

Spring
30 DAY
YOGA CHALLENGE
 by **BAD YOGI**



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