

# YOGA 45<sup>FOR</sup>45

## 45-DAY CALENDAR

| DAY | CLASS                             | DAY | CLASS                            | DAY | CLASS                            |
|-----|-----------------------------------|-----|----------------------------------|-----|----------------------------------|
| 1   | INTENTION                         | 16  | MOBILITY<br>Bonus Pranayama      | 31  | MOBILITY<br>Bonus Pranayama      |
| 2   | EVEN FLOW<br>Bonus Core           | 17  | EVEN FLOW<br>Bonus Core          | 32  | EVEN FLOW<br>Bonus Core          |
| 3   | STAMINA<br>Bonus Pranayama        | 18  | STAMINA<br>Bonus Pranayama       | 33  | STAMINA<br>Bonus Pranayama       |
| 4   | GENTLE<br>Bonus Meditation        | 19  | GENTLE<br>Bonus Meditation       | 34  | GENTLE<br>Bonus Meditation       |
| 5   | BALANCE<br>Bonus Core             | 20  | BALANCE<br>Bonus Core            | 35  | BALANCE<br>Bonus Core            |
| 6   | TWISTS<br>Bonus Pranayama         | 21  | TWISTS<br>Bonus Pranayama        | 36  | TWISTS<br>Bonus Pranayama        |
| 7   | BACKBENDS<br>Bonus Meditation     | 22  | BACKBENDS<br>Bonus Meditation    | 37  | BACKBENDS<br>Bonus Meditation    |
| 8   | YIN<br>Bonus Pranayama            | 23  | YIN<br>Bonus Pranayama           | 38  | YIN<br>Bonus Pranayama           |
| 9   | FLUIDITY<br>Bonus Core            | 24  | FLUIDITY<br>Bonus Core           | 39  | FLUIDITY<br>Bonus Core           |
| 10  | EDGE<br>Bonus Meditation          | 25  | EDGE<br>Bonus Meditation         | 40  | EDGE<br>Bonus Meditation         |
| 11  | FLOW & STRETCH<br>Bonus Pranayama | 26  | FLOW STRETCH<br>Bonus Pranayama  | 41  | FLOW STRETCH<br>Bonus Pranayama  |
| 12  | RESTORE<br>Bonus Meditation       | 27  | RESTORE<br>Bonus Meditation      | 42  | RESTORE<br>Bonus Meditation      |
| 13  | CHI<br>Bonus Core                 | 28  | CHI<br>Bonus Core                | 43  | CHI<br>Bonus Core                |
| 14  | ARM BALANCES<br>Bonus Meditation  | 29  | ARM BALANCES<br>Bonus Meditation | 44  | ARM BALANCES<br>Bonus Meditation |
| 15  | INTENTION                         | 30  | INTENTION                        | 45  | VICTORY                          |