

Level Up 108 Calendar

Day 1 - Cross Train - Level Up - Pranayama
Day 2 - Cardio - Breath - HardCORE
Day 3 - Strength - Loving Kindness - Handstand
Day 4 - Yin - Mental Noting - Pranayama
Day 5 - Detox - Gratitude - HardCORE
Day 6 - Vitality - Presence - Handstand
Day 7 - Upper Body Yin - Body Scan - Pranayama

Day 8 - Cross Train - Level Up - Pranayama
Day 9 - Cardio - Breath - HardCORE
Day 10 - Strength - Loving Kindness - Handstand
Day 11 - Yin - Mental Noting - Pranayama
Day 12 - Detox - Gratitude - HardCORE
Day 13 - Vitality - Presence - Handstand
Day 14 - Upper Body Yin - Body Scan - Pranayama

Day 15 - Cross Train - Level Up - Pranayama
Day 16 - Cardio - Breath - HardCORE
Day 17 - Strength - Loving Kindness - Handstand
Day 18 - Yin - Mental Noting - Pranayama
Day 19 - Detox - Gratitude - HardCORE
Day 20 - Vitality - Presence - Handstand
Day 21 - Upper Body Yin - Body Scan - Pranayama

Day 22 - Cross Train - Level Up - Pranayama
Day 23 - Cardio - Breath - HardCORE
Day 24 - Strength - Loving Kindness - Handstand
Day 25 - Yin - Mental Noting - Pranayama
Day 26 - Detox - Gratitude - HardCORE
Day 27 - Vitality - Presence - Handstand
Day 28 - Upper Body Yin - Body Scan - Pranayama

Day 29 - Cross Train - Level Up - Pranayama
Day 30 - Cardio - Breath - HardCORE
Day 31 - Strength - Loving Kindness - Handstand
Day 32 - Detox - Gratitude - HardCORE
Day 33 - Upper Body Yin - Body Scan - Pranayama
Day 34 - Gentle - Presence - HardCORE
Day 35 - Yin - Mental Noting - Pranayama
Day 36 - 36 Sun Salutations! - Gratitude - Handstand

Day 37 - Balance - Level Up - HardCORE

Day 38 - Strength - Breath - Pranayama
Day 39 - Flexibility - Loving Kindness - Handstand
Day 40 - Gentle - Mental Noting - Pranayama
Day 41 - Detox - Gratitude - Handstand
Day 42 - Cardio - Presence - HardCORE
Day 43 - Upper Body Yin - Body Scan - Pranayama

Day 44 - Balance - Level Up - HardCORE
Day 45 - Strength - Breath - Pranayama
Day 46 - Flexibility - Loving Kindness - Handstand
Day 47 - Gentle - Mental Noting - Pranayama
Day 48 - Detox - Gratitude - Handstand
Day 49 - Cardio - Presence - HardCORE
Day 50 - Upper Body Yin - Body Scan - Pranayama

Day 51 - Balance - Level Up - HardCORE
Day 52 - Strength - Breath - Pranayama
Day 53 - Flexibility - Loving Kindness - Handstand
Day 54 - Gentle - Mental Noting - Pranayama
HALF WAY!!!
Day 55 - Detox - Gratitude - Handstand
Day 56 - Cardio - Presence - HardCORE
Day 57 - Upper Body Yin - Body Scan - Pranayama

Day 58 - Balance - Level Up - HardCORE
Day 59 - Strength - Breath - Pranayama
Day 60 - Flexibility - Loving Kindness - Handstand
Day 61 - Gentle - Mental Noting - Pranayama
Day 62 - Detox - Gratitude - Handstand
Day 63 - Cardio - Presence - HardCORE
Day 64 - Upper Body Yin - Body Scan - Pranayama

Day 65 - Balance - Level Up - Handstand
Day 66 - Strength - Breath - HardCORE
Day 67 - Flexibility - Loving Kindness - Pranayama
Day 68 - Detox - Mental Noting - Handstand
Day 69 - Upper Body Yin - Gratitude - HardCORE
Day 70 - Gentle - Presence - Pranayama
Day 71 - Yin - Body Scan - Pranayama

Day 72 - 72 Sun Salutations! - Gratitude - HardCORE

Day 73 - Cross Train - Level Up - Handstand
Day 74 - Strength - Breath - Pranayama

Day 75 - Balance - Loving Kindness - HardCORE
Day 76 - Yin - Mental Noting - Pranayama
Day 77 - Cardio - Gratitude - HardCORE
Day 78 - Vitality - Presence - Handstand
Day 79 - Upper Body Yin - Body Scan - Pranayama

Day 80 - Cross Train - Level Up - Handstand
Day 81 - Strength - Breath - Pranayama
Day 82 - Balance - Loving Kindness - HardCORE
Day 83 - Yin - Mental Noting - Pranayama
Day 84 - Cardio - Gratitude - HardCORE
Day 85 - Vitality - Presence - Handstand
Day 86 - Upper Body Yin - Body Scan - Pranayama

Day 87 - Cross Train - Level Up - Handstand
Day 88 - Strength - Breath - Pranayama
Day 89 - Balance - Loving Kindness - HardCORE
Day 90 - Yin - Mental Noting - Pranayama
Day 91 - Cardio - Gratitude - HardCORE
Day 92 - Vitality - Presence - Handstand
Day 93 - Upper Body Yin - Body Scan - Pranayama

Day 94 - Cross Train - Level Up - Handstand
Day 95 - Strength - Breath - Pranayama
Day 96 - Balance - Loving Kindness - HardCORE
Day 97 - Yin - Mental Noting - Pranayama
Day 98 - Cardio - Gratitude - HardCORE
Day 99 - Vitality - Presence - Handstand
Day 100 - Upper Body Yin - Body Scan - Pranayama

Day 101 - Cross Train - Level Up - Handstand
Day 102 - Strength - Breath - Pranayama
Day 103 - Balance - Loving Kindness - HardCORE
Day 104 - Cardio - Mental Noting - Handstand
Day 105 - Flexibility - Gratitude - HardCORE
Day 106 - Detox - Presence - Handstand
Day 107 - Gentle - Body Scan - Pranayama
Day 108 - 108 Sun Salutations! - Gratitude - Journal