

Yoga Challenge Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Flow for Balance	Yoga for Abs & Core	Lower Body Yin Yoga 1	Upper Body Flow	Mindfulness & Breathing Meditation	Mastering Wheel Pose	Lower Body Flow
WEEK 2	Yin Yoga for the Back	Mastering Crow Pose	Awakening Gentle Yoga	Strong Flow	Yin Yoga for your Hips, Part 2	Rocket Standing Series	Balancing a Headstand