

ONENESS
YOGA
CHALLENGE



WITH SRI PREETHAJI
JUNE 15TH - 21ST 2022

BLISS
BODY

O N E N E S S
YOGA
C H A L L E N G E

Awaken body bliss

Welcome to the 7 day online adventure. 2022's Oneness Yoga Challenge built on chakra power is to unlock your body bliss. Sri Preethaji's creation of this year's Oneness Yoga Challenge is inspired by ancient Himalayan Yogis' pursuit of enlightenment and the mystic experiences from her own consciousness.

This unique yoga experience is a waking up to your body's mystique.



Oneness

Yoga Challenge - the outcome

Oneness Yoga Challenge for Chakra Power for 45 minutes each day of the challenge will give you 7 results.



Day 1

Mystic Yoga of Stability

Bring greater stability and strength into your muscles and into your approach to life.



Day 2

Mystic Yoga of Vitality

Bring a greater vitality on to your mat and into your everyday activities.



Day 3

Mystic Yoga of Relaxation

Feel a beautiful release of stress and move into deep relaxation.



Day 4

Mystic Yoga of Love

Bring greater love to your body on your mat and greater care for living beings.



Day 5

Mystic Yoga of Flow

Become more attuned to the flow of spiritual currents in your energy body, and flow with greater ease in challenges.



Day 6

Mystic Yoga of Witness

Experience awareness in your yogic movements and stillness during your meditations.



Day 7

Mystic Yoga of Oneness

Experience oneness between your body and state of consciousness. The spirit of oneness will flow through every sphere of life.



The Universality of Oneness Yoga Challenge

The Oneness Yoga Challenge is for everybody, for people of any age group, & people of any religious or cultural disposition. It is a universal path to health, bliss and oneness.

Oneness Yoga Challenge can be taken up by individuals, families, yoga communities, educational institutions, work spaces, organisations and clubs.

As Oneness Yoga Challenge is offered online, you could practice in the privacy of your home or as a community.

The 7th day of the yoga challenge which culminates on the International Day of Yoga, we encourage communal yoga practice.



Oneness



Oneness Yoga Mob

On the International Day of Yoga

Oneness yoga is an initiative to contribute to the spiritual fitness of the world, to awaken millions to body bliss. On the International Day of Yoga, we invite you to join us in creating **Oneness Yoga Mob** in your neighbourhoods, at your work places, in parks, in libraries, in open spaces by creating your own group for fellow yoga enthusiasts to gather and participate in a collective experience. Let us inspire the world towards yoga, **bliss & oneness**.

Enrol to host Oneness Yoga Mob

<https://forms.gle/FTceWRnVbZKCBTA87>



Sign up for free

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7-day Body Bliss

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www.ekam.org/oneness-yoga-challenge

