

Workout Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Move With Your Breath	DAY OFF	Introduction To Sun Salutations	DAY OFF	Yoga For Arm Strength	DAY OFF	DAY OFF
WEEK 2	Upper Body Release	DAY OFF	Yoga For Leg Strength	DAY OFF	Lower Body Release	DAY OFF	DAY OFF
WEEK 3	Yoga For Core Strength	DAY OFF	Beginner Back Bends	DAY OFF	Introduction To Inversions	DAY OFF	DAY OFF
WEEK 4	Stretch & Lengthen	DAY OFF	Full Body Flow	DAY OFF	Relax & Restore	DAY OFF	DAY OFF