

# The Black Male Yoga Initiative's Black Scholars Yoga Initiative Weekly Guide May 2020



Black Male  
YOGA INITIATIVE

DAILY PRACTICE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>Level - 1</b>				
Breath Work	5 - minutes			
Meditation		5 - Minutes		
Journal Reflections		10 - Minutes		
<b>Level - 2</b>				
Mindfulness			10 - Minutes	
Self-Study			10 - Minutes	

 Pranayama

 Writing

 Self-Study

 Meditation

 Mindfulness

Holistic, Eastern  
Philosophy, Yoga  
Philosophy, Meta-  
Physical, Esoteric,  
Alternative, Etc.

