

30 DAY YOGA CHALLENGE

By **BAD YOGI**

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Element Series: Earth	2 New Bad Yogi Studio Class	3 Yin yoga Flow	4 Feel Beautiful Flow	5 Upper Body Yin
6 Relaxation Body Scan	7 Espresso to Wake You Up	8 Element Series: Metal	9 New Bad Yogi Studio Class	10 Yoga for Runners	11 Yin Yoga for the Lower Back & Hips	12 Totally Seated & Supine Flow
13 A New Way to Beat Anxiety	14 Good Morning	15 Element Series: Air	16 New Bad Yogi Studio Class	17 Yoga for When You Sit at a Desk All Day	18 Focus on Pigeon	19 Stretchy & Soothing Flow
20 Gratitude Meditation	21 Rise & Shine	22 Element Series: Fire	23 New Bad Yogi Studio Class	24 Yoga Therapy for the Low Back	25 Slow Moving Flow	26 Yoga for Introverts
27 Easy Like Sunday Morning	28 Break All the Rules	29 Element Series: Water	30 New Bad Yogi Studio Class			