

PY108 Calendar

Day 1 - Cross Train - HardCORE

Day 2 - Cardio

Day 3 - Strength - HardCORE

Day 4 - Yin

Day 5 - Detox - HardCORE

Day 6 - Vitality

Day 7 - Mt. Pose Series - Pranayama + Meditation

Day 8 - Cross Train - HardCORE

Day 9 - Cardio

Day 10 - Strength - HardCORE

Day 11 - Yin

Day 12 - Detox - HardCORE

Day 13 - Vitality

Day 14 - Mt. Pose Series - Pranayama + Meditation

Day 15 - Cross Train - HardCORE

Day 16 - Cardio

Day 17 - Strength - HardCORE

Day 18 - Yin

Day 19 - Detox - HardCORE

Day 20 - Vitality

Day 21 - Mt. Pose Series - Pranayama + Meditation

Day 22 - Cross Train - HardCORE

Day 23 - Cardio

Day 24 - Strength - HardCORE

Day 25 - Yin

Day 26 - Detox - HardCORE

Day 27 - Vitality

Day 28 - Mt. Pose Series - Pranayama + Meditation

Day 29 - Cross Train - HardCORE

Day 30 - Cardio

Day 31 - Strength - HardCORE

Day 32 - Detox

Day 33 - Mt. Pose Series - Pranayama + Meditation

Day 34 - Gentle - HardCORE

Day 35 - Yin

Day 36 - Day 36 Check-In Video - 36 Sun Salutations Practice - Pranayama +
Meditation

Day 37 - Balance - HardCORE

Day 38 - Strength

Day 39 - Flexibility - HardCORE

Day 40 - Gentle

Day 41 - Detox - HardCORE

Day 42 - Cardio

Day 43 - Mt. Pose Series - Pranayama + Meditation

Day 44 - Balance - HardCORE

Day 45 - Strength

Day 46 - Flexibility - HardCORE

Day 47 - Gentle

Day 48 - Detox - HardCORE

Day 49 - Cardio

Day 50 - Mt. Pose Series - Pranayama + Meditation

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Day 67 - Flexibility - HardCORE

Day 68 - Detox

Day 69 - Mt. Pose Series - Pranayama + Meditation

Day 70 - Gentle - HardCORE

Day 71 - Yin

Day 72 - Day 72 Check-In Video - 72 Sun Salutations Practice - Pranayama +
Meditation

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Day 100 - Mt. Pose Series - Pranayama + Meditation

Day 101 - Cross Train - HardCORE

Day 102 - Strength

Day 103 - Balance - HardCORE

Day 104 - Cardio

Day 105 - Flexibility - HardCORE

Day 106 - Detox

Day 107 - Gentle - Pranayama + Meditation

Day 108 - Day 108 Check-In Video - 108 Sun Salutations Practice