

SEPTEMBER

30 Day Yoga Calendar

	MON	TUE	WED	THU	FRI	SAT	SUN
			NEW! Fix You Tech Neck	<u>Classic</u> <u>Power Flow</u>	<u>Twisty</u> <u>Treat</u>	<u>A Good One</u> <u>to</u> <u>Fall Back On</u>	<u>Classic</u> <u>Restorative</u> <u>Flow</u>
	<u>Element</u> <u>Series:</u> <u>Earth</u>	<u>Yoga for</u> <u>When You</u> <u>Only Have</u> <u>20 min</u>	New BYS Class	<u>Strong &</u> <u>Smart Flow</u>	<u>Mental</u> <u>Reset</u>	<u>Catch</u> <u>All</u>	<u>Low Back</u> <u>Love</u>
	<u>Morning</u> <u>Stretch</u>	<u>20-min</u> <u>Happy</u> <u>Dance</u>	New BYS Class	<u>Express</u> <u>Core</u> <u>Power</u>	<u>Upper</u> <u>Crossed</u> <u>Syndrome</u>	<u>Morning</u> <u>Sunshine</u>	<u>Yoga</u> <u>for</u> <u>Anxiety</u>
	<u>Yoga for</u> <u>Neck &</u> <u>Shoulders</u>	<u>Flip,</u> <u>Flop,</u> <u>Flow</u>	New BYS Class	<u>Go to</u> <u>Morning</u> <u>Power</u>	<u>Chill the</u> <u>E</u> <u>Out</u>	<u>Meandering</u> <u>Flow</u>	<u>Leg Day</u> <u>Recovery</u>
	<u>When You're</u> <u>Feeling</u> <u>Lazy</u>	<u>Good</u> <u>Vibes</u> <u>Only</u>	New BYS Class	<u>Let's</u> <u>Add</u> <u>Load</u>			

Micro Goals

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My September Affirmations

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