



TED MCDONALD'S
5-DAY MINDFULNESS
CHALLENGE

JULY 27-31, 2022

TODAY ONLY HAPPENS ONCE, LET'S MAKE IT GREAT!



WELCOME!

I'm super excited to welcome you to these 5 days of mindfulness! It's not easy to commit to your own well-being, especially when it means sitting still. Ah, Scary!!! So many of us struggle with our own inner world, but it's the precise place to begin transformation and lead us into a more joyous life.

Over the course of the *5 Day Mindfulness Challenge* we will experience a variety of different breath work routines, meditations, and if you choose, yoga & fitness routines, as well as a 30 minute coaching session with me!

Below you will find an overview and the tools you need to get started including your goal setting worksheet and a weekly planner. Keep an eye out for more information on the way!

This *5 Day Mindfulness Challenge* is offered for free, but if you want to add the Yoga & Fitness classes here is the link [py.pl/2qoQm] to pay \$49. And if you want lifetime access to the sessions plus a 30 minute coaching session with Ted, here is the link [py.pl/1vdQVe] for \$125. If none of those options work, feel free to donate by going to paypal.me/5pointyoga or Venmo: [@teddymcdonald](https://venmo.com/@teddymcdonald). [https://venmo.com/code?user_id=1845735217692672716] Thank you, thank you!!

I look forward to seeing you in the challenge and as always, please reach out if you have any questions or comments.

Stay healthy,

Ted McDonald

Yoga teacher, Endurance Athlete, Wellness Expert & Coach



5 DAY MINDFULNESS CHALLENGE

IT'S TIME TO SET SOME GOALS!



01. What do you want to achieve most out of this challenge? This can be stress related, meditation, yoga, etc. Write it down!

02. What are you willing to give up in order to achieve the above goal? Often times we must give something up to gain something. This becomes your complimentary goal. What is it?

03. Now, your BHAG (Big Hairy Audacious Goal)! Without limits what do you want to accomplish? Either in this challenge, in your life now, 1 yr, 3 yrs or even 10 yrs in the future. I want you to open your mind!

5 DAY MINDFULNESS CHALLENGE

MARK YOUR CALENDAR



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Hello friend,

Here is your challenge itinerary. All times are listed PST. All classes will be broadcast via Zoom and most will be held live at 5 point yoga. If you cannot tune in or show up live, feel free to watch the replay. The sessions will be posted for one week after the challenge, unless of course you purchased lifetime access. As always, thank you for bringing your smiling faces and open hearts!

DAY 1 - WEDNESDAY - INTRODUCTION TO MINDFULNESS & THE BREATH

8:30-9AM (11:30AM EST) - Introduction, Intention, Breath Work, and Meditation *

9-10:00AM - Yoga w/ Ted - Vinyasa Flow 90min - Fundamentals - All levels **

2:30-3:00PM - Q&A plus more Mindfulness and Meditation *

3-3:45PM - Yin Yoga & Chat (stretch and story time) **

DAY 2 - THURSDAY - 'I AM' MEDITATION WITH GREG LOUGANIS

8:30-9AM (11:30AM EST) - Guided meditation with 4 time Gold Medalist, Greg Louganis *

9-10:00AM - Yoga w/ Ted - HIIT YOGA - 60min - All levels **

2:30-3:00PM - Q&A plus more Mindfulness and Meditation *

DAY 3 - FRIDAY - THE SPACE BETWEEN

8:30-9:00AM (11:30AM EST) - Breath Work and Meditation *

9-10:00AM - Yoga Flow - 60 min - All levels **

2:30-3:0 PM - Q&A plus more Mindfulness and Meditation *

DAY 4 - SATURDAY - BODY SCAN

8:30-9AM (11:30AM EST) - Breath Work, and Meditation *

9-10:30AM - Yoga w/ Ted - HIIT Yoga - 60 min. - All levels **

Anytime PM - Meditation on your own!

DAY 5 - SUNDAY - METTA MEDITATION

8:30-9AM (11:30AM EST) - Breath work and Meditation *

9-10:00AM - Closing Community "Circle" *

YOU ARE FREE TO ROAM!!

* = Free sessions; ** = Paid sessions



A person wearing a dark cap with the text "Girls the World" is visible on the left side of the image. The background shows a mountain landscape at sunset or sunrise, with a warm orange glow on the horizon and a clear sky. The quote is centered in a white box with a green border.

**"NATURE DOES NOT
HURRY, YET
EVERYTHING IS
ACCOMPLISHED."**

LAO TZU