

Morning Yoga

30-DAY CHALLENGE 10 MIN A DAY

Day 1 Breath	Day 2 Rise and Shine	Day 3 Gentle Full Body Flow	Day 4 Lower Back Morning	Day 5 Slow Strength	Day 6 Heart Opening Yin	Day 7 Move
Day 8 Full Body Stretch	Day 9 Wake Up Yoga	Day 10 Back Strength	Day 11 Shoulders and Neck	Day 12 Core	Day 13 Hip Opening Yin	Day 14 Energizing Morning
Day 15 Morning Flexibility	Day 16 Upper Body Strength	Day 17 Burn	Day 18 Twist	Day 19 Morning Confidence	Day 20 Lower Back Yin	Day 21 Full Body Flow
Day 22 Heart Opening Flow	Day 23 Lower Body Strength	Day 24 De-Stress	Day 25 Hips and Back	Day 26 Sunrise Yoga	Day 27 Shoulder Opening Yin	Day 28 Balance
Day 29 Morning Deep Stretch	Day 30 New Beginnings					

