

MARCH 2019 YOGA CHALLENGE

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| 1 Hormonal Balance Yin 30 min | 2 Calves & Ankle 20 min | 3 Upper Body Release 20 min | 4 Yin for Stress 40 min | 5 Yoga with Blocks 35 min | 6 Knee Strength 25 min | 7 Yin Extremities 15 min |
| 8 Bedtime Yoga 20 min | 9 Body Love 30 min | 10 Sore Muscles 30 min | 11 Upper Back Knots 30 min | 12 Work Bad Side 50 min | 13 Upper Body TLC 30 min | 14 Yin Lower Back 30 min |
| 15 Hip Strength 35 min | 16 Sciatica Relief 25 min | 17 Yin Yang Stress Relief 40 min | 18 Detox Flow 30 min | 19 Bedtime Yoga 30 min | 20 Yin for Digestion 30 min | 21 Wrists & Fingers 10 min |
| 22 Hands Free Flow 30 min | 23 Low Back TLC 30 min | 24 Yin for Sleep 47 min | 25 Headache Relief 15 min | 26 Stress Relief Hatha 45 min | 27 Yin for Posture 25 min | 28 Hip Flexor Flow 25 min |
| 29 Twist Flow 45 min | 30 Yin At The Wall 35 min | 31 Back Pain 15 min | | | | |

