

Spring

30 DAY YOGA CHALLENGE

By **BAD YOGI**



SUN	MON	TUE	WED	THU	FRI	SAT
						20 Sun Salutation Yoga Flow
21 Something to Get You Through a Transition	22 Morning Stretch	23 #WhateverErin Flip, Flop Flow	24 New Bad Yogi Studio Class	25 Morning Ritual	26 The Power Within	27 Yoga to Chill the F Out
28 When You're Feeling Burnt Out... Again	29 Total Body Warm Up	30 20-Minute Happy Dance	31 New Bad Yogi Studio Class	1 Element Series: Fire	2 #WhateverErin Full Body Power Flow	3 Yoga for the Neck & Shoulders
4 Meditation to Handle Overwhelm	5 Yoga for When You Feel Heavy	6 Yoga for Upper Crossed Syndrome	7 New Bad Yogi Studio Class	8 Just the Next Right Thing	9 Go to Morning Power	10 Happy Hamstrings
11 Easy Like Sunday Morning	12 Catch All	13 Like a Long Walk	14 New Bad Yogi Studio Class	15 A Good One to Fall Back On	16 Let's Add Load	17 Yoga for Sciatica
18 One Big Exhale						