

14-DAY YOGA

# RITUAL



DAY 1

Element Series:  
Earth

DAY 2

Self Care Ritual

DAY 3

Take the Newest  
Class inside BYC

DAY 4

Yoga for When You  
Sit at a Desk All Day.

DAY 5

Morning Ritual

DAY 6

A Good One to Fall  
Back On

DAY 7

Empowerment  
Flow

DAY 8

Twisty Treat

DAY 9

Fix Your  
Tech Neck

DAY 10

Take the Newest  
Class inside BYC

DAY 11

Classic Power  
Flow

DAY 12

Wind Down

DAY 13

Low Back Love

DAY 14

20-Minute  
Happy Dance

