



WEEKLY

schedule

BEGINNER PRACTICE PLAN

Mon EVENING YOGA TO UNWIND
Tue FULL BODY YOGA STRETCH
Wed FLEXIBILITY FUSION YOGA
Thu GENTLE RESTORATIVE FLOW
Fri SLOW & RELAXING FLOW
Sat HIPS & HAMSTRING FLOW
Sun MEDITATION FOR STILLNESS

WEEKLY

schedule

INTERMEDIATE PRACTICE PLAN

Mon HIPS AND HAMSTRINGS
Tue SUN SALUTATION VINYASA
Wed CORE STRENGTH FLOW
Thu FULL BODY YOGA FLOW
Fri INTERMEDIATE
Sat R YOGA FLOW
Sun YOGA FOR FULL BODY

WEEKLY

schedule

ADVANCE PRACTICE PLAN

Mon FULL BODY POWER YOGA
Tue UPPER BODY STRENGTH
Wed FULL BODY LADDER FLOW
Thu BHUJAPINDASANA VINYASA
Fri FULL SPLIT VINYASA FLOW
Sat MIC STRONG VINYASA
Sun YOGA NIDRA FOR GRATITUDE AND JOY