

# SUMMER YOGA LOVING

## 31 DAY PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	"Summer Ayurveda" Travis 60min	"Bending Wisdom" Brittany 60min	"Block Party" Lauren 45min	"Spine" from <i>Flexibility &amp; Beyond</i> Travis 60min	"Happy Hour" Travis 60min	"Power Hour" Mychal 60min
7	8	9	10	11	12	13
"Low Back Love" Dana 30min	"Core Revival" Lauren 45min	"Strong & Supple" Travis 60min	"Balancing ACTivation" Mychal 45min	"Bliss" from <i>Flexibility &amp; Beyond</i> Travis 60min	"Uplifted" Brittany 30min + "Quick Core" Lauren 15min	"Unstuck" Lauren 60min
14	15	16	17	18	19	20
"Going with Gentle Flow" Brittany 30min	"Living the Good Life" Travis 60min	"Vital Energy" Brittany 60min	"Humble Warrior" Travis 60min	"Upper Body" from <i>Flexibility &amp; Beyond</i> Travis 60min	"Crescent Core" Mychal 20min + "Core" from Yoga 30 for 30	"Quick Fix" Brittany 20min + "I am Enough" Lauren 10min
21	22	23	24	25	26	27
"Relax the Back" Lauren 30min	"Feel the Joy" Lauren 30min + "Prime Time" Travis 20min	"Twist & Tone" Denise 45min	"Archer" Travis 45min	"Splits" from <i>Flexibility &amp; Beyond</i> Travis 60min	"Vinyasa-less Vinyasa" Travis 30min + "Quick Core" Lauren 15min	"Eye of the Storm" Travis 60min
28	29	30	31			
"Ultimate" from <i>Flexibility &amp; Beyond</i> Travis 90min	"Calibrate to Your Heart" Lauren 60min	"Power Yoga Classic" Travis 60min	"Double Trouble" Lauren & Travis 45min			

Summer Yoga Loving is a 31 day program made up of Inner Dimension's newest and strongest classes to help you dive into this season with energy, strength, & stamina. Follow this dynamic class calendar which offers you a new class every single day. Enjoy 5 days a week of strong, power yoga and 2 days a week of delicious yin, gentle, or restorative yoga for truly balanced experience that will leave you loving your summer yoga practice.

While we recommend enjoying the entire program, you also have the option to enjoy each of the classes individually.