



4 WEEK



# YOGA PLANNER

Month \_\_\_\_\_

UPPER BODY	LOWER BODY	FULL BODY	STRONG FLOW	SLOW FLOW
<u>Work from Home Fix</u>	<u>Yoga for a Great Butt</u>	Checkpoint Yoga	<u>Fun &amp; Funky Strength Building Flow</u>	<u>Yin to Desocialize</u>
<u>Yoga for When You Need a Break from Work</u>	<u>Chill Lower Body Power Flow</u>	<u>Springtime Full Body Flow</u>	<u>Classic Power Flow</u>	<u>Total Body Yin Yoga</u>
<u>Element Series: Air</u>	<u>Yoga for Hips &amp; Quads</u>	<u>Total Body Warm Up</u>	<u>Fiery Power Flow</u>	<u>Sleepy Time Yoga</u>
<u>Yoga for the Neck &amp; Shoulders</u>	<u>All Lower Body Flow</u>	Checkpoint Yoga	<u>Flip, Flop, Flow</u>	<u>Operation Restoration</u>

Goals \_\_\_\_\_

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