aspirational documentary
- ◇ Read at least one inspirational or aspirational book (or listen on audible). I have lots of reco's!

Nutrition:

The focus is on *whole foods* with limited sugar and processed foods. Lots of vegetables, healthy fats and lean proteins. Try to fill most of your plate with vegetables and limit carbs. Feel free to share recipes with the group!

If you'd like to track your nutrition, you can add HM (for healthy meal) on your calendar. (I'm also going to add a NS code to indicate the days when I don't have sugar in the evening. You may have your own little hang-up that you'd like to track! Wine?...)

Optional:

S: Sleep Tracking

If you'd like to track your sleep, you can add: S = X hours to the calendar. We can chat about Sleep hygiene techniques.

IT: Intermittent Fasting:

If you practice intermittent fasting, you can also add that to the calendar: (IT = X hours. I track mine on an app, but I will put it on my calendar as well).

J: Journal your thoughts as you move through this challenge and have some fun with it!

Share with the community! We're here for each other. And I'm here for you! Let's do this!

SUPPORTING YOUR COMMUNITY!

As you know local fitness and yoga studios are struggling, while the big national apps are doing really well. If you can choose your movement from your local yoga and/or fitness instructors, please do! Perhaps make it a goal for 50% of your workouts.

Of course, I offer yoga classes each week and I'll be hosting special Yoga Tuck-In Restorative & Yoga Nidra classes on January 3rd + January 16th. (www.thesantoshalife.com/virtual-studio) and I'll also give a shout out to my sister who has excellent Power Pilates workouts (Instagram: @movebylp)! You can support any of your favourite studios or teachers by visiting their online schedule.

TO ENTER:

1. Send an email to kathy@thesantoshalife.com to confirm your registration
2. Make a donation of any amount to a local charity that you would like to support
3. Join the private FB Book: (if you like!) and share tips, success stories and challenges
4. Follow @kathparsons and use the hashtag #kpwelnesschallenge when posting your recipes, workouts success stories 😊
5. Set your Goals & Begin!

Remember, your community is here to support you (and me too!). Together we'll start this year off on the right foot!

Namasté,

xoKathy

CELEBRATE YOUR RESULTS!

GOAL #1: _____ GOAL #2: _____ GOAL #3 _____

Once you've completed this challenge, TREAT yourself! A day off with a long, bundled walk with a friend, a spa treatment, a get-away, a special program you'd like to take part in... You did it!