

YOGA ⁴⁵_F/_R⁴⁵

45-DAY CALENDAR

DAY	CLASS
1	INTENTION
2	EVEN FLOW Bonus Core
3	STAMINA Bonus Pranayama
4	GENTLE Bonus Meditation
5	BALANCE Bonus Core
6	TWISTS Bonus Pranayama
7	BACKBENDS Bonus Meditation
8	YIN Bonus Pranayama
9	FLUIDITY Bonus Core
10	EDGE Bonus Meditation
11	FLOW & STRETCH Bonus Pranayama
12	RESTORE Bonus Meditation
13	CHI Bonus Core
14	ARM BALANCES Bonus Meditation
15	INTENTION

DAY	CLASS
16	MOBILITY Bonus Pranayama
17	EVEN FLOW Bonus Core
18	STAMINA Bonus Pranayama
19	GENTLE Bonus Meditation
20	BALANCE Bonus Core
21	TWISTS Bonus Pranayama
22	BACKBENDS Bonus Meditation
23	YIN Bonus Pranayama
24	FLUIDITY Bonus Core
25	EDGE Bonus Meditation
26	FLOW STRETCH Bonus Pranayama
27	RESTORE Bonus Meditation
28	CHI Bonus Core
29	ARM BALANCES Bonus Meditation
30	INTENTION

DAY	CLASS
31	MOBILITY Bonus Pranayama
32	EVEN FLOW Bonus Core
33	STAMINA Bonus Pranayama
34	GENTLE Bonus Meditation
35	BALANCE Bonus Core
36	TWISTS Bonus Pranayama
37	BACKBENDS Bonus Meditation
38	YIN Bonus Pranayama
39	FLUIDITY Bonus Core
40	EDGE Bonus Meditation
41	FLOW STRETCH Bonus Pranayama
42	RESTORE Bonus Meditation
43	CHI Bonus Core
44	ARM BALANCES Bonus Meditation
45	VICTORY