



	SUN	MON	TUES	WED	THURS	FRI	SAT
W01						DAY 1 DURGA FLOW	DAY 2 TAKING FLIGHT OR LIVE CLASS
W02	DAY 3 WE ARE ENERGY	DAY 4 TETHERED TO THE EARTH	DAY 5 HEART WIDE OPEN	DAY 6 GRACE YOU MOVE ME	DAY 7 UNWIND YOUR SHOULDERS & MANTRA	DAY 8 IGNITE	DAY 9 KING OF THE HIPS OR LIVE CLASS
W03	DAY 10 CHILL PILL	DAY 11 THE ABILITY TO SUSTAIN	DAY 12 POWER CENTER	DAY 13 SPACE THROUGH STRENGTH	DAY 14 MEDITATION & A QUICK HIP OPENER	DAY 15 PEACOCK TAIL	DAY 16 TEMPER THE FIRE OR LIVE CLASS
W04	DAY 17 JUST BE	DAY 18 SWEET HIPS	DAY 19 SANTOSHA	DAY 20 ETHER FLOW	DAY 21 MEDITATION & TIBETAN SUN SALUTATIONS	DAY 22 STRONG ROOTS	DAY 23 A NEAT BOW OR LIVE CLASS
W05	DAY 24 RESTORE US BOTH	DAY 25 GROUNDED	DAY 26 SIDE CROW	DAY 27 PRESENCE	DAY 28 MEDITATION & BACK RELEASE	DAY 29 MANIPURA FLOW	DAY 30 SHIVA MANTRA OR LIVE CLASS
W06	DAY 31 REST & CELEBRATE						



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DAYS OF YOGA

IGNITE THE FIRE WITHIN