

The Mat with Nicole Katz

Your Weekly Sadhana

Perfection in practice comes when one continues to practice with sincerity and respect for a long period of time without any interruption.

-Yoga Sutra 1.14

Hello Sadhaka!

Welcome to another week.

Another opportunity to curate and co-create your whole joyful life with this whole life practice! One day at a time one action at a time, no step is too small- Everything Matters!

Don't be afraid to try, don't be afraid to fail- you are stronger than you know!

With Great Respect and Love,
Nicole

"Everything Matters"

THE SCHEDULE OVERVIEW

A whole life practice involves checking in with your Self every day- to help make that a habit my program includes daily action items for you!

Sunday

Morning Pages

Check your inbox and read the Thought Offering

Log into your Sadhana web page to print weekly checklist

Set goals

Prepare

Monday

Morning pages

Weekly ON THE MAT virtual class with Nicole and your satsang:

Yogi Chat through weekly Thought Offering and asana focus

Practice 30min flow of the week together and record

Tuesday

Morning pages

Arrive ON THE MAT & do the weekly 30 minute VOD flow from your group page

Wednesday

Morning pages

Arrive ON THE MAT & do the weekly 30 minute VOD flow from group page

Thursday

Morning pages

Arrive ON THE MAT & do the weekly 30 minute VOD flow from your group page

Friday

Morning pages

Arrive ON THE MAT & do the weekly 30 minute VOD flow from your group page

Saturday

Inner Teacher Date!

Day of Play - be out in the world in a joyful OFF THE MAT way.

SADHAKA CHECKLIST

Week of _____

Pose of the Month:

Alignment Focus of the Week:

Sunday
Journal Prompt: Read T.O. & write
down your thoughts.

Thoughts:

Sunday
Journal Prompt: Set weekly intention
based on something that struck you
from the T.O.

This week I will...

Get ON THE MAT!

Morning Pages

Satsang

ON THE MAT
Questions:

Submit Questions on Sadhaka web
page

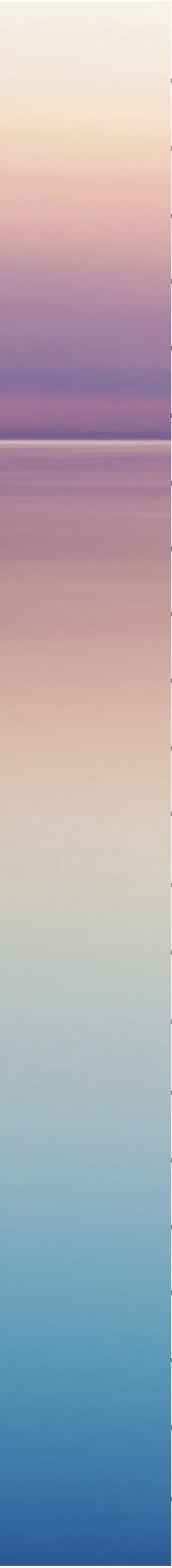
ON THE MAT:

OFF THE MAT:

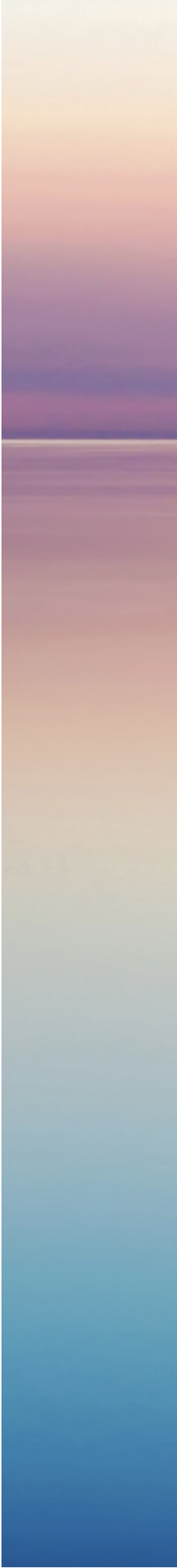
Inner Teacher Date

Plan:

Notes:



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