

# JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 <b>Wake Up Yoga</b> 10 min	2 <b>Flow to Splits</b> 75 min	3 <b>Lower Back Yin Love</b> 30 min
4 <b>No Chaturanga Flow</b> 25 min	5 <b>Yoga Core Burn</b> 25 min	6 <b>After Run Stretch</b> 20 min	7 <b>Slow &amp; Stretchy Yoga Flow</b> 30 min	8 <b>Upper Body Strength</b> 10 min	9 <b>Arm Balance Flow</b> 40 min	10 <b>Upper Body Yin Yoga</b> 30 min
11 <b>Short &amp; Sweet Yoga Flow</b> 5 min	12 <b>All About the Core</b> 40 min	13 <b>Full Body Stretch</b> 20 min	14 <b>Morning Energy</b> 15 min <i>NEW!</i>	15 <b>Burn</b> 10 min	16 <b>Full Body Ladder Flow</b> 75 min	17 <b>Full Body Yin Yoga</b> 20 min
18 <b>Energizing Vinyasa Flow</b> 30 min	19 <b>Yoga &amp; Abs Workout</b> 30 min	20 <b>Bedtime Stretch</b> 20 min	21 <b>Yoga for Better Posture</b> 20 min	22 <b>Full Body Flow</b> 10 min	23 <b>Backbend Flow</b> 30 min	24 <b>Morning Yin Yoga Stretch</b> 15 min
25 <b>Ladder Vinyasa Flow</b> 25 min	26 <b>Yoga for Strong Abs</b> 30 min	27 <b>Everyday Stretch</b> 5 min	28 <b>Yoga for Tight Hamstrings</b> 20 min	29 <b>New Beginnings</b> 10 min	30 <b>Standing Balances</b> 75 min	31 <b>Yin Yoga for Tight Hips</b> 40 min