

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Beginners Yoga - Seated 30 min	2 Beginners Yoga - Standing 30 min	3 Slow & Stretchy Yoga Flow 30 min	4 Rise & Shine Morning Stretch 20 min
5 CHALLENGE! Full Body Flow 30 min	6 CHALLENGE! Yoga for Strong Abs 30 min	7 CHALLENGE! Legs & Booty Flow 30 min	8 CHALLENGE! Cardio Yoga Workout 25 min	9 CHALLENGE! Full Body & Core 25 min	10 CHALLENGE! Strong & Toned Arms 20 min	11 CHALLENGE! Full Body Flow 30 min
12 Full Body Stretch 20 min	13 ASMR Yoga Stretch 20 min	14 Post-Run Stretch 20 min	15 Yoga for Tight Hips 30 min	16 Bedtime Stretch 15 min	17 After Hike Yoga Stretch 30 min	18 Restorative Yoga 30 min
19 Beginner Backbend Flow 30 min	20 Happy Spine Yoga 20 min	21 Energizing Yoga Flow 20 min	22 NEW! Twisty Flow 20 min	23 Yoga for Flexibility 30 min	24 Ladder Vinyasa Flow 25 min	25 Full Body Yin Yoga 20 min
26 Morning Energy 15 min	27 Yoga for Tight Hamstrings 20 min	28 Intermediate Full Body Flow 30 min	29 Yoga for Better Posture 20 min	30 Morning Yin Yoga Stretch 15 min		