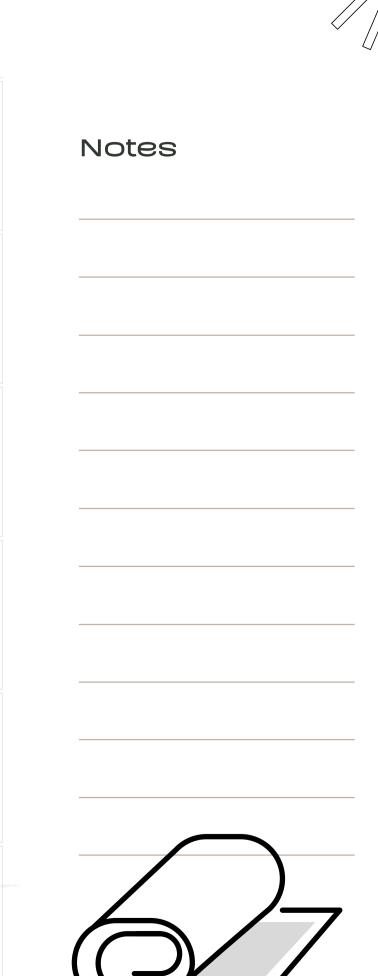
| Sunday  | Monday                               | Tuesday   | Wednesday                                  | Thursday   | Friday  | Saturday                                |
|---|--------------------------------------|---|--|--|---|---|
|   |                                      |   |  |  | 1 <u>Hips &amp;</u> <u>Hamstrings</u> <u>Flow</u> | 2<br><u>Headstand</u><br><u>Toolbox</u> |
| 3 <u>Everyday</u><br><u>Breathwork</u><br><u>Meditation</u> | & Freedom                            | 5 <u>Total</u><br><u>Body</u><br><u>Warmup</u>            | 6<br><u>Wednesday</u><br><u>Yoga flow</u>  | 7 <u>Total</u> <u>Body</u> <u>Yin</u>              | 8<br><u>Classic</u><br><u>Backbends</u>           | 9                                       |
| 10  | 11<br><u>Rest Day</u><br><u>Flow</u> | 12 <u>Yoga for</u> <u>Neck &amp;</u> <u>Shoulders</u>     | Out the Closet                             | 14 <u>Hips &amp;</u> <u>Hamstrings</u> <u>Yoga</u> | 15<br><u>Yoga for</u><br><u>Runners</u>           | 16<br><u>Focus on</u><br><u>Mermaid</u> |
| Meditation for Overwhelm                                    | Some                                 | 19 <u>Strong</u><br><u>Shoulders &amp;</u><br><u>Back</u> | 20 <u>No</u> <u>Chaturanga</u> <u>Flow</u> | 21 <u>Yoga</u><br>to Chill the<br>F Out            | 22<br>When You<br>Sit at a<br>Desk All Day        | 23                                      |
| 24  | 25<br><u>Energy</u>                  | 26 <u>Chill</u><br><u>Lower Body</u>                      | 27<br><u>Cardio Flow</u>                   | 28 <u>Post</u><br><u>Workout</u>                   | 29<br><u>Yoga</u>                                 | 30<br>Focus on                          |

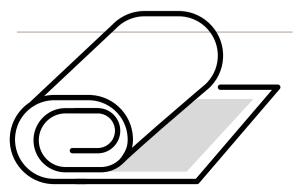
<u>Boost</u>

Loving <u>Kindness</u>

<u>Meditation</u>

Power





<u>Grasshopper</u>

<u>Potluck</u>

Recovery Flow