

BYS February Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 <u>Morning Flow: Stretch For Everyday</u>	31 <u>Reflection Exercise</u>	1 <u>20-Minute Flow for Neck, Back & Shoulder Flexibility</u>	2 <u>Day 20: Let's Get Twisted</u>	3 <u>Day 7: Yoga for the Hips & Quads</u>	4 <u>Classic Backbends</u>	5
6 <u>Back Flexibility Flow</u>	7 <u>Let That -lsh Go</u>	8 <u>Yoga for the Neck & Shoulders</u>	9 <u>It's a Twisty Treat</u>	10 <u>Tight Hip Flexor Fix</u>	11 <u>30-Minute Backbend Flow</u>	12
13 <u>Day 8: Yoga for Back Flexibility</u>	14 NEW CLASS <u>Full Body Flexibility Flow</u>	15 <u>Post Swim Flow</u>	16 <u>Element Series: Fire</u>	17 <u>Happy Hips Series: Hip Flexibility</u>	18 <u>Energizing & Heart Opening Flow</u>	19
20 <u>Back Flexibility</u>	21 <u>Classic Restorative Flow</u>	22 <u>Upper Body Yin Yoga</u>	23 <u>Morning Ritual</u>	24 <u>Happy Hips Series: Classic Hips & Twists</u>	25 <u>Mermaid & King Pigeon Flow</u>	26
27	28	The theme this month is backbends! Each day in the week concentrates on a different area that contributes to great backbends, finishing with a backbend flow on a Saturday to put everything together! I hope by the end of this month you will feel like you have made progress in your backbend journey!				

