



BYS September Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 <u>Easy Going Core</u>	30 <u>Daily 5-Min Splits Stretch</u>	31 <u>Full Hour Splits Flow</u>	1 NEW CLASS! Thursday Flow: Evening Wind Down	2 <u>BY Studio Full Body Challenge</u>	3 <u>Full body mobility</u>	4 REST
5 <u>Element series: Earth</u>	6 <u>Balanced Power Series: Chill Lower Body Power Flow</u>	7 <u>Yoga For When You Need Balance In Your Life</u>	8 <u>Layered Sensation</u>	9 <u>Come Fly With Me Flow</u>	10 <u>Total Body Tension Takedown</u>	11 REST
12 <u>Element Series: Air</u>	13 <u>Balance Power Series: Power Core</u>	14 <u>Chill Pill</u>	15 <u>A Little Strength, A little Stretch</u>	16 <u>30 min Balancing Flow</u>	17 <u>Element Series: Metal</u>	18 REST
19 <u>Element Series: Fire</u>	20 <u>Balanced Power Series: Upper Body Power Flow</u>	21 <u>Yin Yang Sweaty and Soothing Flow</u>	22 <u>Morning Wake Up Call!</u>	23 <u>I Am Challenge Day 7: I am Capable</u>	24 <u>BY Studio Evening Meditation</u>	25 REST
26 <u>Element Series: Water</u>	27 <u>I Am Challenge Day 1: I am Powerful</u>	28 <u>Best All Round</u>	29 <u>Mental Reset</u>	30 <u>Day 6: Topsy Turvy Balancing poses</u>		

Notes

This month is all about finding balance. The balance between effort and ease, exercise and rest, finding a good equilibrium in your body so that everything feels 'right'. But also time to play with our physical balance so there will be lots of opportunity to stand on one leg and even play on your hands! Don't worry if that isn't in your practice yet, have fun with it, you might surprise yourself with what you can do even if it's only 'almost' there. And feel free to go ahead and switch out for another round of 'A Little Strength, A Little Stretch'